# Vitamin Shot

Price: 40.00 per 1 ml 20.00 0.5 ml

Amount per one mL:

MIC (25/50/50) / Methyl B12 (5mg) / Pyridoxines (50 mg) / L-Carnitine (50 mg)

#### Methionine:

Methionine - The "M" in MIC, is an essential amino acid, which means that it is not synthesized in humans. This amino acid acts as a lipotropic agent which: assists in the breakdown of fats within the liver; helps to lower cholesterol thereby preventing excess fat buildup in the liver and throughout your body's circulatory system; is helpful in preventing and relieving fatigue; and is useful in some cases of allergies by virtue of its ability to reduce histamine release.

Foods which contain high levels of methionine include cheese, eggs, fish, meats, spinach, potatoes, Brazil nuts, sesame seeds, and select other plant seeds. However, by injecting methionine into your muscles you can rapidly achieve high concentrations which many researchers and physicians believe results in more effective mobilization and elimination of abnormal fatty deposits. Other reported benefits of methionine include improvement of: liver disease; skin tone and elasticity; nails; hair; and cardiovascular and muscular functions.

#### 1 Inositol:

Inositol - The "I" in MIC , is a B-vitamin that promotes: the health of cell structures and nerve synapses; aids in the metabolism of fats; helps reduce blood cholesterol; and participates in the action of serotonin, a neurotransmitter known to control mood and appetite.

It is involved in many biological processes, including the breakdown of fats, the reduction of serum cholesterol, serotonin activity modulation, gene expression, and insulin signal transduction. It is also important for optimal brain function. Inositol deficiency may manifest as symptoms of constipation, high cholesterol, vision problems, and hair loss. Although it is naturally found in certain foods such as nuts, beans (especially red beans

and kidney beans), grains, cantaloupe melons, and oranges, it is more effective in breaking down fat when given as an intramuscular injection.

#### Choline:

Choline - The "C" in MIC, is an essential nutrient that helps to support the liver in its processing and excretion of chemical waste products. Moreover, it is required for the transport and metabolism of fats and cholesterol, which is important for the healthy support of the endocrine, cardiovascular, and hepatic systems. Lastly, choline has also been shown to specifically aid with memory, and to support the maintenance of a healthy nervous system. Food sources of choline include peanuts, soybeans, wheat, chicken, fish, beef, cauliflower, eggs, and lettuce.

### Methyl B12:

This form of B-12 vitamin plays a significant role in the replication of DNA, the normal functioning of the nervous system, and the formation of blood cells. The vitamin B-12 injection has been shown to provide these key benefits: boosts energy and overall metabolic rate; assists in the burning of stored body fat; detoxifies the body; increases red blood cell production; maintains a healthy liver; helps regulate sleep, mood, appetite and energy; works synergistically with other nutrients to improve health; and slows aging.

## Pyridoxine (B6):

In people consuming low-calorie diets, vitamin B6 aids in blood glucose regulation by helping convert stored nutrients into energy the body can use. This helps increase metabolism. Vitamin B-6 also increases thyroid activity, which increases resting metabolic rate. In amounts near or slightly above the recommended daily allowance, vitamin B-6 can increase energy, support immune system function and improve memory.

#### L-Carnitine:

Carnitine is an amino acid that is required for the transport and breakdown of body fat for the generation of metabolic energy. Studies show that oral L-Carnitine supplementation can decrease fat mass, preserve muscle during exercise, and reduce muscle fatigue. Further research over the last decade has shed new light on the importance of L-carnitine as a regulator of skeletal muscle fuel selection, which means it is needed to determine whether muscle tissue utilizes carbohydrates or fat for energy. When taken orally, L-Carnitine requires a high dose to promote fat tissue breakdown. This is because only a fraction of carnitine is absorbed during oral digestion. When administered by injection, nutrients like L-Carnitine are completely absorbed by the body.