



LIPO-MIC-B6/B12 Injections

LIPO-MIC-B6/B12 is a combination of vitamins, minerals and amino acids that are necessary nutrients for our bodies. When taken in this combination AND in conjunction with exercise and calorie reduction, many people report a decrease in their appetite, an increase in their metabolism, a loss of inches and/or pounds, more energy and other benefits!



This once-weekly nutritional supplement is intended to help anyone who desires to improve their health and nutritional status and to potentially assist in their weight loss efforts. It has been reported to be most effective in individuals desiring to lose 30-50 pounds or for anyone who has reached a “plateau” or “hit the wall” in their weight loss efforts! It is also valuable in supplementing our dietary intake and utilization of essential vitamins, minerals and amino acids.

Because these are natural ingredients, this injection may be taken weekly for the duration of your weight loss efforts or for as long as you desire. Persons taking this injection should drink plenty of water (half of their body weight, in ounces) to prevent constipation and help flush the toxins from their body.

Please Note: This injection contains NO SULFA and NO STIMULANTS of any kind such as caffeine, ephedrine or phentermine that could cause heart problems.

This injection does NOT interact with any other medications that you may be taking.

Anyone with chronic kidney disease must consult with their personal physician before receiving this injection.

Disclaimer: The safety of this particular combination of ingredients and reports of fat burning and weight loss results have not been evaluated by the FDA.

This injection is available to individuals who wish to improve their health and nutritional status and can be shipped to your home for self-injection or to our office for weekly injection by our nursing staff.

Please call our office for full details of pre-payment and ordering requirements.

Only \$20 per weekly injection plus shipping.

Please call 615-469-7413 or visit www.SHOTSetc.com for detailed information about this and other services offered.

You may visit one of our offices Monday-Friday 9am-5pm (closed 12-1 pm weekdays) and Saturdays 10am-2pm. Appointments required.

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LIPO-MIC-B6/B12

Description of Ingredients

LIPOTROPIC (fat burning) Nutrients included:

Methionine

Choline

Inositol

VITAMINS and MINERALS included:

Vitamin B6

Vitamin B12

ESSENTIAL AMINO ACIDS included:

Adenosine

L-carnitine

LIPOTROPIC NUTRIENTS help break down fat during the metabolic process. These nutrients, which include **methionine, choline and inositol** promote the exportation and burning of fat from the liver for extra energy, thereby promoting liver health. Without lipotropics such as choline and inositol, fats and bile can become trapped in the liver, causing severe problems such as cirrhosis and the blockage of proper fat metabolism. (1)

Methionine is an essential amino acid, meaning that it is **a nutrient that our bodies absolutely need to function properly**. Methionine **assists in the breakdown of fats in the body**, thereby preventing buildup of fatty deposits in the blood vessels which cause coronary artery disease and blockages in other parts of the body including the neck and legs. It is also instrumental in helping to **detoxify or cleanse the liver** of the toxins that the liver normally removes from the circulating blood. These toxins are the byproducts of foods, alcohol and medications/drugs that you take and everyone has the potential for buildup of these damaging toxins. (2)

Adequate levels of Methionine are also showing to be important in the **prevention of lung cancer**. In a new study from the International Agency for Research on Cancer in Lyon, France, researcher Paul Brennan, PhD reports "Vitamin B6 and methionine are strongly associated with reducing [lung](#) cancer risk in people who never smoked, those who quit, and current smokers." (3)

Choline is essential for fat metabolism and also assists in detoxification of the liver. Choline supplements may **reduce [homocysteine](#) levels** in the blood, thus **reducing the likelihood of heart disease**. Choline is often taken as a form of 'smart drug', being a precursor or building block of acetylcholine. Research suggests that **memory, intelligence and mood** are improved by adequate levels of choline. (4)

Inositol is a vitamin-like substance that is instrumental in **breaking down fat molecules and reducing cholesterol** in the body. It is also associated with **proper insulin function** which is necessary for utilization of carbohydrates. Inositol is also key in modulating serotonin levels, with serotonin being partially responsible for **feelings of well-being** versus depression. (5) Inositol is also used for **diabetic [nerve pain](#), [panic disorder](#), insomnia, [cancer](#), [depression](#), [schizophrenia](#), Alzheimer's disease, attention deficit-hyperactivity disorder ([ADHD](#)), [autism](#), psoriasis and promoting [hair](#) growth**. (6)

Vitamin B-6 is required by your body for **utilization of energy** in the foods you eat, **production of red blood cells, and proper functioning of nerves**. It is used to treat and prevent vitamin B₆ deficiency resulting from poor diet, certain medications, and some medical conditions. (7)

Vitamin B-12 is another nutrient necessary for **proper central nervous system function**. Since red meats are the most significant source of Vitamin B12 in our diets, **many of us are deficient** and do not realize it. **Many people who take this as a supplement on a regular basis report they have more energy, healthier immune systems, less allergies, stress, depression, more stamina, better sleep and less frequent, less severe headaches**. Vitamin B12 injections are now being used to treat early onset Alzheimer's disease and as a treatment for children with autism and similar disabilities.

Adenosine (in the form used in this formulation) is known to **increase energy** by enhancing metabolism through the intracellular transfer of energy. It also promotes a **sensation of satiety or "fullness"**. (8) Because of its vasodilatation effects, some people may experience symptoms such as facial flushing, lightheadedness or a metallic taste.

L-Carnitine contributes to energy metabolism by facilitating the **breakdown of excess triglycerides** in the blood. It has been shown to **improve neurotransmitter function in the brain**, especially in elderly patients. It also exhibits a **substantial antioxidant effect** and causes **improved glucose metabolism** while **helping build lean muscle mass**. L-carnitine has also proven effective in **treating some causes of male infertility and kidney disease**. (9)

Benzyl Alcohol is used in a small amount as a preservative. This injection formula does NOT contain Sulfa.

References:

- (1) <http://en.wikipedia.org/wiki/Lipotropic>
- (2) <http://en.wikipedia.org/wiki/Methionine>
- (3) <http://www.youbmd.com/lung-cancer/news/20100615/vitamin-b6-linked-loyour-lung-cancer-risk>
- (4) <http://en.wikipedia.org/wiki/Choline>
- (5) <http://en.wikipedia.org/wiki/Inositol>
- (6) <http://www.youbmd.com/vitamins-supplements/>
- (7) <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0000722>
- (8) Journal of Endocrinology 4/2000 vol 141 (4) p1442-1445
- (9) <http://en.wikipedia.org/wiki/Carnitine>