

MICC Lipotropic Injection

a helper, not a stand-alone

MICC is a compounded **lipotropic** injection — a blend of Methionine, Inositol, Choline, and vitamin B12 (Cyanocobalamin) — used to support fat metabolism and energy alongside a weight-management plan. It's a helper, not a stand-alone weight-loss drug. This guide explains what's in it and how it's used. It reflects our pharmacists' reading of current and still-developing research — it is not medical advice.

What's in it

INGREDIENT	WHAT IT CONTRIBUTES
M — Methionine	An essential amino acid that helps the body process fats and supports liver function.
I — Inositol	A vitamin-like compound involved in how cells handle fat and respond to insulin.
C — Choline	Helps transport and break down fat and supports healthy liver function.
C — Cyanocobalamin (B12)	Supports energy metabolism and healthy nerve and blood-cell function.

What "lipotropic" means

"Lipotropic" simply means **fat-loving** — nutrients thought to help the body use and move fat rather than store it. The idea behind MICC is to give these building blocks together, with B12 for an energy nudge, as **support for a weight-management program** — not as a replacement for diet,



This guide is general educational information and reflects our pharmacists' observations based on current and still-developing research. It is **not medical advice** or a prescription label or your prescriber's instructions, which always take priority. Lipotropic injections are **not an FDA-approved weight-loss treatment** and work only as part of a broader plan. **Always consult your doctor or pharmacist** before starting, changing, or stopping any therapy. If you notice a reaction that concerns you, contact your prescriber or pharmacist; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

How it's used

- **How it's given.** Usually a small weekly injection (subcutaneous or intramuscular) — see our injection guides for technique.
- **Works best with** a calorie-aware eating plan and regular activity; sometimes alongside a prescribed GLP-1 program.

What to expect & safety

Most people tolerate MICC well. You may notice mild soreness at the injection site, or a temporary warm/flushing feeling.

Set realistic expectations. The B12 in MICC is an established nutrient, but the fat-metabolism and weight benefits of lipotropic blends are **supportive and still being studied — not proven or FDA-approved for weight loss**. Tell your prescriber your full history, especially if pregnant, breastfeeding, or managing a health condition, and report anything that concerns you.

Questions are welcome. If anything about your MICC prescription is unclear — how to inject it, how often, or what to expect — call and ask to speak with a Village Pharmacy pharmacist.