

Weight Loss - MICC/ LIPO B12

MICC is an acronym for the compounds: L-Methionine, Inositol, Choline and Cyanocobalamin. These are lipotropic agents which help with the breakdown of fat during metabolism in the body. Often referred to as “fat burning” injections, these components, especially inositol and choline, have been found to improve mental function and feelings of depression.

Ingredients and Their Roles

Methionine: is one of nine essential amino acids in humans (provided by food), Methionine is required for growth and tissue repair. A sulfur-containing amino acid, methionine improves the tone and pliability of skin, hair, and strengthens nails. Involved in many detoxifying processes, sulfur provided by methionine protects cells from pollutants, slows cell aging, and is essential for absorption and bioavailability of selenium and zinc. Methionine chelates heavy metals, such as lead and mercury, aiding their excretion. It also acts as a lipotropic agent and prevents excess fat buildup in the liver. As SAMe (S-adenosylmethionine), methionine has been considered an antidepressant.

Inositol: is a small molecule with structural similarity to glucose. It is a vitamin-like compound (pseudovitamin) that is sometimes said to belong to the class of B complex vitamins and it is involved in cellular signaling and as a component of cell membranes.

Choline: is important as a precursor of acetylcholine, as a methyl donor in various metabolic processes, and in lipid metabolism and prevents excessive fat build up in the liver.

Cyanocobalamin: Vitamin B12 (cyanocobalamin) is necessary for hematopoiesis, neural metabolism, DNA and RNA production, carbohydrate, fat and protein metabolism. B12 improves iron functions in the metabolic cycle and assists folic acid in choline synthesis.