



## SCIENCE

- **Methionine:** An essential amino acid that aids in the breakdown of fats, reducing fat accumulation in the liver and arteries. It also helps detoxify the body by aiding in the elimination of heavy metals.
- **Inositol:** A type of sugar that influences the way the body handles insulin, improving fat metabolism and supporting mental health by regulating neurotransmitters.
- **Choline:** An essential nutrient that helps transport fats and cholesterol, preventing their accumulation in the liver. It also supports healthy brain and nervous system function.
- **Vitamin B12:** A vital nutrient for energy production and red blood cell formation. It helps convert fats and proteins into energy and plays a crucial role in maintaining healthy nerve cells.

# SKINNY MICC

METHIONINE/INOSITOL/CHOLINE/  
VITAMIN B12

## BENEFITS

- Boosts Metabolism
- Enhances Fat Breakdown
- Increases Energy Levels
- Supports Liver Health.
- Improves Mood and Mental Clarity