

Elevation Medical Weight Loss

updated 3/12/23

- 2350 Noblestown Rd. Ste 110 **Pittsburgh**, PA 15205 . (412) 458-5042
 - 241 Three Springs Dr. Ste 12 **Weirton**, WV 26062 . (304) 914-3112
 - 1130 Perry Hwy. Ste 9 **Pittsburgh**, PA 15237 . (412) 847-8083
 - 5004 Mid Atlantic Dr. **Morgantown**, WV 26508. (304) 777-2640
 - 5301 Grove Rd. Suite 617A **Pittsburgh**, PA 15236 . (412) 819-4614
 - 3747 William Penn Hwy. Ste 7. **Monroeville**, PA 15146 . (412) 646-2134
 - 6504 Steubenville Pike, **Pittsburgh**, PA 15205 . (412) 489-6490
 - 95 Trinity Point Dr. **Washington**, PA 15301 . (412) 304-2016
- elevationweightloss.com FAX: (412) 774-1753

Last Name _____ First _____ MI _____ Age _____
 Address _____ City _____ State _____ Zip _____
Cell Phone # for us to send text-message reminders (_____) _____ Date of Birth ___/___/_____
 Email _____ Employer _____

Past Surgeries:	Drug allergies:
Current Medications	<input type="checkbox"/> I do not wish to receive communication via text message concerning follow-up appointments (opt-out of text msgs)
<ul style="list-style-type: none"> • Are you interested in getting help to lose weight? <input type="checkbox"/> YES <input type="checkbox"/> NO <ul style="list-style-type: none"> ○ Have you tried diet and exercise? <input type="checkbox"/> YES <input type="checkbox"/> NO • Have you taken any over-the-counter or prescription diet medications in the past? <input type="checkbox"/> YES <input type="checkbox"/> NO <ul style="list-style-type: none"> ○ If yes, please list _____ <ul style="list-style-type: none"> ■ Did you experience any complications or side effects? <input type="checkbox"/> YES <input type="checkbox"/> NO • FEMALES: Are you using contraception/preventing pregnancy? <input type="checkbox"/> YES <input type="checkbox"/> NO 	

How did you hear about us? _____

Has a physician ever diagnosed you with any of the following medical conditions:

Heart Disease (CAD) or Heart Failure <input type="checkbox"/> YES <input type="checkbox"/> NO	Overactive thyroid or hyperthyroidism <input type="checkbox"/> YES <input type="checkbox"/> NO
Heart Arrhythmias or syncope <input type="checkbox"/> YES <input type="checkbox"/> NO	Glaucoma <input type="checkbox"/> YES <input type="checkbox"/> NO
Blood pressure over 200/100 <input type="checkbox"/> YES <input type="checkbox"/> NO	Anorexia or Bulimia <input type="checkbox"/> YES <input type="checkbox"/> NO
Stroke, seizure or epilepsy <input type="checkbox"/> YES <input type="checkbox"/> NO	Substance abuse <input type="checkbox"/> YES <input type="checkbox"/> NO
Multiple Endocrine Neoplasia II <input type="checkbox"/> YES <input type="checkbox"/> NO	Medullary Thyroid Cancer <input type="checkbox"/> YES <input type="checkbox"/> NO

Signature _____ Date _____

-----DO NOT WRITE BELOW THIS LINE-----

PHYSICIAN'S INITIAL EVALUATION NOTES:

- Pt denies CP/SOB/palpitations
- Pt denies hx of CAD & seizures

FEMALES: Contraception _____

LMP if planning on using HCG _____

Vitals: BP _____/____ P _____ RR _____ Ht _____ Waist _____ in. Wt: _____ lbs BMI _____
 General: _____ CV _____ Resp _____ Goal: _____ lbs

Impression: Exogenous obesity

Plan: Recommended restricted calorie Elevation diet and increase exercise ___KVK/___Mutual ___KVK/___Mutual

