

MICC Lipotropic Injection

Name of Ingredient: MICC (Methionine, Inositol, Choline, Cobalamin)

Property: MICC injections are a combination of three different amino acids (Methionine, Inositol, and Choline) along with one vitamin: Vitamin B12 (cobalamin). Amino acids are made by the body by eating and digesting proteins. These injections are often used as a dietary supplement to aid weight loss, increase energy, and promote healthy liver function.

Methionine, Inositol, and Choline are known as lipotropic agents, which means they help to break down and metabolize fats in the body.

Vitamin B12 is an essential nutrient that is important for maintaining healthy nerves, blood cells, DNA, energy production, and metabolism of fats and carbohydrates.

When these substances are combined and injected into the body, they've been found to enhance the liver's ability to process and remove fat to improve the overall metabolism of fats and carbohydrates.

Potential Benefits:

- Methionine is an essential amino acid that helps the liver process fats and remove toxins from the body. It may also help reduce inflammation and improve skin health
- Inositol is a type of sugar that helps the body break down fats and reduce insulin resistance, which can improve blood sugar control
- Choline is a nutrient that is important for brain function, liver health, and the metabolism of fats. It may also help reduce inflammation and improve muscle function
- Vitamin B12 is an essential nutrient that plays a key role in the production of red blood cells, the maintenance of nerve cells, and the metabolism of carbohydrates and fats
- Boosting metabolism: The amino acids and nutrients in MICC injections often help to increase metabolism, which allows for increased calorie burning and weight loss
- Increased energy: The combination of amino acids and vitamin B12 often provides an energy boost and improve overall vitality

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- Supporting liver function: The liver plays a crucial role in processing and removing toxins from the body. Inositol and choline are important nutrients for liver function and may help promote healthy liver metabolism which supports vitality and weight loss
- Promoting fat burning: The lipotropic agents in the injection may help the body break down and metabolize fats more efficiently, allowing weight loss
- Improved cognitive function: Choline and vitamin B12 are important for brain function and often help improve memory and cognitive performance
- Reduced inflammation: Methionine and choline may have anti-inflammatory properties, which can help reduce inflammation in the body which is often at play with resistant weight loss.

Frequency: MICC injections can be given intramuscularly as often as three times weekly and is recommended to be a minimum of 48 hours between injections. Improvements are typically noticed within 30 days of beginning MICC injections (*results vary depending on lifestyle, medications, chronic conditions*). Duration of treatment is typically 6-12 weeks.

Post treatment considerations MICC is generally well tolerated in most individuals. Hypersensitivity to any of the product components may cause skin irritation. In rare cases, some individuals may also experience nausea and vomiting, diarrhea, and dizziness.

MICC injections are not recommended for patients with liver disease due to impaired metabolism.

Symptoms requiring attention: please seek medical attention ASAP through your nearest urgent care or emergency room if you experience any of the following:

- skin rash, itching or hives
- swelling of the face, lips, or tongue
- blue tint to skin
- chest tightness
- dizziness, shortness of breath, or asthma symptoms not controlled by rescue inhaler