

Lipotropic Complex for Weight Loss

Lipotropic Injections, are used to help release fat throughout the body by specifically targeting its primary fatty deposits. Lipotropic, or fat burning substances include: inositol, which helps the liver remove fat; choline, which distributes cholesterol and prevents it from getting deposited in one part of the body; and methionine, which is similar to inositol, but also amplifies the combination. Injections can be administered up to twice a week, and vitamin B-12 is purported by practitioners and users to help accelerate metabolic processes, while creating a greater feeling of overall energy. Since lipotropics directly aid in the breakdown of fatty tissue, and are also closely related to B vitamins, when used together, they are thought to intensify each others' effects and are usually injected together as part of the same treatment injection cycle.

Methionine

Methionine is an amino acid derived from protein sources such as milk, eggs and meat. Our bodies require amino acids in order to function properly, with each amino acid performing a different task. The human body uses methionine to maintain healthy hair, skin and nails. It also is responsible for excreting heavy metals from the liver. It helps to prevent the accumulation of lipids within the liver and vascular system. It also is believed to aid in proper digestion and control blood glucose levels. Promotes lean muscle mass. The body requires more methionine when the levels of estrogen are high. Estrogens reduce bile flow through the liver and increase bile cholesterol levels while methionine helps to deactivate estrogens. Methionine levels also affect the number of sulfur-containing compounds, such as glutathione, in the liver. Glutathione and other sulfur-containing peptides (small proteins) play a critical role in defending against toxic compounds. When higher levels of toxic compounds are present, more methionine is needed. Without lipotropics such as choline and inositol, fats and bile can become trapped in the liver, causing severe problems such as cirrhosis and blocking fat metabolism.

Choline

Choline is a water-soluble nutrient that is often grouped with the B vitamins because of its similarity in how it serves the human body. Choline is produced in the liver and is most important during the early stages of our development. It is important for brain function and

growth, as well as a healthy functioning liver. It helps our livers rid themselves of accumulating fat. Scientists believe that choline works best in our bodies when it is combined with other important vitamins, minerals and nutrients our bodies need in order to function at an optimal level. It appears to work best when paired with folate and methionine. Choline is essential for fat metabolism, functions as a methyl donor. Like inositol, choline is a lipotropic.

Inositol

Carbohydrate that acts like a vitamin in the human body. It is naturally-occurring in many plants and animals, and it also can be produced synthetically in a lab. The most common uses for inositol are for treating nerve pain caused by diabetes, and for helping with conditions such as panic disorder high cholesterol, depression, cancer and some mental illnesses such as schizophrenia. Recently, studies have shown preliminary results which indicate inositol also may be beneficial during weight loss programs. It can also help regulate irregular menstrual cycles.

L-Carnitine

Amino acid naturally-occurring in the human body and can prove vital in achieving a healthy weight. One of the biggest benefits of having adequate L-Carnitine levels in one's body is that the amino acid is responsible for producing energy. Energy is vital for proper heart and brain functioning, movement of the muscles and other important bodily processes. It also can be important when performing moderate to extreme physical activities.

Adenosine Phosphate

Adenosine Phosphate is a naturally occurring substance in the body which increases energy and has a positive effect on weight loss, stamina and overall mood. It is great for chronic fatigue, weight loss plateau, thyroid disorder, very slow metabolism.