Rx: **Phentermine** HCl 37.5 mg 1-2 PO daily or ½-1 PO BID on an empty stomach #30 #60

Rx: **HCG** 30d diet 1000 IU/ml 0.125 ml (15u) SQ QAM or QHS #5000 IU REFILLS x _____

Rx: **Sermorelin** 1 mg/mL 0.3 mL (30u) SQ QHS #9 mg REFILLS x _____

Rx: Semaglutide 0.25 mg / 0.5 mg / 1 mg / 1.7 mg / 2.4 mg 1 week 4 weeks 8 weeks 12 weeks

Rx: Tirzepatide 2.5 mg / 5 mg / 7.5 mg / 10 mg / 12.5 mg / 15 mg 1 week 4 weeks 8 weeks 12 weeks

____ SQ inj. 25 G to L deltoid/R deltoid/ L gluteal/ R gluteal B12/LipoPlus/Complex/Vit. D

Medical leaflet given _____ Diet instructions given _____ Follow up in 1 & 4 weeks or as needed

Physician Signature _____ **Date** _____

Elevation Medical Weight Loss

STATEMENT OF INFORMED CONSENT FOR USE OF PHENTERMINE

1. I have sought the medical services of Elevation Medical Weight Loss, Inc. (Elevation) due to my excess weight or obesity. I understand I will need to change my diet, exercise frequency and behaviors to aid in my long-term weight reduction efforts. and have discussed with Elevation the limited success I have had in losing weight by diet and exercise alone. I understand I will be prescribed phentermine, a drug which stimulates the nervous system and seems to act as an appetite suppressant. I understand that the management of my weight will require a lifelong effort, no matter what method of weight reduction I choose. I understand that no drug, by itself, can provide a quick fix for the problem of weight reduction and management.
2. I understand that manufacturers and the FDA have made recommendations concerning the daily dosage and duration of use of phentermine. Although recommended daily dosages may vary somewhat between different brands of phentermine, the most common recommended daily dosages are 30 mg and 37.5 mg per day. I understand that phentermine is recommended as a short term treatment for a period of a "few weeks" which is commonly thought to mean up to twelve (12) weeks. I understand that physicians are not bound or limited by the recommendations of the manufacturers and the FDA and can prescribe phentermine using their best medical judgment based upon my physical condition and response to the drug, as well as personal experience and other information which may be available to the medical community, I understand that the use of phentermine in a manner differing from that recommended by the manufacturers and the FDA has not been studied systematically or comprehensively. The safety and effectiveness of using phentermine in a manner differing from that recommended by the manufacturers and the FDA is unknown.
3. I understand that one who is overweight or obese has a heightened risk of suffering from high blood pressure, heart disease, diabetes, heart attack, stroke and arthritis (particularly involving the hips, knees and feet) Depression is more common in obese persons than in others. I understand that the risks of incurring these conditions tend to increase as one's obesity increases.
4. I understand that my use of phentermine may expose me to the risks of various conditions, including but not necessarily limited to heart palpitations, tachycardia (rapid heartbeat), elevated blood pressure, nervousness, overstimulation, restlessness, dizziness, insomnia (inability to sleep), euphoria (sense of well-being), dysphoria (sense of unhappiness or depression), tremor, headache, dry mouth, diarrhea, constipation, other gastrointestinal disturbance, medication allergies, impotence, or changes in libido (sex drive). I further understand that my use of phentermine may expose me to the less probable but more serious risk of sustaining primary pulmonary hypertension (PPH), a potentially life-threatening condition.
