

NON-COMPETE/NON-CIRCUMVENT AGREEMENT

The literature, information, medication, and nutritional guidance protocol contained with the My Place Wellness program is proprietary information belonging to My Place Wellness. This agreement exists between the undersigned party and My Place Wellness. It is hereby agreed that any and all information, whether written, verbal, literature, protocols or any other communications are considered proprietary and will not be used in any way without written consent of My Place Wellness. It is further agreed that proprietorship of said information extends to any and all usage in the United States. It is further agreed that neither the undersigned party or their associates or designees will engage in any weight loss or dietary business using any or all the aforementioned proprietary information for any reason not contained in a written contract between said party and My Place Wellness.

Patient's Printed Name

Patient Signature

Date

INFORMATION AND CONSENT

- **B-12**
- 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.
- Vegetarians (especially vegans) are also given B-12 injections since their diet is low in animal products, the primary source of B-12.
- People with chronic fatigue or anemia require monthly injections of vitamin B-12 usually because the oral form is not dependable.
- Vitamin B-12 shots are most effective when taken at regular intervals. A regular schedule to receive the injections can be customized to each individual.
- The body's ability to absorb vitamin B-12 is reduced with increased age. Older people often have a more potent vitamin B-12 deficiency, even in cases where they do not suffer from pernicious anemia.

BENEFITS

- May help increase energy, mental alertness, and stamina
- May help boost immune system
- May help improve mood stabilization
- May help reduce allergies, stress and depression, and improve sleep
- May help lessen frequency and severity of migraines and headaches
- May help lower homocysteine levels in the blood, reducing probability of heart disease

POSSIBLE SIDE EFFECTS AND CONTRAINDICATIONS

VITAMIN B-12 INJECTIONS GENERALLY HAVE NO SIDE EFFECTS.

Side Effects

- Some redness and swelling, at the injection site may occur. This should start to get better within forty-eight hours.
- In rare cases: diarrhea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.

Contraindications

- Sensitivity to cobalt and/or cobalamin
- People with chronic liver and/or kidney dysfunction should not take frequent B-12 injections.
- Interactions with drugs: Chloramphenicol can impede on the red blood cell producing properties of B-12.
- Other drugs that decrease or reduce absorption of B-12: antibiotics, cobalt irradiation, Colchicine,

colestipol, metformin, nicotine, birth control pills, potassium chloride, proton pump inhibitors (such as Prevacid, Prilosec, Aciphex, and Pantoloc), and Zidovudine.

- People with Leber's disease, a hereditary optic-nerve atrophic condition.

- **B-COMPLEX**

- ***BENEFITS***

- May reduce stress and boost mood
- May reduce symptoms of anxiety or depression
- May boost cognitive performance

- B1-Thiamin—convert food into energy; needed for healthy skin, hair, muscles, and brain; critical for nerve function
- B2-riboflavin—convert food into energy; for healthy skin, hair, blood, and brain
- B3-niacin—convert food into energy; essential for healthy skin, blood cells, brain, and nervous system
- B5-pantothenic acid—converts food into energy; helps make fats, neurotransmitters, steroid hormones, and hemoglobin
- B6-pyridoxine—may reduce risk of heart disease; helps make red blood cells; influences cognitive abilities and immune function

POSSIBLE SIDE EFFECTS AND CONTRAINDICATIONS

Side effects

- Urine turns bright yellow (body is expelling the excess vitamins)
- High doses of B3 may lead to vomiting, high blood sugar levels, skin flushing, and liver damage
- High doses of B6 can cause nerve damage, light sensitivity, and painful skin lesions
- Upset stomach
- Headache
- Unusual or unpleasant taste

Contraindications

- Any allergies or sensitivity to the any ingredients listed

- **MIC-methionine, inositol, choline (lipotropic)**

- Methionine

Benefits

- May act as an antioxidant
- Helps to protect damaged tissue

Side effects

- Headache, heartburn, nausea, diarrhea, dizziness, or drowsiness

Contraindication

- Pregnancy and breastfeeding
- Conditions of acidosis
- Atherosclerosis
- Methylene tetrahydrofolate reductase (MTHFR) deficiency
- Liver disease including cirrhosis
- Allergy to sulfa/sulfa drugs

- Inositol

Benefits

- May reduce anxiety
- May improve insulin resistance
- May improve fertility in women
- May reduce symptoms of depression

Side effects

- Nausea, tiredness, headache, dizziness

Contraindications

- Pregnancy and breastfeeding
- Bipolar disorder

• Choline

Benefits

- Decrease swelling and inflammation associated with asthma
- May reduce blood pressure
- May aid in neural support
- Essential for transporting lipids (fats) from the liver

Side effects

- Sweating, gastrointestinal distress, diarrhea, vomiting (usually occurs in high doses)

Contraindications

- Atropine

LATE ARRIVALS AND CANCELLATIONS

We require a credit card number to hold all appointments. In the event you need to cancel your scheduled appointment with us, we do require at least 24 hour-notice. In the case of a same day cancellation or if you fail to show up at your scheduled appointment time, you will be charged a \$50 fee for your missed service. This is as a courtesy to the staff member, and so that we may possibly accommodate the needs of other clients. However, we understand that emergency situations do arise, and we will accommodate you if, at all, possible.

If you arrive late, the length of your treatment will be reduced to end as scheduled, therefore allowing the staff to take their next scheduled appointment on time. If you must cancel, please call 24 hours in advance to avoid the cancellation fee. **Initial**

VITAMINS & SUPPLEMENTS CONSENT

*****Women who are pregnant or breast feeding are advised to check with their physician, first.**

*****Anyone with an allergy to sulfa or allergic to any of the above should not participate in this service.**

*****Anyone with any contraindications (whether listed above or known), should not participate in this service.**

I _____, understand that the vitamin(s) offered by My Place Wellness are not intended for medical treatment, and are considered a wellness and an elective service. Some of the vitamin(s) are contraindicated for pregnant women and therefore one should consult with their physician prior to service. The

FDA has not recommended or approved any of these supplements as a treatment for any specific disease. Although, there is literature supporting the uses of the types of vitamins offered. The vitamin injections are a wellness and an elective service.

I realize that there are other services provided at My Place Wellness and its associates as a convenience. There is no obligation to purchase other services offered.

I have read the information regarding risks and benefits and have had the chance to ask questions about the service. I understand that the ingredients in the B-12, B-complex, and MIC (lipotropic) injections could include any of the following: B-1, B-2, B-3, B-5, B-6, B-12/Cyanocobalamin/Methylcobalamin, Methionine, Inositol, Choline Chloride, Chromium Chloride, Procaine, Lidocaine, or Benzyl Alcohol. I am not allergic to any of the above ingredients and understand that I should not receive the vitamin injection if I am. I understand the possible complications of injection(s) are minor bruising and bleeding at injected site(s), dizziness, headaches, and possible fainting from the site of blood. I clearly understand there may be a slight chance for sensitivities and reactions to injection solutions. I hereby release My Place Wellness, its staff, its members, and associates from all liabilities regarding my service associated with the injections.

I have read all the above and understand all features of the above consent.

Patient's Printed Name

Patient Signature

Date