

A close-up photograph of a woman's back and arm. She is wearing a white, backless top with a wide, flat band across the shoulders and a grey, long-sleeved leggings. A small, dark tattoo is visible on her left forearm. The text "Lipo-Mino" is overlaid in the center of the image.

Lipo-Mino

Lipo-Mino Injection

PATIENT GUIDE

This guide covers what Lipo-Mino is, what to expect, and when to reach out to your clinical team.

What Is Lipo-Mino?

Lipo-Mino is a compounded injectable blend of lipotropic nutrients and B vitamins — methionine, inositol, choline, vitamins B1, B2, and B6, vitamin B12 (as cyanocobalamin), and L-carnitine. Together, these ingredients support the liver's ability to metabolize fat, help transport fatty acids into cells for energy production, and support overall metabolic function.

Why Is Lipo-Mino Prescribed?

Lipo-Mino may be prescribed for:

- Body composition and weight management, alongside diet and exercise
- Additional metabolic support for those already on a medically supervised weight-loss plan, such as GLP-1 therapy
- General energy and athletic performance support
- Fatigue associated with metabolic dysfunction or a nutritional deficiency

Lipo-Mino has no FDA-approved indications. It is a compounded product used off-label as an adjunct to a structured nutrition and exercise plan and/or other weight loss medications.

What to Expect

This medication is given as an intramuscular injection. **See additional documentation for how to administer an intramuscular injection.**

- Typically starts with a once-weekly loading dose for the first month, to build tolerance and monitor for side effects
- After the first month, most patients move to an active phase of one to two doses per week for continued weight management
- Once you've reached your goals, your clinician may reduce this to a lower-frequency maintenance schedule — such as weekly, biweekly, or as needed — to sustain your results
- Your clinician may adjust your dose, frequency, or phase over time based on your tolerance, side effects, and progress toward your goals

Required Labs

Lab testing is not required for Lipo-Mino.

Storage & Expiration

Storage: Store at room temperature before opening. After the first puncture, it is recommended to refrigerate and protect from light, but always follow the pharmacy-specific storage instructions included with your medication if they differ.

Expiration: This medication expires 28 days after first puncture, regardless of how much remains. After that time, it should no longer be used.

Who Shouldn't Take Lipo-Mino

Do not take this medication if any of the following apply to you:

- Known allergy to any ingredient in this formulation (methionine, inositol, choline, B vitamins, carnitine, or other excipients)
- Severe liver or kidney disease
- Active cancer
- Pregnancy or breastfeeding

Talk to your clinician if any of the following apply to you:

- History of gallbladder disease or gallstones
- Moderate liver or kidney impairment
- Cardiovascular disease, especially if severe
- Anxiety disorders
- Diabetes
- Elevated homocysteine or a known MTHFR mutation
- Trimethylaminuria ("fish odor syndrome")
- Parkinson's disease treated with levodopa alone (without carbidopa)

Possible Side Effects

Common:

- Injection site tenderness or irritation
- Increased energy
- Reduced appetite
- Bright yellow urine — expected and harmless

Less Common:

- Nausea
- A fishy or sulfur-like body odor, from excess choline
- Numbness or tingling, from excess B6

Rare but important:

- Headache, palpitations, or anxiety/jitteriness
- Persistent injection site reactions (redness, swelling, or firmness that doesn't improve)

When to Contact the Clinical Team

Contact your clinician through the portal if you develop:

- Persistent injection site reactions (redness, swelling, or firmness that doesn't improve)
- Nausea or vomiting
- Headache
- Anxiety or jitteriness
- Palpitations that are brief and not accompanied by chest pain

Go to your nearest Emergency Room or call 911 right away if you have any of the following: signs of a severe allergic reaction (hives, swelling of your face or throat, or difficulty breathing); chest pain or sustained palpitations; or signs of an infection at your injection site (such as spreading redness, warmth, or pus).

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