5. I understand that some scientists and health care providers believe that the use of phentermine may increase the risk of heart disease, including damage to the heart valves, particularly when this drug is used in combination with other medications. As such, I understand that my use of phentermine, as with my use of any other drug, may lead to serious injury or death. I understand the risks set forth above to my satisfaction. I have had an opportunity to ask questions I have concerning these and any other potential risks. I am encouraged to ask questions as concerns may arise. I should promptly bring any questions I have to the attention of a qualified physician.
6. I have, to the best of my knowledge and ability, advised Elevation of my medical history and my family's history of arteriosclerosis, cardiovascular disease, hypertension (high blood pressure, hyperthyroidism or any thyroid problems, use of drugs and other substances, diabetes, heart attack, heart disease, respiratory problems, pregnancy, glaucoma. I have also advised Elevation of my history regarding any psychiatric or mental disorders, prior use of any diet drugs, including over-the-counter products, treatment for any eating disorders, and treatment for substance abuse.
7. I understand that if I begin to experience any unusual or unexpected symptoms at any time after I begin using phentermine, **I should immediately contact my doctor.** Unusual symptoms may include, but are not limited to, *shortness of breath, edema (swelling of hands, legs or feet, heart palpitations or tachycardia (rapid heartbeat), nervousness, restlessness, insomnia, tremor, rapid breathing or respiration, or inability to tolerate exercise or activity.* I understand that I may seek help from another qualified physician or go to a hospital emergency room.
8. I understand that phentermine is a Category X medicine and can potentially cause fetal birth defects and/or miscarriages should I become pregnant. Therefore, **I will not actively attempt to conceive while taking this medication.** I understand that I should use a method of contraception, (either condoms, birth control, IUD, etc.) while taking this medication. Furthermore, I understand that should I become pregnant, I must discontinue the phentermine immediately and inform my doctor.
9. **I understand that I should use phentermine in the manner prescribed by the doctor and not provide this medication to any other person. I understand that I should not increase my dosage of phentermine or use it with any other drug or substance without the recommendation of my doctor . Serious injury or death can result from improper use of medications and/or the illegal transfer of medications to another individual.** I understand that I may decline to begin treatment using phentermine. I also understand that I may stop using phentermine at any time in the future, but should notify my doctor before doing so.
10. I recognize that it is safer to diet alone. I am requesting medication to help control my appetite. I assume responsibility for taking my diet medications and waive Elevation Medical Weight Loss of any liability. My health has been good and I will advise Elevation Medical Weight Loss should my health change.

