

## HEALTH TIPS

### What are Lipotropic Injections?

Lipotropic injections are prescribed by Dr. Rogers to further enhance a patient's weight loss. They are used in conjunction with personalized diet and exercise plans. The injections contain lipotropes and a vitamin B complex.

#### Lipotropes

- **Methionine**

This is an amino acid which speeds up the removal of fat from the liver and prevents excess fat buildup in the body. It is a great antioxidant since it fights free radicals.

- **Inositol**

This aids in weight loss and the redistribution of body fat by breaking down or emulsifying fats in the body. It also helps to prevent high cholesterol and atherosclerosis.

- **Choline**

This assists in the emulsification of fats and cholesterol by helping form smaller fat globules in the blood and aiding the transport of fats through smaller vasculature out of the cells.



#### B Vitamins

- Vitamin B1 (thiamine)
- Vitamin B2 (riboflavin)
- Vitamin B3 (niacin/niacinamide)
- Vitamin B5 (pantothenic acid)
- Vitamin B6 (pyridoxine/pyridoxal/pyridoxamine)
- Vitamin B7 (biotin)
- Vitamin B9 (folic acid)
- Vitamin B12 (methylcobalamin)

### What is the role of lipotropes?

Lipotropic compounds such as methionine, inositol, and choline help catalyze the breakdown of fat in the body. They promote the removal of fat from the liver and are necessary to maintain a healthy liver. The fat that is removed is then burned for additional energy. If adequate lipotropes are not present, bile and fats may become trapped in the liver which results in cirrhosis and a reduced fat metabolism.

### What is the role of B vitamins?

The B vitamins help increase metabolism, enhance immune functioning, and promote cell growth. They are water soluble and should be replenished often due to excess being excreted in the urine. The B12 in the injections is in its methylated form and is known as methylcobalamin. This is the most biologically active form of B12, and the only form that can cross the blood-brain barrier.

### How often should I get a shot?

It is recommended that patients receive an injection twice a week. This is due to the fact that the lipotropes only last 3 to 4 days in the body. We do not recommended coming into the clinic to receive both shots within a 24 hr period since excess is excreted in the urine.

Use of the Lipotropic injections for weight loss is theory-based not evidence-based.