

## **Adaptogen Injections Informed Consent**

Client's name \_\_\_\_\_ Date \_\_\_\_\_

Adaptogens are herbal supplements that help maintain good health and has been shown to be beneficial in helping to: cope with stress, provide relaxation, provide powerful antioxidants, promote more energy, and help fight heart disease. It can also be used to assist in maintaining the balance of the endocrine and immune systems, as well as to maintain homeostasis within the body.

Adaptogen Injections are better absorbed by the body since they go directly into the blood stream. Alternatives to these injections are Oral Vitamins, Lozenges, Liquid drops and Mouth Sprays.

Adaptogen Injections common side effects include but are not limited to:

1. Risks: I understand there is risk of mild diarrhea, upset stomach, nausea, a feeling of pain and a warm sensation at the site of the injection, a feeling, or a sense, of being swollen over the entire body, headache and joint pain.
2. If any of these side effects become severe or troublesome I will contact my physician immediately.
3. I understand that although rare Adaptogen injections can result in serious side effects. Although this is a relatively rare occurrence, anyone taking Adaptogen injections should be aware of the possibility. Uncommon side effects are much more serious than the common side effects of Adaptogen injections, and such side effects should be reported to a physician to be evaluated for seriousness. Since Adaptogen supplements are made from common herbs it is important to become aware of any allergic reaction to any of herbs used and consult a physician if unsure. Uncommon and dangerous side effects include:
  - headache
  - rapid heartbeat
  - flushed face
  - restlessness
  - overexcitement
  - difficulty breathing and swallowing
  - dizziness
  - confusion
  - tight feelings in the chest
  - constipation
  - over heating
4. Before starting Adaptogen injections I will make sure to tell my Physician if I am pregnant, lactating or have any of the following conditions.
  - Leber's Disease

- Kidney disease
- Liver disease
- An infection
- Iron deficiency
- Folic acid deficiency
- An allergic reaction to any other medications, vitamins, dyes, foods, or preservatives

5. I understand that certain herbal products, vitamins, minerals, nutritional supplements, prescription and non prescription medications may result in side effects when they interact with the Adaptogen Injection.

6. Treatments: Will be determined by the provider.

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.

By signing below, I acknowledge that I have read the foregoing informed consent and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent Adaptogen Injections with the above understood. I hereby release the doctor, the person injecting Adaptogens, and the facility from liability associated with this procedure.

*Patient Signature* \_\_\_\_\_ *Date:* \_\_\_\_\_