I have read and understand this consent form. I have had the opportunity to ask questions concerning this consent form and the medications to be prescribed for me. Any questions I have asked have been answered to my satisfaction. I understand that I should not sign this consent form unless I understand its contents, as well as the risks and benefits associated with the treatment proposed by Elevation Medical Weight Loss. I agree to release the physician and facility from any liability associated with phentermine treatment. In the event a dispute arises over the outcome of this treatment, I consent solely to arbitration as a legal means of settlement.

Payment is due at the time services are rendered. According to FDA Policy Sec. 460.300,

I acknowledge that I cannot return or receive refunds for medications and/or injections once the medications/injections leave the office regardless of effectiveness or possible adverse reactions.

All service fees paid are FINAL

Patient signature _____ Date _____

Elevation Medical Weight Loss

STATEMENT OF INFORMED CONSENT FOR USE OF HCG AND/OR SERMORELIN

1. I have sought the medical services of Elevation Medical Weight Loss due to my excess weight or obesity. I have discussed the limited success I have had in losing weight by diet and exercise alone. I understand I will be prescribed medications. These medications may include Human Chorionic Gonadotropin (an appetite suppressant) or Sermorelin (a medication that promotes the secretion of human growth hormone).
2. I understand I will need to change my diet, exercise frequency and behaviors to aid in my long-term weight reduction efforts. I understand that the management of my weight will require a lifelong effort, no matter what method of weight reduction I choose. I understand that no drug can provide a quick fix for the problem of weight reduction and management.
3. I understand that the use of HCG and/or sermorelin in a manner differing from that recommended by the manufacturers and approved by the FDA has not been studied systematically or comprehensively. The safety and effectiveness of using HCG and/or sermorelin in a manner differing from that recommended by the manufacturers and the FDA is unknown. I understand that one who is overweight or obese has a heightened risk of suffering from high blood pressure, heart disease, diabetes, heart attack, stroke and arthritis (particularly involving the hips, knees and feet) Depression is more common in obese persons than in others. I understand that the risks of incurring these conditions tend to increase as one's obesity increases.
4. Prior to my treatment, I have fully disclosed any medical conditions or diseases such as pregnancy, trying to get pregnant, breastfeeding, history of gallbladder disease, diabetes, autoimmune diseases, HIV, heart disease, liver disease, kidney disease, uncontrolled high blood pressure, seizure disorders, blood disorders, anemia, thalassemia, hemophilia, etc), emphysema or asthma, and any history of stroke or cancer. These contraindications have been fully discussed with me. If I fail to disclose any medical condition that I have, I release the physician and facility from any liability associated with this treatment.
5. I recognize that it is safer to diet alone. I am requesting medications to assist me in my weight loss goals. I assume responsibility for taking my medications and waive Elevation Medical Weight Loss of any liability. My health has been good. I will advise Elevation Medical Weight Loss should my health change.
6. I understand HCG and/or Sermorelin are not FDA approved for weight loss and this application may be considered as "off-label use". I understand there is no medical evidence to support the use of HCG and/or Sermorelin for this purpose. I further understand that HCG and/or Sermorelin have not been approved by the FDA as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that HCG and/or Sermorelin increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or "normal" distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restrictive diets.
7. HCG treatment is generally free of negative side effects, but it carries with it the following risks: Ovarian Hyperstimulation Syndrome, arterial thromboembolism, blood clots, risk of multiple pregnancies (twins, etc.), abnormal enlargement of breasts in men (gynecomastia), overstimulation of the ovaries causing production of many ova (eggs (in women, acne, tiredness, changes in mood, local injection site reactions (such as swelling, itchiness, etc.), excessive fluid retention in the body (edema), hair loss, prostate hypertrophy, difficulty breathing, and death. Although remote, I understand HCG treatment may involve these risks and other unknown risks. Symptoms of Ovarian Hyperstimulation Syndrome include severe pelvic pain, swelling of the hands or legs, stomach pain/swelling, shortness of breath, weight gain, diarrhea, nausea/vomiting, or urinating less than normal. I agree to notify Elevation Medical Weight Loss if I experience any of these rare adverse symptoms.
8. I understand that HCG is absolutely contraindicated during pregnancy and breastfeeding. I understand that it is my responsibility to inform the medical staff if I am pregnant, if I am trying to get pregnant, or if I become pregnant during the course of therapy. I understand that HCG is used for infertility treatments and I have an increased chance of pregnancy while on HCG. Multiple birth control methods should be used during HCG therapy. Therefore, I agree to use condoms and/or abstinence as birth control methods for the duration of HCG therapy. I understand if HCG therapy is used in young boys, it may cause early puberty. I agree to alert Elevation to any of the following symptoms of early puberty: deepen voice, pubic hair growth, increase acne, and increased sweating.
9. I understand that Sermorelin may cause pain and swelling at the injection site. I understand that, rarely, Sermorelin may cause flushing, dizziness, headache, sleepiness, nausea, vomiting, or hyperactivity. I agree to notify Elevation immediately if the following rare side effects occur: trouble swallowing, chest tightening, or vomiting. I further understand that allergies to Sermorelin are very unlikely, but can include rash, swelling, trouble breathing, and dizziness.
10. I understand that I may stop this program at any time. While adverse side effects or complications are not expected, in the event an illness does occur, I understand that I need to contact Elevation Medical Weight Loss, inc. immediately. If I experience an emergency situation, I understand that I need to go to the emergency room. I understand the risks set forth above to my satisfaction. I have had an opportunity to ask questions I have concerning these and any other potential risks. I am encouraged to ask questions as concerns may arise. I should promptly bring any questions I have to the attention of a qualified physician.

