

## **B12 Lipotropic Shot & Super B12 Complex Consent Form**

A New You Health and Wellness uses pharmaceutical B12 Lipotropic and B12 Myoden combination, clinically proven to help accelerate metabolism and burn fat. They are used to enhance your current weight loss efforts i.e. following a healthy diet plan, drinking plenty of water, and exercising.

### **How do B12 Lipotropic injections work?**

Lipotropic is a fancy word for three amino acids (*methionine, inositol, and choline*) essential for the health of your liver. Your liver is the organ responsible for removing fat and toxins from our body, so if it is healthier it will work better for you. B12 can give you an energy boost, which helps you to burn calories. The amino acids in the B12 Lipotropic shots are compounds that enhance liver function and increase the flow of fats and bile from the liver and gallbladder. By definition, a Lipotropic substance decreases the deposit, or speeds up the removal of fat within the liver. The key amino acids "Lipotropics" used to make these shots:

### **B12 Lipotropic injections include:**

**B1, B2, B3, B5, B6, B12, and Vitamin C**

**Vitamin B12 (Hydrocblamin)** is essential for helping to form new, healthy cells in the body. It also boosts energy, helping increase activity levels.

**Choline** supports the health of the liver in its processing and excretion of chemical waste products within the body. Moreover, it is required for the transport and metabolism of the endocrine, cardiovascular and liver systems.

**Methionine**, an amino acid important for many bodily functions. It acts as a lipotropic agent to prevent excess fat buildup in the liver and the body, is helpful in relieving, or preventing fatigue and may be useful in some cases of allergy because it reduces histamine release.

**Inositol**, a nutrient belonging to the B vitamin complex, is closely associated with choline. It aids in the metabolism of fats and helps reduce blood cholesterol. Inositol participates in action of serotonin, a neurotransmitter known to control mood and appetite.

### **Super B12 Complex injection include:**

**All of the above plus**

**Acetyl L-Carnitine** an amino acid (a building block for proteins) that is naturally produced in the body. It helps the body produce energy, carries fatty acids into the cell so they can be burned as fuel, and assists in the reduction of belly fat.

