SKINNY SHOT

Methionine is an essential amino acid that helps the body process and eliminate fat. It is also instrumental in helping to cleanse the liver. Methionine is needed to create, a nutrient that provides the energy our muscles need to move. Creatine is necessary for all muscular function, and thus supports normal functioning of the heart and circulatory system. Methionine is essential for the formation of healthy collagen used to form skin, nails, and connective tissue, and it helps reduce the level of inflammatory histamines in the body.

Inositol is instrumental in breaking down fat molecules and reducing cholesterol in the body. It is also associated with proper insulin functions, which is necessary for utilization of carbohydrates. Inositol is key in modulating serotonin levels, with serotonin being partially responsible for feeling of well-being versus depression.

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'. Researchers suggested that memory, intelligence, and mood are improved by adequate levels of choline.

Vitamin B6 is required by your body for utilization of energy in the foods you eat, production of red blood cells, and proper functioning of nerves. it is used to treat and prevent vitamin B6 deficiency resulting from poor diet, certain medications, and some medical conditions.

Vitamin B12 is another nutrient necessary for proper central nervous system function. Many of us are deficient and do not realize it. Many people who take this as a supplement on a regular basis report they have more energy, healthier immune systems, less allergies, stress, depression, more stamina, better sleep and less frequent, less severe headaches.

Adenosine is known to increase energy by enhancing metabolism through the intracellular transfer of energy. It also promotes a sensation of satiety or "fullness".

L-Carnitine contributes to energy metabolism by facilitating the breakdown of excess triglycerides in the blood. It has been shown to improve neurotransmitter function in the brain. It also exhibits a substantial antioxidant effect and causes improved glucose metabolism while helping build lean muscle mass.