

## MIC Injections

MIC injections once or twice weekly while dieting allow the patient to lose an additional 1-2 pounds per week. Advantages of MIC injections are outlined below but patients express higher energy levels while experiencing better cognitive function during their diet program.

MIC injections have been used successfully in combination with weight loss programs for over 30 years, the MIC formulation consists of a combination of "B" Essential vitamins (B-1,2,3,5,6 & B12) and other essential amino acids which are not readily available from the food we eat or is not being produced by our body. MIC injections are safe, give energy when reducing caloric intake, and is often used in diet plans that initiates additional weight loss and enhancing weight loss results.



The nutrients in MIC shots are a class of agents that play important roles in the body's use of fat. These compounds enhance liver and gallbladder's role by decreasing fat deposits and speeding up metabolism of fat and its removal.

### What makes up a MIC Injection?

**Methionine:** it supports the digestive system by helping to remove heavy metals within the body while breaking down fat deposits thus preventing the possible build-up of fat in arteries. Methionine can also be converted to cytosine, the precursor of glutathione, which is essential in detoxification of the liver.

**Inositol:** supports the transfer of nutrients at the cellular level and to help maintain proper electrical energy across the cell membrane. In addition, Inositol converts fats into other useful forms of energy and assists in establishing healthy cell membranes thus facilitating nerve impulses.

**Choline:** assists in controlling cholesterol levels in the blood and in controlling weight gain by maintaining healthy cell membranes. Choline has been linked to and directly associated in the maintenance of the nervous system, assisting memory, and is critical for normal cell membrane structure and function. Choline is the precursor of betaine which helps in liver function and in the formation of the neurotransmitter acetylcholine.

Other common ingredients within MIC injections are B vitamins and L-Carnitine which allows for additional benefits in weight loss and general health.

**Vitamin B1:** serves as a catalyst in the metabolism of carbohydrates.

**Vitamin B2:** assists in metabolizing fats and carbohydrates.

**Vitamin B3:** assists in the breakdown of nutrients into a release of energy. Vitamin B3 also can help reduce cholesterol levels for patients.