

Informed Consent Regarding Nutritional and Herbal Supplements

Vitamins, minerals, trace elements, amino acids, herbs or homeopathic remedies are not classified as drugs by the Federal Food, Drug and Cosmetic Act., however these substances can have significant effects on physiology and must be used rationally and with guidance and supervision. Any counseling or individual recommendations that are made regarding the use of nutrition or any of the above substances, are to upgrade and support the physiological processes of the body and it's propensity for self regulation and healing. Through the use of food (as medicine) and supplementation we may support the body's natural metabolic and healing functions. Our role as educators is to assist you in making the best decisions for your health and well being. Most supplements can be safely recommended for patients already using pharmaceutical medications, but in some cases potentially harmful interactions may occur. For this reason it is important to keep all health care providers fully informed about all medications and nutritional supplements, herbs or hormones you may be taking at all times.

If you have concerns, please discuss them openly.

I, _____, have read and understand the above statements and willingly participate with recommendations.

Date: _____