

What are the Compounds of MIC?

Lipotropic compounds are those that are thought to assist the body in the breakdown of fat during metabolism. They may be helpful with weight management when used in combination with lifestyle changes. .

What are the components of an MIC shot?

- **(M) Methionine:** is an essential amino acid, it is thought to play a role in lipid metabolism and normal function of your immune system¹.
- **(I) Inositol:** a nutrient, it is thought to help your liver break down fats in the body².
- **(C) Choline:** a nutrient, that is thought to promote the transportation of dietary fats throughout the body³.

What is it used for?

The combination of these nutrients and amino acid potentially allows the body to better metabolize fat for elimination. It may also support neurotransmitters, which may improve mood and diet compliance⁴.

Can I add other ingredients?

Yes! Some frequent additions are: Vitamin B Complex (B1, B2, B3, B5, B6), Chromium, L-Carnitine, Methylcobalamin and many more. Contact our pharmacist today at APS Belmar to learn more about different formulation options your provider can prescribe for.

Compounded drug forms: Injectables, troches, and capsules

How should I take this Medication?

Follow the instructions on your prescription label provided by the pharmacy and your prescriber. Your dosage is based on your medical condition and response to therapy.

For Injectable: This is given as a shot into the muscle or fatty part of the skin. Wash hands and sanitize the injection site with alcohol prior to administration. Do not use the solution if it becomes cloudy, has particles, or changes color. Do not use after the beyond use date, which is provided on the prescription label. Dispose of used needles in a Sharps container.

For Oral: Can be taken with or without food.

Sublingual: Place the troche between the gum and cheek and let it fully dissolve.

What if I miss a dose?

If you miss a dose take it as soon as possible. If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose.

What should I watch out for while using this Medication?

Signs of an allergic reaction: hives blistering, swelling of the mouth, face, lips tongue throat, trouble breathing.

If using the injectable form, you may have an injection site reaction—redness or itching around the site the injection occurred.

[continued over]



What side effects may I notice?

- Diarrhea
- Incontinence
- Constipation
- Insomnia
- Numbness of hands and feet
- Anxiety
- Dry Mouth
- Increased heart rate
- Fatigue

Where should I store my medication?

Please follow all storage recommendations found on your prescription label.

Store capsules, sublingual tablets and injectables at room temperature. Injectables should be protected from light. If you receive an injectable form in the state of California, it should be kept frozen.

Additional Information:

- Do not share this medication with others to whom it was not prescribed.
- Keep out of reach from children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.
- If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions.

You may report side effects to the FDA at 1-800-FDA-1088.

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References:

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3. Wallace, T. C. et al. The underconsumed and underappreciated essential nutrient. *Nutr. Today* 53, 240–253 (2018).
4. BEST CH, LUCAS CC, RIDOUT JH, PATTERSON JM. Dose-response curves in the estimation of potency of lipotropic agents. *J Biol Chem.* 1950 Sep;186(1):317-29. PMID: 14778835.



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