

# Injectable Vitamin Options



Name	Category	Description	Benefits
Methionine	Essential Amino Acid	Affects sulfur-containing compounds, such as glutathione in the liver.	<ul style="list-style-type: none"> <li>Increases metabolism.</li> <li>Glutathione and other sulfur-containing peptides (small proteins) play a critical role in defending against toxic compounds.</li> <li>When higher levels of toxic compounds are present, more methionine is needed.</li> </ul>
Inositol	Vitamin	A member of the vitamin B family, inositol is a mild lipotropic agent.	<ul style="list-style-type: none"> <li>A lipotropic; precursor of phospholipids in cellular membranes.</li> <li>Aids methionine and choline with the facilitation of weight loss by redistributing body fat from the breaking down or emulsifying of fats.</li> </ul>
Choline	Vitamin	A major lipotropic nutrient, also part of the vitamin B family. It aids in the utilization of fats in the body and supports weight loss.	<ul style="list-style-type: none"> <li>Necessary for fat metabolism.</li> <li>Prevents deposition of excess fat.</li> <li>Removal of excess fat from liver.</li> <li>Helpful with preventing fatigue.</li> </ul>
Vitamin B12	Vitamin	Known as the "energy vitamin" it often increases the energy level helping to prevent fatigue. The forms of B12 available are Cyanocobalamin or Methylcobalamin.	<ul style="list-style-type: none"> <li>Increases energy.</li> <li>Fat and carbohydrate metabolism.</li> <li>Has shown to suppress appetite while it stimulates the utilization of proteins, fats and carbohydrates in the body.</li> </ul>
BComplex (B1,B2, B3, B5, B6)	Vitamin	B2 – Riboflavin B3 – Niacin B5 – Pantothenic Acid	<p>B2 – Oxidation of carbohydrates and amino acids.</p> <p>B3 –Involved in oxidation of carbohydrates.</p> <p>B5 – Involved in the release of energy from carbohydrates, metabolism of fatty acids.</p>
B-6	Vitamin	Pyridoxal 5' Phosphate (P5P) is the bio-available form of vitamin B6. It is the superior choice in supplementation, particularly for those with compromised methylation, or for those that are genetically predisposed to being poor converters.	<ul style="list-style-type: none"> <li>Aids in the metabolism of carbs and fat to energy.</li> <li>Always found in B-Complex formulas to complement and balance the uptake of other B's being given.</li> <li>Critical for use in the process of making serotonin and norepinephrine, brain chemicals as well as myelin which is the protective layer around nerve cells.</li> </ul>
Arginine	Amino Acid	L-arginine is converted in the body into a chemical called nitric oxide. Nitric oxide causes blood vessels to open wider for improved blood flow.	Stimulates the release of growth hormone, insulin, and other substances in the body.
Carnitine	Amino Acid	An amino acid responsible for the transport of fats to the mitochondria in your cells to be used as fuel. Carnitines burn fat for energy, particularly the acetyl form	<ul style="list-style-type: none"> <li>Required for energy metabolism.</li> <li>Involved in fat metabolism.</li> <li>Early studies show that certain carnitines are proving very promising in slowing mitochondrial decay, which is believed to be associated with the aging process and cognitive related disease such as Alzheimer's.</li> </ul>