

# CMWL SUPPLEMENTS

Having the correct balance of supplements plays a big part in maintaining optimum health and weight.



## CMWL Multivitamin & Multimineral Supplements

This daily supplement contains a balance of the important B-complex, which plays an essential role in supporting various bodily functions including:

- The breakdown of carbohydrates into glucose, providing energy for the body
- The breakdown of fats and proteins, supporting normal functioning of the nervous system\*
- A healthy cardiovascular system
- Healthy vision\*
- Healthy skin and hair\*
- A healthy liver\*

This supplement also contains minerals that support bodily functions in supporting an active lifestyle.

Recommended Usage: One (1) tablet daily

## Vitamin B12 Injections

**Vitamin B12 is the “energy vitamin,” as it often increases energy level and helps to prevent fatigue.**

Many weight loss experts feel that it helps suppress the appetite in weight loss programs and has a mild diuretic effect. It stimulates the utilization of fats and carbohydrates in the body. This can help to lower your fat percentage with weight loss.

## CMWL Go Stick

Go Stick ready-to-go supplement perfectly complements the support and guidance you receive from your CMWL physician as you work toward your weight loss goals.

Just mix our Go Stick Herb & Vitamin Supplement in water for a refreshing drink that helps boost energy by increasing metabolic rate.\* This supplement also helps maintain a powerful antioxidant and free radical scavenging system and, when used in conjunction with dietary programs, may assist with weight loss.\* Each Go Stick contains thiamin (vitamin B1), riboflavin (vitamin B2), vitamins B6 and B12, folic acid, biotin, calcium, potassium, and quercetin, a plant-derived flavonoid. For best results, use one Go Stick in the morning and one in the afternoon.

## Capsiate Plus

**Capsiate Plus unlocks the power of chili peppers to provide a natural, thermogenic adjunct to clinical CMWL weight management protocols to help boost basal metabolic rate without increasing blood pressure or heart rate.\***

Increase your metabolism naturally with Capsiate Plus\*- Only available in the United States through a healthcare professional. Ajinomoto Co., is the science-oriented manufacturer of Capsiate Plus. Since 1909, Ajinomoto Co., has established itself as a reliable source of nutrition worldwide. Having conducted multiple, rigorous clinical studies, Ajinomoto Co., has proved Capsiate’s safety and effectiveness. Increasing metabolism is an important part of any weight loss or weight maintenance program.



# LIPOTROPIC OR “FAT BURNER” INJECTION\*\*

Lipo-B is an injection of vitamins, minerals and amino acids that are essential for your health and the health of your liver. Your liver is the organ responsible for removing fat and toxins from your body, so if it is healthier, it will work better for you.

Lipo-B injection ensures your body receives all necessary nutrients to keep you at your energetic best.\* Many of these nutrients are not absorbable by mouth and need to be taken by injection.\* Injections are safe, effective and an easy way to keep your body well-balanced. They help increase your energy as well as contribute to the success of your weight loss plan.\*

The injections include the following naturally occurring vitamins, amino acids and minerals, plus many more:



**Methionine** - an antioxidant amino acid that neutralizes free radicals. It aids in breaking down fat, removing heavy metals from the body, and digestion. It is one of the important amino acids that increases energy and lean muscle mass.\*

**Inositol** - a vitamin that is vital for metabolism of fat and cholesterol. It also prevents hardening of the arteries and has been shown to help in the treatment of depression and anxiety.

**Choline** - plays a major role in cardiovascular health, in addition to minimizing excess fat in the liver through its fat and cholesterol metabolic properties. It aids in hormone production.

**Vitamin B12** - regulates the formation of red blood cells and helps in the utilization of iron, preventing anemia. It is an important component of the body system because it is required for proper digestion, absorption and synthesis of foods, protein synthesis, and the metabolism of carbohydrates and fats. Vitamin B12 is also necessary for a healthy nervous system.

 **CMWL**<sup>®</sup>  
the center for medical weight loss<sup>®</sup>