MIC stands for *Methionine Inositol Choline*, which is a lipotropic formula to help break down fat. These compounds work to metabolize fat cells and assist in the elimination of stored fat deposits in the liver and body. Methionine is an essential amino acid, inositol is involved in proper cell formation, and choline is a water-soluble nutrient that supports proper liver function. Together they are shown to encourage fat reduction. Often times MIC is combined with B12 to further enhance metabolism and energy but can be used separately.  Protocols for weight loss typically include injections 2x/week for a few weeks.

Additional Benefits:

* Methionine:
	+ Required for growth and repair of body tissues
	+ An antioxidant
	+ Cannot be made by the body, must be consumed from diet
	+ Improves tone and elasticity of skin, promotes healthy hair and strengthens the nails
	+ Facilitates the detoxification process
	+ Lowering cholesterol
	+ Helps with absorption of other nutrients
	+ Aids in removing heavy metals
	+ Supports memory and brain function
	+ Has shown supportive in - depression, alcoholism, menopause, asthma, allergies, liver problems
* Inositol:
	+ A type of sugar that influences the body's insulin response and several hormones associated with mood and cognition
	+ Lowers cholesterol
	+ An antioxidant
	+ Helps relieve anxiety and symptoms of panic disorders
	+ Treatment for PCOS and metabolic disorders
* Choline:
	+ Supports brain function, memory, and mood
	+ Liver and muscle function
	+ Helps body covert lipids to energy
	+ Cellular health and membrane repair