

B Shot Happy Hour

...Because it's 5 o'clock somewhere!

Who can benefit from a B-12 shot... Everyone!

Vegans and vegetarians (almost all sources of B-12 come from animal products)

Elderly, athletes, and people with lots of stress.

Anyone looking for an immune system boost.

Those with any gastrointestinal issue: (Irritable Bowel Syndrome, food allergies, Celiac, GERD/heartburn/indigestion, ulcers, gastritis).

Those with chronic fatigue, fibromyalgia, asthma, allergies, cardiovascular disease.

Those with neuropathies – tingling sensation in fingers, toes or face.

Those taking many types of medications and drugs including: Alcohol (esp. alcoholics), Antibiotics, Birth control pills, H2 Blockers: Cimetidine (Tagamet), famotidine (Pepcid), Ranitidine (Zantac), Metformin, Nicotine, Nitrous Oxide, some anti-convulsive, some anti-virals, and more.

Positive Effects of B vitamin Shots

Boost Energy & Metabolism
Support Weight Loss
Regulates Healthy Sleep Cycles
Improve Mood & Mental Clarity
Detoxifies the Body
Increases red blood cell production
Maintains a Healthy Liver
Works Synergistically with Other Nutrients to Improve Health
Anti-aging Benefits

Happy Hour Menu

"The Lil B"----- \$15.00

B12 is a water soluble vitamin that is naturally present in some foods, added to others, and is available as a dietary supplement. B12 is essential for normal function of nerve tissue and is involved in the metabolism of protein, fats, and carbohydrates

"The Regula B ----\$20.00 "The Super B Shots"----- \$25.00

B12 and complex Super B complex containing a specific blend of injectable B-Vitamins which act as a potentiater for fat loss. 7 specific nutrients from the B family form the B-Complex, each individual nutrient serving a specific function. These functions include: assisting the body in the handling of stress; increasing energy; optimizing cardiovascular health; increased brain function; boost anti-oxidant protection from free radicals; and maintaining an optimal metabolism.

"Fat Burning Injection or M.I.C.C Injections"----- \$35.00

The overall effect of fat burning injections is enhanced weight loss, particularly when they are combined with a healthy diet and exercise program.

M- Methionine: is an essential amino acid, which means that it is not synthesized in humans. This amino acid acts as a lipotropic agent which: assists in the breakdown of fats within the liver; helps to lower cholesterol thereby preventing excess fat buildup in the liver and throughout your body's circulatory system; is helpful in preventing and relieving fatigue; and is useful in some cases of allergies by virtue of its ability to reduce histamine release

I- Inositol: is a B-vitamin that promotes: the health of cell structures and nerve synapses; aids in the metabolism of fats; helps reduce blood cholesterol; and participates in the action of serotonin, a neurotransmitter known to control mood and appetite. It has been shown to be helpful for the treatment of depression, panic disorder, polycystic ovarian syndrome, and fatty liver. It also important for optimal brain function.

C- Choline: is an essential nutrient that helps to support the liver in its processing and excretion of chemical waste products. Moreover, it is required for the transport and metabolism of fats and cholesterol, which is important for the healthy support of the endocrine, cardiovascular, and hepatic systems.

C- Carnitine: - Carnitine is an amino acid which is required for the transport and breakdown of body fat for the generation of metabolic energy. Studies show that oral L-Carnitine supplementation can decrease fat mass, preserve muscle during exercise, and reduce muscle fatigue. Further research over the last decade has shed new light on the importance of L-carnitine as a regulator of skeletal muscle fuel selection, which means it is needed to determine whether muscle tissue utilizes carbohydrates or fat for energy.