



# MIC INJECTIONS FOR WEIGHT LOSS

## What is it?

MIC weight loss injections are a compounded formula of vitamins, amino acids and essential nutrients that shrink fat and help your body naturally create and boost energy. MIC stands for Methionine, Inositol, Choline and Carnitine. These are some of the ingredients in the weight loss injection.

The injection also contains

Vitamins B1

Vitamins B2

Vitamins B3

Vitamins B6

Vitamins B12

## How does it work?

These nutrients have a lipotropic effect on the body, in other words, they tell the body to use fat as an energy source instead of glucose (sugar). The B vitamins in the formula also optimize metabolism and therefore improve energy. Many report this improved energy helps them meet their exercise goals which further supports your weight loss goals. The injection works best when you are active, walking at least 10,000 steps per day, and are following a recommended nutritional plan. We offer a nutrition and lifestyle program that gives personalized nutritional guidance based on your body's needs. The program also offers lifestyle coaching to encourage you on your journey towards better health.

## How often do I need an injection?

If your goal is to lose less than 50 pounds you will need 1 injection (1 ml) once a week until you reach your weight loss goal. If your goal is to lose more than 50 pounds then you will need 1 injection (1 ml) twice a week or one larger dose (2ml) once a week. It is best to lose weight slowly so that it is more sustainable and it does not affect your liver and hormones in a negative way. 1-3 pounds weight loss a week is considered optimal. It is best to not get the injection late in the afternoon or evening as the extra energy it gives you may interfere with sleep.

## Who should NOT get an MIC injection?

Those with Chronic Liver Disease and Renal Failure, Leber's Hereditary Optic Neuropathy, Megaloblastic anemia, or if you have allergies to any of the ingredients. Not to be used during pregnancy.