

# SAGE & VINE

AESTHETICS

## LIPO-MINO INJECTIONS

### What Are Lipo-Mino Injections?

Lipo-Mino Injections include high doses of essential nutrients that regulate fat and protein metabolism. Ingredients per dose of Lipo-Mino IM injections are:

- **L-Carnitine**- An amino acid that is rebuilt for the transport and breakdown of body fat in order to create metabolic energy.
- **Thiamine (B1)**- Plays a vital role in the growth and production of cells, turning food into energy
- **Niacinamide (B3)**- Assists in turning food into energy. It is required for the function of fats and sugars in the body and also helps to maintain healthy cells.
- **Pyroxidine (B6)**- Helps convert stored carbohydrates in order to maintain normal blood sugar levels and reduce cravings.
- **Methylcobalamin (B12)**- Helps to break down fatty acids and improve digestion
- **Methione**- Assists in the breakdown of fats in the liver and helps to lower cholesterol
- **Inositol**- Balances chemicals in the body to help with mental conditions
- **Choline**- Impacts liver function, healthy brain development, muscle movement, the nervous system, and metabolism

# Pre-Treatment Instructions

## Medical Clearance

- Inform your provider about any medical conditions, especially liver or kidney disorders, thyroid issues, diabetes, or cardiovascular conditions.
- Disclose all current medications, supplements, and allergies.

## Hydration

- Drink plenty of water the day before and the day of the injection (at least 64 oz/day) to support metabolic and liver function.

## Avoid Alcohol

- Do not consume alcohol 24 hours before the injection to reduce liver stress and optimize results.

## Eat a Small Meal

- Have a light, balanced meal 1–2 hours before your appointment to avoid nausea or lightheadedness.

## Avoid NSAIDs

- Refrain from taking NSAIDs (ibuprofen, aspirin) 24 hours prior, unless prescribed, to reduce risk of bruising.

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# Post-Treatment Instructions

## Activity

- You may return to normal daily activities immediately. Light physical activity can enhance fat metabolism.

## Hydration & Diet

- Continue drinking plenty of water.
- Follow a healthy, calorie-conscious diet to maximize fat-burning effects.
- Monitor for Reactions
  - Mild swelling, redness, or tenderness at the injection site is normal and should resolve within 24–48 hours.
  - If you experience persistent pain, rash, or symptoms like dizziness or shortness of breath, contact your provider immediately.
- Avoid Alcohol
  - Avoid alcohol for at least 24 hours after the injection to support liver function.
- Injection Schedule

Lipo-Mino is often administered weekly for best results. Follow your provider's schedule and do not skip appointments unless advised.
- Exercise
  - Incorporate at least 30 minutes of physical activity most days of the week to enhance the injection's effects.
- Additional Supplements
  - Only take additional B12 or lipotropic supplements if approved by your provider to avoid overdose.

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## Contact Your Provider If You Experience:

- Severe injection site reaction (swelling, redness, pus, fever)
- Dizziness, chest pain, palpitations
- Signs of allergic reaction (itching, hives, throat swelling)