Lipotropic Injections The Natural “Fat Burner”

- May reduce the storage of fat
- May increase metabolism
- Increases energy

Lipotropics generally reduce appetite and increase your body’s natural fat-burning processes. Using Lipotropics, along with proper diet and exercise may help you reach your goal weight. These injections may aid your weight loss by giving you an extra boost of energy. In our experience, Lipotropics give a feeling of well-being and early on, an energy boost. The shots are generally taken weekly, for 6 weeks or 12 weeks.

There are three main types of Lipotropics:

1. Methionine

Methionine is an essential amino acid that is a major lipotropic compound in humans. The body requires more methionine when the levels of estrogen are high. Estrogens reduce bile flow through the liver and increase bile cholesterol levels while methionine helps to deactivate estrogen’s. Methionine levels also affect the amount of sulfur-containing compounds, such as glutathione, in the liver. Glutathione and other sulfur-containing peptides (small proteins) play a critical role in defending against toxic compounds. When higher levels of toxic compounds are present, more methionine is needed. Without lipotropics such as choline and inositol fat metabolism can be impaired.

2. Choline

Choline is essential for fat metabolism. Choline functions as a methyl donor and it is required for proper liver function. Like inositol, choline is a lipotropic.

3. Inositol

Inositol exerts lipotropic effects as well. An “unofficial” member of the B vitamins, inositol has even been shown to relieve depression and panic attacks.

Also Included in the injection are:

- **Vitamin B-12**: Increases Energy, Improves Concentration and Memory
- **Vitamin B-1**: Aids in Digestion, Increases Energy
- **Vitamin B-6**: Has effect of Physical and Mental Health
- **L-Carnitine**: Increases Muscle Mass
- **B-2, Folic Acid, Niacinamide**: Increases energy levels, aids in cell division and reduces cholesterol
- **Myoden**: Contains Adenosine which is a naturally occurring substance in the body which increases energy and has a positive effect on weight loss, stamina and overall mood. It is great for chronic fatigue, weight loss plateau, thyroid disorder, very slow metabolism

Bella Skin Institute offers these non-hormonal Lipotropic vitamin injections *without explicit promise or guarantee of weight loss*. They are generally well-tolerated, but adverse effects, allergic reactions, flushing due to niacinamide can occur, as well as injection-site reactions, bruising, stinging and/or a firm subcutaneous nodule that resolves spontaneously over time.

Patient Signature: _____________________________ Date: __________________