

# Vitamin B12 Lipotropic MIC Injection Consent Form



Vitamin B12 Lipotropic Injections are safe, effective and an easy way to keep your body well-balanced.

Lipo-B is an injection of vitamins, minerals and amino acids that are essential for your health and 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. Vitamin B12 Lipotropic injections help increase your energy as well as contribute to the success of your weight loss plan.

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.

**How often should I get the injections? You can get the Vitamin B12 Lipotropic injections as often as two to three times per week.**

**Possible Side Effects and Contraindications of B12:** A vitamin B12 shot is safe and generally has no negative side effects, even in higher doses. Some redness and/or swelling at the injection site may occur as with any injection. This should start to get better within forty-eight (48) hours. In rare cases, B12 can cause diarrhea, peripheral vascular thrombosis, itching, rash, hives, sensitivity to cobalt and/or cobalamin is a contraindication. People with chronic liver and/or kidney dysfunction should not take frequent B12 injections. Interactions with drugs: Chloramphenicol can block the red blood cell producing properties of B12. (Chloramphenicol is an antibiotic useful for the treatment of a number of bacterial infections.) Drugs that decrease or reduce the natural absorption of B12: antibiotics, cobalt irradiation, colchicine, colestipol, H2-blockers, metformin, nicotine, birth control pills, potassium chloride, proton pump inhibitors such as Prevacid, Losec, Aciphex, Pantoloc, and Zidovudine. B12 is contraindicated in Leber's disease, a hereditary optic nerve atrophic condition.

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

1. **Methionine** – An antioxidant amino acid that neutralizes free radicals. It aids in breaking down fat, removing heavy metals from the body, and helps with digestion. It is one of the important amino acids that increase energy and lean muscle mass.
2. **Inositol** – A vitamin that is vital for metabolism of fat and cholesterol. It prevents hardening of the arteries; it has also been shown to help in the treatment of depression and anxiety.
3. **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.

If you have any questions ask your physician or Health Department before receiving this shot. If you have a reaction, please see your personal physician immediately. I have read and understand the above information. I also understand The Pain Relief and Wellness Center staff will not provide Medical Advice. I have had the opportunity to ask my personal physician(s) questions regarding my receiving this shot. I understand the benefits and risks of this shot. I hereby release The Pain Relief and Wellness Center and any other organizations associated with this immunization, their affiliated, associated and related entities, and the directors, officers, employees, successors and assigns of all such persons and entity from any and all liability arising from or in any connection with this Vitamin B12 injection. T

Participant's Name (Please Print) \_\_\_\_\_

\_\_\_\_\_

Signature (Guardian's Name/Signature if under 18) \_\_\_\_\_

Date \_\_\_\_\_

Email: \_\_\_\_\_  Home  Cell: \_\_\_\_\_

Select Injection Site:  Left Deltoid  Right Deltoid  Other \_\_\_\_\_  
Lot# \_\_\_\_\_ Exp. Date \_\_\_\_\_ Administered By \_\_\_\_\_

### **B12 Facts:**

- 1. B12 injections are typically used as a treatment for a certain type of anemia (pernicious anemia). In this type of anemia, people lack intrinsic factor in the stomach which is necessary for the absorption of the vitamin.
- 2. Vegetarians (especially vegans) are also given shots of B12 since their diet is low in animal products, the primary source of B12.
- 3. People with chronic fatigue or anemia require monthly injections of vitamin B12 usually because the oral form is not dependable.
- 4. Vitamin B12 shots are most effective when taken at regular intervals (usually monthly). A regular schedule to receive the injections can be customized to each individual.
- 5. 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.
- 6. Hydroxycobalamin (Hydroxy B12) is a unique form of vitamin B12, which is more readily converted into the coenzyme forms than conventional cyanocobalamin. Hydroxycobalamin also readily binds body stores of cyanide.
- 7. 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

