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B6 / B12 MIC

DESCRIPTION OF INGREDIENTS

LIPOTROPIC (fat burning) Nutrients included:  B Vitamins:

- Methionine
- B6 (Pyridoxine)
- Choline
- B12 (Cyanocobalamin)
- Inositol

LIPOTROPIC NUTRIENTS help break down fat during the metabolic process. These nutrients, which include methionine, choline and inositol promote the exportation and burning of fat from the liver for extra energy, thereby promoting liver health. Without lipotropics such as choline and inositol, fats and bile can become trapped in the liver, causing severe problems such as cirrhosis and the blockage of proper fat metabolism. (1)

Methionine is an essential amino acid, meaning that it is a nutrient that our bodies absolutely need to function properly. Contains sulfur. Methionine assists in the breakdown of fats in the body, thereby preventing buildup of fatty deposits in the blood vessels which cause coronary artery disease and blockages in other parts of the body including the neck and legs. It is also instrumental in helping to detoxify and cleanse the liver of the toxins that the liver normally removes from the circulating blood. These toxins are the by products of foods, alcohol and medications/drugs that you take. Everyone has the potential for buildup of these damaging toxins. (2)

Adequate levels of Methionine are also showing to be important in the prevention of lung cancer. In a new study from the International Agency for Research on Cancer in Lyon, France, researcher Paul Brennan, PhD reports “Vitamin B6 and methionine are strongly associated with reducing lung cancer risk in people who never smoked, those who quit, and current smokers.” (3)

Choline is essential for fat metabolism and also assists in detoxification of the liver. Choline supplements may reduce homocysteine levels in the blood, thus reducing the likelihood of heart disease. Choline is often taken as a form of “smart drug”, being a precursor or building block of acetylcholine. Research suggests that memory, intelligence and mood are improved by adequate levels of choline. (4)

Inositol is a vitamin like substance that is instrumental in breaking down fat molecules and reducing cholesterol in the body. It is also associated with proper insulin function which is necessary for utilization of carbohydrates. Inositol is also key in modulating serotonin levels, with serotonin being partially responsible for feelings of wellbeing versus depression. (5) Inositol is also used for diabetic nerve pain, panic disorder, insomnia, cancer, depression, schizophrenia, Alzheimer’s Disease, attention-deficit hyperactivity disorder (ADHD), autism, psoriasis and promoting hair growth. (6)

References:
(1) http://en.wikipedia.org/wiki/Lipotropic
(2) http://en.wikipedia.org/wiki/Methionine
(3) http://www.youbmd.com/lungcancer/news/20100615/vitamin-b6-linked-to-your-lung-cancer-risk
(4) http://en.wikipedia.org/wiki/Choline
(6) http://www.youbmd.com/vitaminssupplements/
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B6 and B12 VITAMINS

Pyridoxine B6 is used for preventing and treating low levels of pyridoxine (anemia). It is also used for heart disease, high cholesterol, reducing blood levels of homocysteine (a chemical that might be linked to heart disease). Women use pyridoxine for premenstrual syndrome (PMS) and other menstruation problems, “morning sickness” (nausea and vomiting) in early pregnancy, depression related to pregnancy or using birth control pills, and symptoms of menopause. It has also been used for Alzheimer’s disease, attention-deficit hyperactivity disorder (ADHD), Down syndrome, autism, diabetes and related nerve pain, sickle cell anemia, migraine headaches, asthma, carpal tunnel syndrome, night leg cramps, muscle cramps, arthritis, allergies, acne and various other skin conditions, infertility, dizziness, motion sickness, preventing the eye disease age-related macular degeneration (AMD), seizures, convulsions due to fever, and movement disorders (tardive dyskinesia, hyperkinesis, chorea), as well as for increasing appetite and helping people remember dreams. Some people use pyridoxine for boosting the immune system, eye infections, bladder infections, and preventing cancer and kidney stones. Pyridoxine is also used to overcome certain harmful side effects related to radiation treatment and treatment with medications such as mitomycin, procarbazine, cycloserine, fluorouracil, hydrazine, isoniazid, penicillamine, and vincristine.

http://www.webmd.com/vitaminssupplements/ingredientmono934Vitamin%20B6%20(PYRIDOXINE%20(VITAMIN%20B6)).aspx?activeIngredientId=934&activeIngredientName=Vitamin%20B6%20(PYRIDOXINE%20(VITAMIN%20B6))

Vitamin B12 (cobalamin) plays a role in the body’s growth and development. It also has a part in producing blood cells, nervous system function, and how the body uses folic acid and carbohydrates. It also helps with hypothyroid problems, migraines, digestion, speeds metabolism, allergies, stress, irritability, mood swings and helps with memory. It is known as the “energy” vitamin.