**Elevate U Hydration and Wellness**

**Vitamin B12 Injection Consent Form**

What are the possible benefits?

* Improved energy and stamina
* Improved sleep quality and duration
* Increased metabolism
* Helps in healthy regulation of the nervous system, reducing depression, stress, improved mental clarity
* Essential for healthy skin, hair and nails
* Helps maintain a healthy digestive system and balance immune system

Facts about Vitamin B12:

* As we age we absorb less Vitamin B12 from our food
* Food sources include fish, meat, eggs, dairy
* Essential nutrient that your body can’t make on its own
* Many people who have autoimmune disorders, chronic inflammation and gastric disorders are unable to absorb Vitamin B12 from food or oral supplements

Side effects and warnings:

* Some redness and swelling at the injection site may occur and should begin to clear up within 48 hours
* Vitamin B12 is safe for most people. Pregnant of lactating women should speak to their doctor prior to beginning a B12 regimen.
* Sensitivity to cobalt and/or Vitamin B12 is a contraindication.
* Clients with chronic liver or kidney dysfunction, Leber’s disease (hereditary eye disease) or abnormal red blood cells (megaloblastic anemia) should not take frequent B12 injections.

By signing below, I acknowledge that I have read the informed consent and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent b12 injections.

Client signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_