



Informed Consent for IM Nutrient Therapy

I hereby give consent to Lakes Cosmetic Institute to perform vitamin and mineral therapy. I understand that IM nutrient therapy is not standard, widely approved or accepted for the purpose(s) of treatment or prevention of disease and the view that it is of benefit in the treatment of such disorders is accepted by a minority of medical providers and is considered "experimental" by most medical providers. I am advised that other treatment approaches have been used in these conditions, including but not limited to prescription medications, over-the-counter drugs and nutritional supplements and these alternatives have been explained to my full satisfaction.

The benefits of IM nutrient therapy include not are not limited to: increased energy, improved fatigue, improved athletic performance, improved immune function, improved signs of aging, optimized brain function, increased metabolism, assists with symptom management of headaches, muscle cramps, GI discomfort and pain.

I understand that the benefits of IM nutrient therapy are much greater if I follow a healthy lifestyle (non-smoking, weight control, proper exercise, proper diet and nutritional supplementation).

I certify that I am not pregnant.

I certify that I do not have kidney failure, liver or heart disease.

I certify that I do not have congestive heart failure.

For B12 Injections: If you are experiencing any allergic reaction to methylcobalamin shots — skin rash, swelling of the face, itching, blue tint to your skin, chest tightness, or any unusual pain — then immediately consult your health care provider.

Also, patients with early hereditary optic nerve atrophy (Leber's disease) shouldn't take methylcobalamin shots. Optic nerve atrophy can get worse in patients with methylcobalamin levels that are already elevated. Hydroxycobalamin shots, though less effective, are safer in that case.

I have been informed of possible risks and side effects including but not limited to discomfort at the infusion site, bruising, feeling faint, infection, thrombophlebitis, fatigue, allergic reaction, congestive heart failure, lowering of blood sugar levels, fever/chills, and generalized complaints. There is a 2015 study that tested *Propionibacterium acnes* (or *P. acnes* for short) and its relationship with B12. *P. acnes* is the most common acne bacteria found in our pores. *P. acnes* produces porphyrins, an inflammatory compound that produces acne. The study found that an excess amount of B12 can lead to an increase in porphyrin production by *P. acnes*. Basically, more porphyrins means more pimples.

I hereby acknowledge that I understand that this procedure is not covered by my insurance. I agree to be personally and legally responsible for payment at the time of service. I further agree that in the event on non-payment, to bear the cost of collection, and/or court costs and reasonable legal fees, should this be required.



I am aware that other unforeseeable complications can occur. I do not expect the medical provider to anticipate and/or explain all risks and possible complications. I rely on the medical provider to exercise judgment during the course of treatment with regards to my procedure.

I understand that there have been no guarantees of successful treatment made to me. I voluntarily consent to undergo this treatment after having considered the information provided to me. I acknowledge that I have had the opportunity to ask questions with respect to my proposed therapy and the treatments to be utilized. All of my questions have been answered to my full satisfaction. My signature on this agreement will constitute a full and final release of any legal responsibility resulting from the administration of IV/IM nutrient therapy in my case and/or any other medical treatment that by be necessary as a result thereof.

Patient Signature: _____ Date: _____

Provider Signature: _____ Date: _____