NOTE: if HCG is used correctly, there is little concern for side effects for both men & women. HCG is a natural water-based hormone present in both men and women (although it is produced in great amounts in pregnant females). Side effects reported are for women using HCG for fertility treatments. When HCG is used to promote weight loss, a much smaller dosage is used compared to that for fertility treatments (150 IU for weight loss vs 10,000 IU for fertility purposes). Accordingly, there are rarely side effects reported while using HCG therapy for weight loss.

I have read and understand this consent form. I have had the opportunity to ask questions concerning this consent form and the medications to be prescribed for me. Any questions I have asked have been answered to my satisfaction. I understand that I should not sign this consent form unless I understand its contents, as well as the risks and benefits associated with the treatment proposed by Elevation Medical Weight Loss. I agree to release the physician and facility from any liability associated with HCG/Sermorelin treatment. In the event a dispute arises over the outcome of this treatment, I consent solely to arbitration as a legal means of settlement.

Payment is due at the time services are rendered. According to FDA Policy Sec. 460.300,

I acknowledge that I cannot return or receive refunds for medications and/or injections once the medications/injections leave the office regardless of effectiveness or possible adverse reactions.

All service fees paid are FINAL

Patient signature _____ Date _____

Elevation Medical Weight Loss

STATEMENT OF INFORMED CONSENT FOR USE OF SEMAGLUTIDE AND/OR TIRZEPATIDE

1. I have sought the medical services of Elevation Medical Weight Loss due to my excess weight or obesity. I have discussed the limited success I have had in losing weight by diet and exercise alone. I understand I will be prescribed medications. These medications may include semaglutide or tirzepatide.
2. I understand I will need to change my diet, exercise frequency and behaviors to aid in my long-term weight reduction efforts. I understand that the management of my weight will require a lifelong effort, no matter what method of weight reduction I choose. I understand that no drug can provide a quick fix for the problem of weight reduction and management.
3. Prior to my treatment, I have fully disclosed any medical conditions or diseases such as pregnancy, trying to get pregnant, breastfeeding, history of gallbladder disease, diabetes, autoimmune diseases, HIV, heart disease, liver disease, kidney disease, uncontrolled high blood pressure, seizure disorders, blood disorders, anemia, thalassemia, hemophilia, etc), emphysema or asthma, any history of stroke or cancer, multiple endocrine neoplasia Type II, or medullary thyroid carcinoma. These contraindications have been fully discussed with me. If I fail to disclose any medical condition that I have, I release the physician and facility from any liability associated with this treatment.
4. I understand that one who is overweight or obese has a heightened risk of suffering from high blood pressure, heart disease, diabetes, heart attack, stroke and arthritis (particularly involving the hips, knees and feet) Depression is more common in obese persons than in others. I understand that the risks of incurring these conditions tend to increase as one's obesity increases.
5. I understand that semaglutide is 94% similar to natural human glucagon-like peptide 1 (GLP-1). Tirzepatide is the first dual GIP/GLP-1 receptor co-agonist. Both compounds acts as a physiological regulator of appetite and thereby reducing food intake by reducing feelings of hunger and increasing feelings of fullness/satiety. For long term success the treatment needs to be combined with lifestyle changes including nutritional, exercise and behavioral habits.
6. I understand that my use of semaglutide/tirzepatide may expose me to the risks of various conditions, including but not necessarily limited to low blood sugar (glucose \leq 70 mg/dL), fast heart rate, sweating, shakiness, intense hunger, or confusion, nervousness, overstimulation, restlessness, dizziness, insomnia (inability to sleep), euphoria (sense of well-being), dysphoria (sense of unhappiness or depression), tremor, headache, dry mouth, diarrhea, constipation, other gastrointestinal disturbance, medication allergies, impotence, or changes in libido (sex drive). I further understand that my use of semaglutide/tirzepatide may expose me to the less probable but more serious risk of potential pancreatitis, cholelithiasis and cholecystitis (gallstone and gallbladder disease), thyroid disease, heart rate, and dehydration. I am encouraged to ask questions as concerns may arise. I should promptly bring any questions I have to the attention of a qualified provider.
7. I understand that if I began to experience any unusual or unexpected symptoms at any time after I begin using semaglutide/tirzepatide, **I should immediately contact my doctor.** Unusual symptoms may include, but are not limited to, *shortness of breath, edema (swelling of hands, legs or feet, heart palpitations or tachycardia (rapid heartbeat), nervousness, restlessness, insomnia, tremor, rapid breathing or respiration, or inability to tolerate exercise or activity.* I understand that I may seek help from another qualified physician or go to a hospital emergency room.
8. **I understand that I should use semaglutide/tirzepatide in the manner prescribed by the doctor and not provide this medication to any other person. I understand that I should not increase my dosage of semaglutide/tirzepatide or use it with any other drug or substance without the recommendation of my doctor . Serious injury or death can result from improper use of medications and/or the illegal transfer of medications to another individual.** I understand that I may decline to begin treatment using semaglutide/tirzepatide. I also understand that I may stop using semaglutide/tirzepatide at any time in the future, but should notify my doctor before doing so.
9. I recognize that it is safer to diet alone. I am requesting medication to help control my appetite. I assume responsibility for taking my diet pills and waive Elevation Medical Weight Loss of any liability. My health has been good and I will advise Elevation Medical Weight Loss should my health change.
10. I understand that I may stop this program at any time. While adverse side effects or complications are not expected, in the event an illness does occur, I understand that I need to contact Elevation Medical Weight Loss, inc. immediately. If I experience an emergency situation, I understand that I need to go to the emergency room. I understand the risks set forth above to my satisfaction. I have had an opportunity to ask questions I have concerning these and any other potential risks. I am encouraged to ask questions as concerns may arise. I should promptly bring any questions I have to the attention of a qualified physician.

