



Vitamin Injections Information
(Internal use only)

General Guidelines for Vitamin Injections: The following overview provides guidance on usage. Please consult the patient's provider for specific recommendations based on individual needs.

1. IMMUNE SHOT (Tri-Immune Boost)

- a. IM Injection 1ml: Can be administered once weekly, unless otherwise directed by provider.
- b. The Tri-Immune injection is a power-packed immunity blend of Glutathione, Ascorbic Acid and Zinc that is the ultimate immune system enhancer. This high concentration blend of immune system boosting essential helps maintain a healthy immune response.
 - i. Ascorbic Acid 200mg/ml – A strong antioxidant that contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system.
 - ii. Zinc 2.5mg/ml – An essential mineral that contributes to immune defense by its role in the development and function of many immune processes. Supplementing with this mineral may help combat infections and aid in wound healing.
 - iii. Glutathione 200mg/ml – An amino acid that contributes to immune defense because it is required by the immune system for two important reasons. It protects host immune cells through its antioxidant mechanism and it provides the optimal functioning of lymphocytes and other cells of the immune system.

2. SKINNY SHOT (Lipo-Mino-Mix)

- a. IM Injection 1ml: Can be administered once weekly, unless otherwise directed by provider.
- b. Lipo Mino Mix Injections work by delivering a concentrated blend of lipotropic compounds and B-vitamins directly into the body through intramuscular injections. Methionine, Inositol, and Choline focus on enhancing fat metabolism while B12 and B6 are crucial for energy production. When injected intramuscularly, these compounds are absorbed quickly and efficiently, ensuring maximum effectiveness. The lipotropic compounds help break down fatty deposits in the liver and reduce overall body fat, while the B-vitamins support energy synthesis and overall metabolic function. This combined action makes Lipo Mino Mix Injections a valuable component of weight loss and energy enhancement programs, providing noticeable improvements in health and wellness. Regular and proper administration can lead to heightened energy levels, improved metabolic rates, and enhanced weight loss results.

- i. Methionine 12.4mg – Helps to break down sugars and carbohydrates and convert to energy.
- ii. Inositol 25mg – Converts food to energy
- iii. Choline 25mg – Healthy nerve cells, cuts muscle recovery time, helps convert fat to energy.
- iv. Hydroxocobalamin (B12) 1000mcg: energy, healthy nerve cells.
- v. Thiamine (B1) 50mg – Improves immune system, helps convert fat and carbohydrates into energy.
- vi. Riboflavin (B2) 5mg – increases metabolism, supports immune system.
- vii. Pyridoxine (B6)5mg – promotes red blood cell production and converts food to energy.
- viii. L-Carnitine 125mg – improves fat metabolism and energy, reduces recovery times and promotes muscle building potential.

3. DATE NIGHT SHOT (Amino Blend)

- a. IM Injection 1ml: Can be administered once weekly, unless otherwise directed by provider.
- b. Amino Acids are the basic building blocks of the body and can assist with libido. They are sources of energy, like fats and carbohydrates. However, amino acids are structurally characterized by the fact that they contain nitrogen, (N), whereas fats and carbohydrates do not. Therefore, only amino acids are capable of forming tissues, organs, muscles, skin and hair. The importance of amino acids as the precursors of enzymes and neurotransmitters is often underestimated. As such, amino acids regulate almost all of the metabolic processes in the human body, and they are essential for a healthy body.
 - i. Glutamine 30 mg – Improves gastrointestinal health, boosts brain health, promotes muscle growth and decreases muscle wasting.
 - ii. Ornithine 50mg – Increases both insulin and growth hormone levels, helps in building muscle and reducing fat.
 - iii. Arginine 100mg – Improves heart health, lowers inflammation and fights the effects of aging, boosts exercise performance.
 - iv. Lysine 50mg – Reduces anxiety, important for the creation of carnitine, lowers cholesterol, supports a healthy gut.
 - v. Citrulline 50mg – Precursor to the circulation improving amino acid arginine.
 - vi. Carnitine 100mg – helps mitochondria burn fat.

4. ENERGY SHOT (Lipostat- Plus)

- a. IM Injection 1ml: Can be administered once weekly, unless otherwise directed by provider.
- b. This blend is a special lipotropics fat burning combination of methionine, inositol, choline, B6 and B12. Each of these ingredients help the body turn fat into energy and are also powerful antioxidants. Lipostat-Plus injections are often used in weight loss regimens as well as to promote healthy cell function and increased energy.
 - i. Hydroxocobalamin: Energy, healthy nerve cells.
 - ii. Pyridoxine (B6): Promotes red blood cell production and converts food to energy.
 - iii. Methionine: Helps break down sugars & carbohydrates and convert to energy.
 - iv. Inositol: Converts food to energy.
 - v. Choline: Healthy nerve cells, cuts muscle recovery time, helps convert fat to energy

5. **B-12 BOOST** (Methylcobalamin 5mg / ml)
 - a. IM Injection 1ml: Can be administered once weekly, unless otherwise directed by provider.
6. **DETOX BOOST** (Glutathione 5mg / ml)
 - a. IM Injection 1ml: Can be administered 1-3 times per week, unless otherwise directed by provider.
 - b. Our bodies' quintessential antioxidant defense is the glutathione system, which includes glutathione itself, along with the enzymes and other proteins that enable glutathione to do its work. Glutathione is actually a very simple molecule—our body makes it from three amino acids—cysteine, glycine and glutamine. It is incredibly versatile—a universal toxin-binder.
7. **GLOW BOOST** (Biotin 0.5mg / ml)
 - a. IM Injection 1ml: Can be administered once weekly, unless otherwise directed by provider.
 - b. Biotin, or vitamin B7, is a water-soluble vitamin that's a part of the vitamin B complex — a group of key nutrients needed for healthy metabolic, nerve, digestive and cardiovascular functions. Biotin benefits include helping to give us a young, attractive appearance since this vitamin plays a major part in maintaining the health of our hair, nails and skin.
8. **SUNSHINE BOOST** (Vitamin D3 50,000 iu/ml)
 - a. IM Injection 1ml: Can be administered every 2-4 weeks or with Vitamin D Deficiencies and a provider order in Athena can do up to 1 time weekly, unless otherwise directed by provider.
 - b. Vitamin D is a fat-soluble vitamin that is necessary for mineral homeostasis and proper formation of bone. The major biological function of Vitamin D is to maintain normal blood levels of calcium and phosphorus.