**Lipo+**

**Lipotropic injections are also called lipo shots**, lipo injections, and lipotropic B12 injections. They are a series of injections administered into the body to encourage fat burning and induce a metabolism boost. Lipo injections usually contain vitamins, minerals, and amino acids. Some may also have B vitamins, such as vitamin B12. These injections are often used as a part of a weight loss regimen, including a low-calorie diet.

Lipotropic injections are prescribed medications and not available directly over-the-counter. Though these lipo shots are safe, it is highly recommended that you consult your doctor before getting them. Also, taking lipotropic injections without a weight loss plan may be dangerous. You are most likely going to find different types of lipotropic injections in different clinics.

The substance injected via a lipotropic injection is called a lipotrope. These lipotropes reduce fat production in the body. Commonly used lipotropes include:

* Vitamin B12
* Vitamin B6
* Methionine
* Inositol
* Choline

Vitamin B12 and methionine are found in lipotropic injections because they are required for fat and protein metabolism in the body. The amino acids in the lipo injections stimulate the liver to increase metabolism and get rid of excess fats. When combined with a low-calorie diet, exercise, and a healthy lifestyle, they can help you lose weight and maintain it within a normal range.

There has been some research on the potential of plant-based foods as a source of lipotropes. Some plant lipotropes that have the potential to increase fat metabolism include:

* Choline
* Betaine
* Myoinositol
* Methionine
* Carnitine
* Magnesium
* Folate
* Niacin
* Pantothenate

Despite the widespread use of lipotropic injections, there is a lack of proper research evaluating their efficacy and safety. For this reason, many doctors do not recommend these liquid lipo injections for weight loss.

**How Frequently Should Lipotropic Injections Be Taken?**

While some people receive a weekly injection, others might be given these injections more frequently or twice a week. If you have a vitamin B12 deficiency, your doctor might recommend vitamin B12-based lipotropic injections twice a week for an energy boost and fat metabolism.

**What Is The Difference Between B12 Shots And Lipotropic Shots?**

Vitamin B12 supports many vital body functions. It maintains a healthy gut and is needed for blood formation. When people are deficient in this vitamin, they are given an intramuscular injection of this vitamin B12 to improve symptoms like anemia .

**Concentration:**  Pyridoxine HCL (B6) 2MG/mL, Methionine 12.4mg/mL, Inositol 25mg/mL, Choline Chloride 25mg/mL

**Route of Administration:** IM only

**You may not be a good candidate for lipotropic injections if you:**

Have anxiety disorder and take medications

Have pre-existing cardiovascular conditions

Have thyroid issues

Lipotropic injections may take around one month to show effective results when combined with exercise and a regular diet plan.