# MIC

Established component biology; unsupported weight-loss indication.



Guide prepared November 13, 2026 · profile review dates retained

**KEEP IN MIND** Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

## 01 What is it?

MIC names a mixture of methionine, inositol and choline rather than a peptide. Nutritional roles of these ingredients do not establish weight-loss effects for an injected combination. [1]

## 02 Potential benefits

Methionine, inositol and choline participate in real nutrient and metabolic pathways. MIC belongs in the record because it is frequently marketed beside peptides. [1]

## 03 Evidence & its limits

No controlled combination efficacy study is cited in this record. Evidence about nutritional deficiency, oral intake or one ingredient cannot be treated as proof that an injected MIC mixture causes weight loss. [1]

## 04 Risks & unknowns

MIC is not a peptide or a single standardized molecule. No FDA-approved MIC injection has a weight-loss indication. [1]

## 05 Status & scope

No FDA-approved MIC injection has a weight-loss indication. [1]

## 06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

**SOURCES / Tap a reference to open**

[1] Full evidence record, references and review dates
[2] FDA Drugs@FDA database
[3] NIH Office of Dietary Supplements: choline reference

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.