

Valley Natural Health

B-12 Shot Consent and Release PLEASE PRINT INFORMATION BELOW

Name: _____
 First *Middle* *Last*

Address: _____
 Street Address *City* *State* *Zip Code*

Date of Birth: ____/____/____ Age: _____ Sex: Male Female

Do you have Leber's Disease Yes No Are you currently pregnant or breast feeding Yes No

Phone: _____ Email: _____
(Your email will NOT be given out to anyone, any business, institution or entity)

The main activity of vitamin B12 in the body is to maintain the proper function of the nervous system along with the brain. It's a soluble vitamin. It's a significant B complex vitamin.

- It has the potential to give encouraging support to the metabolism system, which comprises digestion, respiration, energy production etc. Therefore, Vitamin B-12 may help increase the metabolic system and possibly help with weight loss
- It has also been recommended as an outstanding energy enhancer.
- Vitamin B-12 is a good option for helping to reduce homocysteine levels, which, in turn lowers the chances of heart ailments and strokes.
- Vitamin B-12 may help to improve sleep and boost the immune system and reduce allergy symptoms.
- B12, coalesced with other group B vitamins, is purported to sustain the soothing & smooth functioning of all the systems within the human body.
- Vitamin B-12 helps maintain a good balance in the human body.
- Vitamin B 12 is an excellent supplement for neurological disorders & is also beneficial for cognitive functions.
- Vitamin B 12 can assist in supporting your emotional & mental stability; can help in reducing depression and can help improve moods.

Background

Vitamin B12 is a water-soluble vitamin needed for normal cell activity. It is a part of a group of cobalt containing B complex vitamins, which are also known as cobalamins. Like other B vitamins, vitamin B12 is important for metabolism. It also helps in the formation of red blood cells and in maintaining the central nervous system. B-12 is given for pernicious anemia. Vitamin B-12 absorption reduces as the human body ages thus the older you are; the more prone you are to have a Vitamin B-12 deficiency. It is found in most foods which come from animal products including liver, fish, shell fish, meat and dairy products. Vitamin B-12 is used as supplement for Vegetarians and Vegans due to a diet low in B-12.

Side Effects

The good news is that vitamin B 12 is a safe vitamin and non toxic even when taken in large doses. However, people have experienced some adverse effects, even though these side effects are quite rare they can include the following: *mild diarrhea, anxiety and panic attacks, heart palpitations, insomnia, breathing problems, chest pain, skin rash, hives or itchy swollen skin* Some health professionals believe that patients develop these reactions not because of the B12, but because of the preservatives that are part of the injection formula. Currently, most injections contain preservatives. However, Valley Natural Health uses preservative free formulation. Additionally, we use methyl-cobalamin with no cyano-cobalamin to be found.

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Other side effects may be experienced by people who have an allergy or sensitivity to cobalamin and cobalt. If this is the case, then it is advisable to avoid vitamin B12 supplementation altogether and instead seek to eat the foods that contain naturally occurring B12. In addition, B12 should be avoided by people suffering from Leber's disease, a hereditary disease in which the optic nerve wastes away. Ingesting vitamin B12 can actually speed up the atrophy of the optic nerve resulting in rapid loss of central vision. Also, there is always a risk of fainting or infection with any skin puncture.

Initials _____ Date _____

A multitude of conditions can be caused by Vitamin B-12 Deficiency including:

Fatigue	Muscle Weakness	Shortness of Breath	Unsteady Gait	Ataxia	Dizziness	Visual Problems
Numbness	Heart Palpitations	Bleeding Gums	Mouth Sores	Nausea	Poor Appetite	Diarrhea
Memory Loss	Psychoses	Pernicious Anemia	Incontinence	Dementia	Hypotension	Confusion

***B12 Deficiency can mimic Alzheimer's disease, multiple sclerosis, early Parkinson's Disease, infertility in women and Chronic Fatigue Syndrome

Therefore, more problems arise from B12 deficiency than they do from ingestion of the vitamin itself.

By signing this form and on behalf of myself, my heirs, executors, administrators and assignees, I agree to hereby release, forever discharge and hold harmless the entity doing business as Valley Natural Health and the respective owners, officers, directors, employees, agents, representatives, governing bodies, advising committees, and subcontractors of the entity doing business as Valley Natural Health as well as the company and/or companies sponsoring this event and their agents, representatives, employees, successors, and assignees from any and all liability, claims, demands, actions, causes of action, injury or damage which may result from receiving a B-12 shot administered by the entity doing business as Valley Natural Health.

I understand that Valley Natural Health makes no claim or guarantee that I will experience any benefit from B-12. Accurate Diagnostics does not guarantee results. I understand that individual results will vary.

I understand that Valley Natural Health will not bill my health insurance for this procedure.

I acknowledge that I have read the purpose of B-12 metabolically, what B-12 is medically indicated for and any contraindications, side effects or risk(s) associated with receiving B-12. I have also had the opportunity to ask any questions about Vitamin B-12 shots and Vitamin B-12.

I have read this form and understand and comprehend its contents. After reading and understanding the benefits and risks of ingesting B-12 and the contents of this form in its entirety, I consent to receive a B-12 shot or B-12 shots from the entity doing business as Accurate Diagnostics now and in the future. I also understand that if I am a female and become pregnant or start breastfeeding in the future, it is my responsibility to make Accurate Diagnostics aware of the change in status. I further realize that I can not receive any B-12 shots if I am pregnant or breastfeeding. I understand that the confidentiality of this information will be maintained within legal limits.

Signature

Date