



DEPARTMENT OF THE ARMY
HEADQUARTERS, III CORPS AND FORT HOOD
1001 761ST TANK BATTALION AVENUE
FORT HOOD, TEXAS 76544-5000

REPLY TO
ATTENTION OF

COMMAND POLICY LETTER
SURG-03

AUG 04 2011

AFZF-HP

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Human Chorionic Gonadotropic/Human Growth Hormone Diet Ban

1. REFERENCES.

a. AR 600-63, Army Health Promotion (Rapid Action Revision 002, 09/07/2010).

b. AR 600-9, The Army Weight Control Program (Rapid Action Revision, 11/27/2006).

2. APPLICABILITY. This policy applies to all III Corps and Fort Hood units.

3. POLICY. The readiness of our Army is paramount to our ability to fight and win on the battlefield. Sustaining the health and well-being of our Soldiers is a preeminent responsibility of Army senior leaders and personnel at all levels. With a 500 calorie daily consumption and a lack of FDA approval for weight loss purposes, the Human Chorionic Gonadotropic (HCG) and Human Growth Hormone (HGH) weight loss programs constitute direct threats to readiness. Risks associated with the HCG and HGH weight loss programs include muscle loss, fat loss, fluid imbalance, and increased risk of heat and kidney injury. The HCG and HGH weight loss programs can also cause depression, blood clots, confusion, imitation of diabetes, and ovarian hyperstimulation syndrome. The symptoms of these conditions are: pelvic pain, weight gain, hand and leg swelling, diarrhea, and vomiting. The effects on military readiness from these drugs are the potential for false positive pregnancy tests, and the risk of heat injury or stroke if exercising vigorously.

4. Commanders are responsible for enforcing policies, procedures, and actions that promote healthy weight loss and discourage high risk behaviors. As the HCG and HGH weight loss programs present health risks and affect readiness, I hereby ban participation in the HCG and HGH weight loss programs. Soldiers who fail to comply with this order may be subject to potential disciplinary action under the Uniform Code of Military Justice.

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5. Commanders should contact the III Corps Surgeon Office at (254) 287-6517 for education needs concerning HCG or HGH weight loss programs.

6. EXPIRATION. This policy remains in effect until superseded or rescinded.



DONALD M. CAMPBELL, JR.
Lieutenant General, USA
Commanding

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IAW FH Form 1853: A