



VITAMIN B12 SUPPLEMENT CONSENT FORM

INSTRUCTIONS

This is an informed consent document that has been prepared to help inform you concerning Vitamin B12 injections and the risks involved. It is important that you read this information carefully and completely. Please read each page and sign the consent at the bottom prior to your treatment.

INTRODUCTION

Vitamin B12 helps maintain good health and has been shown to be beneficial in helping to: Reduce stress, fatigue, improve memory and cardiovascular health, and maintain a good body weight. It can also assist the body in converting proteins, fats and carbohydrates into energy and is necessary for healthy skin and eyes.

B12 Injections are better absorbed by the body since they go directly into the blood stream. Alternatives to B12 injections are Oral Vitamins, B12 Patch, Lozenges, Liquid drops and Nasal Spray

RISKS OF B12 INJECTIONS

Every procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with your practitioner to make sure you understand the risks, potential complications, and consequences of vitamin B12 injections:

- **Minor bleeding**
- **Bruising/Swelling at injection site**
- **Dizziness**
- **Headache**
- **Infection**
- **Fainting**

CAUTIONS & CONTRAINDICATIONS (To be checked with patient prior to treatment)

- **Known hypersensitivity to ingredients or any of its excipients**
- **Lebar's Disease**
- **Kidney disease**
- **Liver disease**
- **Iron deficiency**
- **Folic acid deficiency**
- **Receiving any treatment that has an effect on bone marrow**

PATIENT CONSENT

- I confirm that I consent to receiving treatment using the products that my practitioner has recommended to me.

I fully understand that I am receiving this injection to help increase my energy levels and maintain general good health. It is NOT for the treatment of Vitamin B12 deficiency or pernicious anaemia.

B12 Facts

- Vitamin B12 injections are typically used as a treatment for a certain type of anaemia (pernicious anaemia). In this type of anaemia, people lack intrinsic factor in the stomach which is necessary for the absorption of the vitamin.
- Vegetarians (especially vegans) are also given shots of B12 since their diet is low in animal products, the primary source of B12.
- People with chronic fatigue or anaemia require monthly injections of vitamin B12 usually because the oral form is not dependable.
- Vitamin B12 injections are most effective when taken at regular intervals (usually monthly). A regular schedule to receive the injections can be customized to each individual.
- The body's ability to absorb vitamin B12 is reduced with increasing age. Older people are often detected to have a more potent vitamin B12 deficiency, even in cases where they do not suffer from pernicious anaemia.
- Methylcobalamin is a unique form of vitamin B12, which is more readily converted into the coenzyme forms than conventional cyanocobalamin. Methylcobalamin also readily binds body stores of cyanide.
- Deficiency of vitamin B12 can lead to abnormal neurologic and psychiatric symptoms including ataxia (shaky movements and unsteady gait), muscle weakness, spasticity, incontinence, hypotension, vision problems, dementia, psychoses, and mood disturbances.

B12 Benefits

- More energy, mental alertness and stamina for everyday tasks.
- Healthier immune system.
- Improves sleep.
- Increases metabolism, thereby aiding in weight loss.
- Improves mood stabilization.
- Reduces allergies, stress and depression.
- Lessens frequency and severity of migraines and headaches.
- Helps lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes

Possible side effects of B12

- A vitamin B12 injection is safe and generally has no side effects, even in higher doses
- Some redness and swelling at the injection site may occur. This should start to get better within 48 hours.
- In rare cases, B12 can cause diarrhoea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- People with chronic liver and/or kidney dysfunction should not take frequent B12 injections.
- Drugs that decrease or reduce absorption of B12: antibiotics, cobalt irradiation, colchicine, H2-blockers, metformin, nicotine, birth control pills, potassium chloride, proton pump inhibitors
- B12 is contraindicated in Leber's disease, a hereditary optic nerve condition

- I have been given sufficient information to enable me to understand the use of these products for the approved indications.
- I understand that though complications are uncommon, they do sometimes occur. It is possible that side effects not described may occur and indeed that a complication not previously reported may occur for the first time.
- I understand that if I suffer any adverse reactions that are not expected, or concern me, I must contact the clinic. An appointment will be made for me to be seen. The clinic cannot take responsibility for complications or results that have not been reported, assessed, documented and managed in a timely fashion.
- I have also received information regarding contraindications to the administration of products and potential side effects.
- Post treatment: Following treatment, avoid sun exposure and saunas. Avoid manipulation of the treated area and make up, as instructed by your practitioner.
- I understand that whilst I have been advised as to a probable result, this should not be interpreted as a guarantee.
- I confirm that I have been provided with verbal and written information about this treatment which includes aftercare and follow up advice.
- I agree to follow the aftercare advice and understand this reduces risk of adverse reactions, promotes healing and helps ensure optimum results.

Payment

- I understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment. I further agree in the event of non-payment, to bear the cost of collection, and/or court cost and reasonable legal fees, should this be required.

Data Protection

- I understand information about me will be treated as confidential and access to it restricted in accordance with the Data Protection Act, unless specific permissions given.
- I understand that there may be circumstances in which my medical records will need to be shared with appropriate professional staff, such as in the case of an emergency or complication.

I acknowledge that I have read the Terms & Conditions, and the foregoing informed consent, understand it, accept these facts and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent treatments with the above understood. I hereby release the practitioner from liability associated with this procedure.