

# 'Skinny Drip':



## IV ESSENCE

The Fat-Burning Benefits of B5, B6,  
and B Complex



# Highlights

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FOR PEOPLE STRUGGLING WITH THEIR WEIGHT, IT CAN FEEL LIKE THERE'S NO END IN SIGHT. EVERY DAY IS A BATTLE AGAINST CRAVINGS AND TEMPTATION, AND IT SEEMS LIKE THE SCALE IS NEVER IN YOUR FAVOR. BUT WHAT IF WE TOLD YOU THAT THERE WAS A WAY TO HELP YOUR BODY BURN FAT MORE EFFICIENTLY? THAT'S WHERE B5, B6, AND B COMPLEX COME IN.

B5, also known as pantothenic acid, helps the body break down fats and convert them into energy. B6, or pyridoxine, aids in the metabolism of fats and carbohydrates. And B complex is a group of vitamins that work together to support various metabolic processes. Together, these nutrients can help give your weight loss efforts a boost.

## How Do They Work?

B5, B6, and B complex work together to support various metabolic processes. B5 helps the body break down fats and convert them into energy. It also helps the body metabolize carbohydrates. B6 aids in the metabolism of fats and carbohydrates. And B complex helps the body metabolize proteins. Together, these nutrients can help you burn fat more efficiently.

## Are There Any Side Effects?

B5, B6, and B complex are water-soluble vitamins, which means they're not stored in the body. This also means that they're safe to take in supplement form. However, as with any supplement, it's always best to speak with a healthcare professional.

As part of our program at IV Essence you will have access to a consultation with our medical director at no additional charge.

If you're looking for a way to help your body burn fat more efficiently, consider adding B5, B6, or B complex to your regimen. These water-soluble vitamins are safe and can help you reach your weight loss goals.