



LIPO/Multi-B PLUS Injections

LIPO/Multi-B PLUS is a combination of vitamins and amino acids that are necessary nutrients for our bodies to function properly. **This injection may be taken either monthly for general health and improved nutritional status or weekly for a more concentrated regimen of additional fat-burning and weight control assistance.** If taken weekly **AND** in conjunction with exercise and calorie reduction, many people report a decrease in their appetite, more energy, a loss of inches and/or pounds and other benefits!



Because these are natural ingredients, this injection may be taken weekly for the duration of your weight loss efforts or for as long as you desire. When taken weekly, the combination of lipotropic nutrients has been reported to be more beneficial in individuals desiring to lose 30-50 pounds or for anyone who has reached a “plateau” or “hit the wall” in their weight loss efforts! Persons taking this injection should drink plenty of water (half of their body weight, in ounces) to prevent constipation and help flush toxins from their body.

Please Note: This injection contains NO SULFA, NO LIDOCAINE and NO STIMULANTS of any kind such as caffeine, ephedrine or phentermine that could cause heart problems. This injection does NOT interact with any other medications that you may be taking.

Anyone with chronic kidney disease must consult with their personal physician before receiving this injection.

Disclaimer: The safety of this particular combination of ingredients and reports of fat burning and weight loss results have not been evaluated by the FDA.

Weekly injections are required to be given exclusively in our offices or you may choose to self-administer at home after instructions by our nursing staff.

Please call our office at 615-469-7413 for questions and pre-payment for discounted weekly dosing.

Please visit www.SHOTSetc.com for detailed information about other services offered.

You may visit one of our offices Monday-Friday 9am-5pm (closed 12-1 pm weekdays)

Walk-in service is available but appointments are suggested.

7648 Hwy 70 So. #15
Nashville, TN. 37221

www.SHOTSetc.com

1945 Mallory Lane #140
Franklin, TN. 37067

LIPO/Multi-B PLUS

Description of Ingredients

LIPOTROPIC (fat burning) nutrients included:

Methionine

Inositol

Choline

VITAMINS included:

Vitamin B1 (thiamine)

Vitamin B2 (riboflavin)

Vitamin B6 (pyridoxine)

Vitamin B12 as methylcobalamin

ESSENTIAL AMINO ACIDS included:

L-Carnitine

LIPOTROPIC NUTRIENTS help break down fat during the metabolic process. These nutrients, which include **methionine, inositol and choline** promote the exportation and burning of fat from the liver for extra energy, thereby promoting liver health. Without lipotropics such as choline and methionine, fats and bile can become trapped in the liver, causing severe problems such as cirrhosis and the blockage of proper fat metabolism. (1)

Methionine is an essential amino acid, meaning that it is **a nutrient that our bodies absolutely need to function properly**. Methionine **assists in the breakdown of fats in the body**, thereby preventing buildup of fatty deposits in the blood vessels which cause coronary artery disease and blockages in other parts of the body including the neck and legs. It is also instrumental in helping to **detoxify or cleanse the liver** of the toxins that the liver normally removes from the circulating blood. These toxins are the byproducts of foods, alcohol and medications/drugs that you take and everyone has the potential for buildup of these damaging toxins. (2)

Adequate levels of Methionine are also showing to be important in the **prevention of lung cancer**. In a study from the International Agency for Research on Cancer in Lyon, France, researcher Paul Brennan, PhD reports "Vitamin B6 and methionine are strongly associated with reducing [lung](#) cancer risk in people who never smoked, those who quit, and current smokers." (3)

Inositol is a cell nutrient that is a by-product of glucose metabolism. It's role in the brain is to assist in formation of neurotransmitters. Inositol also assists in the breakdown of fats in the body, maintenance of the integrity of cell membranes and in the proper function of insulin. (5)

Choline is essential for **fat metabolism and also assists in detoxification of the liver**. Choline supplements may **reduce [homocysteine](#) levels** in the blood, thus **reducing the likelihood of heart disease**. Choline is often taken as a form of 'smart drug', being a precursor or building block of acetylcholine. Research suggests that **memory, intelligence and mood** are improved by adequate levels of choline. (4)

Vitamin B-1 is essential for the **breakdown of carbohydrates into energy, normal function of the central nervous system which includes the brain, spinal cord and nerves, immune system health and the body's healthy response to stress**. (10)

Vitamin B-2 is essential for **energy production, the health and function of the eyes, production of red blood cells and providing antioxidant support for maintaining cellular health.** (10)

Vitamin B-6 is required by your body for **utilization of energy** in the foods you eat, **production of red blood cells, and proper functioning of nerves by the production and health of neurotransmitters in the brain.** It is used to treat and prevent vitamin B₆ deficiency resulting from poor diet, certain medications, and some medical conditions. (7) (10)

Vitamin B-12 is another essential nutrient necessary for **proper function of the central nervous system and cardiovascular health.** It is also key for the utilization of iron and folate (vitamin B-9). **Since red meats are the most significant source of Vitamin B12 in our diets,** many of us are deficient **and do not realize it.** Many people who take this as a nutritional supplement on a regular basis report they have more energy, healthier immune systems, less allergies, stress, depression, more stamina, better sleep and less frequent, less severe headaches.(6) *Vitamin B12 injections are now being used to help treat early onset Alzheimer's disease and as a treatment for children with autism and similar disabilities.* (11, 12)

L-Carnitine contributes to energy metabolism by facilitating the **breakdown of excess triglycerides** in the blood. It has been shown to **improve neurotransmitter function in the brain.** It also exhibits a **substantial antioxidant effect** and causes **improved glucose metabolism** while **helping build lean muscle mass.** (9)

Benzyl Alcohol is used in a small amount as a preservative. This injection formula does NOT contain Sulfa.

References:

- (1) <http://en.wikipedia.org/wiki/Lipotropic>
- (2) <http://en.wikipedia.org/wiki/Methionine>
- (3) <http://www.webmd.com/lung-cancer/news/20100615/vitamin-b6-linked-lower-lung-cancer-risk>
- (4) <http://en.wikipedia.org/wiki/Choline>
- (5) <http://en.wikipedia.org/wiki/Inositol>
- (6) <http://www.webmd.com/vitamins-supplements/>
- (7) <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0000722>
- (8) Journal of Endocrinology 4/2000 vol 141 (4) p1442-1445
- (9) <http://en.wikipedia.org/wiki/Carnitine>
- (10) www.swanson.com
- (11) www.alzheimers.org
- (12) www.naturalhealthresearch.org