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### **Benefits of B12**

- 1. More energy, mental alertness and stamina for every day tasks
- 2. Healthier immune systems
- 3. Improves sleep
- 4. Increases metabolism, thereby aiding in weight loss
- 5. Reduces allergies, stress and depression
- 6. Improves mood stabilization
- 7. Lessens frequency and severity of migraines and headaches
- 8. Helps lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes

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### **Possible Side Effects and Contraindications of B12**

- 1. A vitamin B12 shot is safe and generally has no side effects, even in higher doses.
- 2. Some redness and swelling at the injection site may occur. This should start to get better within forty-eight (48) hours.
- 3. In rare cases, B12 can cause diarrhea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- 4. Sensitivity to cobalt and/or cobalamin is a contraindication.
- 5. People with chronic liver and/or kidney dysfunction should not take frequent B12 injections; therefore we ask that you please provide us with a recent copy of lab work, which reflects liver and kidney function. This lab work is usually referred to as a metabolic panel. If you have not checked your lab work recently, we ask that you get a complete blood workup as soon as possible.
- 6. Interactions with drugs: Chloramphenicol can impede on the red blood cell producing properties of B12
- 7. Other drugs that decrease or reduce absorption of B12: antibiotics, cobalt irradiation, colchicine, colestipol, H2-blockers, metformin, nicotine, birth control pills, potassium chloride, proton pump inhibitors such as Prevacid, Losec, Aciphex, Pantoloc, and Zidovudine.
- 8. B12 is contraindicated in Leber's disease, a hereditary optic nerve atrophic condition.

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# The PAIN RELIEF and Wellness Center



## B12 INTRAMUSCULAR INJECTION INTAKE FORM

### Patient Information:

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ (H) \_\_\_\_\_ (C) \_\_\_\_\_ (other)  
 Date of Birth: \_\_\_\_\_ (D/M/Y) Age: \_\_\_\_\_ Sex: M / F (circle one)  
 Occupation: \_\_\_\_\_ Email address: \_\_\_\_\_  
 In case of emergency, who should we contact: \_\_\_\_\_

What are your main complaints?  
 \_\_\_\_\_  
 \_\_\_\_\_

Please check if you have any of the following:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Fatigue           | <input type="checkbox"/> Low depressed mood      | <input type="checkbox"/> Pernicious Anemia               |
| <input type="checkbox"/> Weight issues     | <input type="checkbox"/> Irritability/moodiness  | <input type="checkbox"/> Pregnant /trying to be pregnant |
| <input type="checkbox"/> Heart Disease     | <input type="checkbox"/> Diabetes                | <input type="checkbox"/> Memory Loss/Alzheimer's         |
| <input type="checkbox"/> Sleep disorders   | <input type="checkbox"/> Osteoporosis            | <input type="checkbox"/> Tendonitis                      |
| <input type="checkbox"/> Asthma            | <input type="checkbox"/> Allergies               | <input type="checkbox"/> Immunosuppression               |
| <input type="checkbox"/> Thyroid disorders | <input type="checkbox"/> IBS/Inflammatory Bowels | <input type="checkbox"/> Numbness or tingling of body    |

How did you learn about this service?

- |   |   |                                  |
|---|---|----------------------------------|
| <input type="checkbox"/> Already a Client | <input type="checkbox"/> Advertisement      | <input type="checkbox"/> Website |
| <input type="checkbox"/> Yellow Pages     | <input type="checkbox"/> Referred by: _____ |                                  |
| <input type="checkbox"/> Walk-In/Sign     | <input type="checkbox"/> Other: _____       |                                  |

### Informed Consent for Treatment

I have read the information regarding risks and benefits of B12 on the opposite page 2 and have had a chance to ask questions on the treatment. I understand the possible complications of injection therapy are minor bruising and bleeding at injected sites, dizziness, headaches and possible fainting from the site of blood. I understand clearly that there may be a slight chance for sensitivities and reactions to the B12 solution. I hereby release The Pain Relief and Wellness Center from all liabilities regarding my treatment with B12 injections.

\_\_\_\_\_  
 Patient Signature

\_\_\_\_\_  
 Date (dd/mm/yy)