



# MIC+B12 Injections

## B12

A water-soluble vitamin involved in the metabolism that helps the body use fat & carbohydrates for energy & to make new protein

## Methionine

An essential amino that plays a critical role in metabolic function

## Inositol

A B-vitamin that promotes the health of cell structures & nerve synapses to help control mood & appetite

## Choline

An essential nutrient that helps to regulate memory, mood, muscle control & many other functions

## Directions for Use:

01

Inject 1mL twice/week.

02

## Uses:

Weight loss, energy, and vitamin supplementation



## Action:

03



MIC is a lipotropic agent that helps to break down and metabolize fat cells and assists in the elimination of stored fat deposits in the liver and body. The addition of the B-vitamins aids in converting stored nutrients into energy.

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## Ingredients:

Methionine 25 mg/ml

Inositol 50 mg/ml

Choline 50 mg/ml

Methylcobalamin 1mg/mL

**\*Note: Please store medication in the refrigerator**



## How to administer:

05

Start by injecting 1ml/cc 1-2 times per week. This can be done intramuscularly or subcutaneously. If you decide to take it subcutaneously, you may experience leaking fluid when injecting the full 1mL. If this occurs, split the dose by taking 0.5mL 4x/week instead.

**\*If you are not experienced with administering self-injections, we recommend the subcutaneous option.**

See this [video](#) for how to safely draw up the medication.

See this [video](#) for how to perform a subcutaneous injection.

See this [video](#) for how to perform an intramuscular injection.



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## FAQ:

### Will I lose weight?

Each individual's body is unique, and the outcomes observed on the scale can differ based on your weight loss objectives, lifestyle decisions, and any underlying health conditions you may have. To optimize your results, it is recommended to incorporate B12/MIC in conjunction with a balanced diet and regular exercise.

### What are the most common side effects?

Most side effects of B12/MIC are typically mild and tend to subside shortly after administration. Reported side effects may include:

- Discomfort or redness at the injection site.
- A sensation of itching or generalized body swelling.
- Muscle cramps and weakness.
- Gastrointestinal disturbances, including upset stomach and urinary issues.
- Swelling in the ankles or feet.
- Unusual fatigue.

If irritation persists, consider applying an over-the-counter itch cream, preferably containing hydrocortisone, or discontinue use altogether. In rare instances, you might encounter symptoms such as an irregular heartbeat or breathing difficulties. In such cases, cease using MIC/B12 immediately, and seek emergency medical attention. Please refrain from using MIC/B12 if you are currently pregnant, breastfeeding, or plan to become pregnant in the near future.

We are here to support you. If you have any questions, please feel free to call or text us at 801-436-7272 or email our nurse at [support@bloomMD.com](mailto:support@bloomMD.com)

How do I order more?

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