

## Lipotropic Injections Improve Weight Loss

Lipotropics is the medical word for the three amino acids that are essential for the health of your liver. Your liver plays a major role in *metabolism* including:

- Aiding in Digestion
- Storing and Distribution of Nutrients
- Detoxification of Metabolic Waste Products

Many substances have lipotropic properties. The most effective lipotropic agents for weight loss purposes are choline, inositol and methionine. Through their involvement in lipid (fat) metabolism, lipotropic agents help maintain a healthy liver.

## Injection Combinations

At Alexander Clinic our physicians use lipotropic injections that include a combination of lipotropic agents, important amino acids and vitamins to help you lose weight more quickly and effectively. Depending on your body's composition, chemistry and weight loss goals, our doctors may recommend any of the following combination of injectable therapies:

- **B12 Injections** – Increases Energy and Metabolism
- **Lipoplex Injections** – Increases Energy and Fat Elimination
- **Lipoden Injections** – Used to Accelerate Weight Loss through Plateaus

## B12 Injections:

The B12 vitamin injections are important to keep the brain and nervous system functioning normally and for the formation of red blood cells. By synthesizing and regulating DNA, B12 is involved in cellular metabolism. It also plays a vital role in fatty acid synthesis and energy production. Many medications, certain medical conditions, and the normal aging process can lead to a B12 deficiency.

## Lipoplex Injections:

The vitamin cocktail included in the Lipoplex 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 used to make these shots are: Vitamin B12, Choline, Methionine, and Inositol.

- **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 fats and cholesterol within the body, which is important for the healthy support of the endocrine, cardiovascular and hepatic systems.
- **Methionine** is one of the sulphur-containing amino acids (cysteine & cystine are others) and is 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. Patients with a Sulfa allergy should not take this injection.
- **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 the action of serotonin, a neurotransmitter known to [control mood and appetite](#).

## Lipoden Injections:

This injection cocktail is the same as the Lipoplex, with an extra additive: Myoden. Lipoden works faster than the Lipoplex because the Myoden forces the fat cells to heat up and burn calories. These injections are recommended for patients wanting to lose weight quickly and those who are obese. These injections are also promising for those stuck in a plateau or beginning to show signs of gaining weight.