

# SUPER LIPO-B INJECTION

## 1. Ascorbic Acid (aka, Vitamin C)

- Powerful antioxidant; scavenges free radicals & protects from oxidative stress
- Promotes iron absorption
- Vital co-factor in formation of collagen

### ***Causes of vitamin C deficiency:***

- Cigarette Smoking
- Heavy Metal Ingestion
- High Stress
- Extreme Temperatures
- Infections
- Chronic use of medications such as aspirin

## 2. Vitamin B1 (aka, Thiamine)

- Essential for proper regulation of glucose metabolism
- Can reverse the early signs of kidney disease in diabetics

### ***Causes of vitamin B1 deficiency:***

- Consuming high calorie, high carbohydrate foods with low nutritional value (*Eating fast food!*)
- Regular alcohol consumption.
- Gastrectomy or Bariatric Surgery patients

## 3. Vitamin B2 (aka, Riboflavin)

- Helps release energy from nutrients
- Aids in growth & reproduction
- Promotes healthy skin, nails, hair
- Maintains eye health

## 4. Vitamin B3 (aka, Niacin)

- Crucial in metabolism of glucose, fat, & alcohol
- Beneficial effects on blood lipids

## 5. Vitamin B5 (aka, Pantothenic acid)

- Helps synthesize hemoglobin, steroid hormones, neurotransmitters, & lipids
- Most important component of coenzyme A, which is necessary for fat metabolism
- Speeds wound healing & increases protein synthesis

### ***Causes of vitamin B5 deficiency:***

- Serious Accidents & Surgeries
- Tattoo removal
- Plastic Surgery

## 6. Vitamin B6 (aka, Pyridoxine)

- Important for amino acid metabolism & neurotransmitter function
- Allows body to produce non-essential amino acids from available amino groups
- Metabolizes protein & urea
- Significantly reduces the risk of heart disease, arthritis, diabetes (reduces homocysteine levels in blood)

## 7. Vitamin B12 (aka, Cyanocobalamin)

- Restoration of normal sleep patterns!
  - Causes earlier release of melatonin at night
  - Sensitizes you to the morning light to help you wake up!
- Significantly reduces the risk of heart disease, arthritis, diabetes (reduces homocysteine levels in blood)
- Positive mood effects
- Crucial for retention of folate in cells

### ***Causes of vitamin B12 deficiency:***

- Diet (especially vegetarians)
- Drugs for stomach ulcers, "heartburn" or acid reflux (Tagament, Prilosec, etc.)
- Age (elderly symptoms can look exactly like Alzheimer's!)

## 8. Methionine

- A dietary amino acid
- Precursor of SAME
  - Improves mood & cognition
  - Improves joint function
  - Eases joint discomfort & immobilization
  - Helps reverse arthritis, liver disorders, & many more problems
  - Prevents aggression of aging & neurodegeneration
  - Boosts hepatic levels of the critical antioxidant glutathione

### ***Causes of Methionine deficiency:***

SAME levels become depleted in sickness & in age. Along with B6 & B12, this supplement overcomes deficiency.

## 9. Choline

- Aids in metabolism of fats
- Regulates blood cholesterol
- Repairs & maintains nerve & brain cells
- Increases short-term memory performance
- Nourishes the fat-like sheaths of nerve fibers
- Makes up for deficits of acetylcholine
  - The brain uses acetylcholine in areas involved in long-term planning, concentration, & focus. It controls the rate of stimuli entering the brain, motor activity, learning & memory, stimuli input during sleep, sex, & other functions.

***Choline deficiency is one of the causes of age-related memory & cognitive defects!***

## 10. Inositol

- Essential for calcium & insulin metabolism
- Beneficial for stabilizing moods
- Found in muscles