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VITAMIN B12 / ADRENAL / LIPOTROPIC INJECTION INTAKE FORM

Patient Information:

Name: _____ Date: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: (H) _____ (Cell) _____

Date of Birth: _____ (YYYY/MM/DD) Age: _____ Sex: M / F / _____

Occupation: _____ Email: _____

By providing my email, I agree to receiving clinic email reminders, health updates, promotions, etc.

In case of emergency, who should we contact: _____

How did you find out about our services? _____

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 |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Trying to get pregnant |
| <input type="checkbox"/> Sleep disorders | <input type="checkbox"/> Asthma | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> Low Immunity | <input type="checkbox"/> Thyroid disorders | <input type="checkbox"/> IBS/Inflammatory Bowels |
| <input type="checkbox"/> Digestive issues | <input type="checkbox"/> Numbness or tingling of body | |

Benefits of B12 and Adrenal Shot

- More energy, mental alertness and stamina for every day tasks
- Healthier immune systems
- Improves sleep
- Increases metabolism, thereby aiding in weight loss
- Reduces allergies, stress and depression
- Improves mood stabilization
- 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 and Contraindications

- A vitamin B12, Adrenal or Lipotropic 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 forty-eight (48) hours.
- In rare cases, B12 can cause diarrhea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- **Sensitivity to cobalt and/or cobalamin is a contraindication.**
- 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.
- Interactions with drugs: Chloramphenicol can impede on the red blood cell producing properties of B12
- 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.
- B12 is contraindicated in **Leber's disease** which is a hereditary optic nerve atrophic condition where one cannot see.

Informed Consent for Treatment

I have read the information regarding risks and benefits of B12 and the Adrenal Shot on the opposite page. 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 such as hives and itchiness to the solutions. I hereby release any Naturopathic Doctor providing the injections and the Clinic from all liabilities regarding my treatment.

I am also aware of the clinic's late cancellation policy of a charge of **50% of the visit cost** if I fail to give **less than 24 hours notice for cancellations. I will be responsible to pay that charge before I can re-book.**

Signature _____ Date _____