I have read and understand this consent form. I have had the opportunity to ask questions concerning this consent form and the medications to be prescribed for me. Any questions I have asked have been answered to my satisfaction. I understand that I should not sign this consent form unless I understand its contents, as well as the risks and benefits associated with the treatment proposed by Elevation Medical Weight Loss. I agree to release the physician and facility from any liability associated with semaglutide/tirzepatide treatment. In the event a dispute arises over the outcome of this treatment, I consent solely to arbitration as a legal means of settlement.

Payment is due at the time services are rendered. According to FDA Policy Sec. 460.300, I acknowledge that I cannot return or receive refunds for medications and/or injections once the medications/injections leave the office regardless of effectiveness or possible adverse reactions.

All service fees paid are FINAL

Patient signature _____ Date _____

****Please fill out ALL consents form, since signed consents are not valid until patients elect treatments****



Elevation Medical Weight Loss

2350 Noblestown Rd. Ste 110 **Pittsburgh**, PA 15205 ◦ (412) 458-5042
 241 Three Springs Dr. Ste 12 **Weirton**, WV 26062 ◦ (304) 914-3112
 1130 Perry Hwy. Ste 9 **Pittsburgh**, PA 15237 ◦ (412) 847-8083
 5004 Mid Atlantic Dr. **Morgantown**, WV 26508◦ (304) 777-2640
 5301 Grove Rd. Suite 617A **Pittsburgh**, PA 15236 ◦ (412) 819-4614
 3747 William Penn Hwy. Ste 7. **Monroeville**, PA 15146 ◦ (412) 646-2134
 6504 Steubenville Pike, **Pittsburgh**, PA 15205 ◦ (412) 489-6490
 95 Trinity Point Dr. **Washington**, PA 15301 ◦ (412) 304-2016
 elevationweightloss.com FAX: (412) 774-1753

Vitamin B-12 Injection Consent Form

NAME _____ DOB _____
 EMAIL _____ PHONE _____
 FULL ADDRESS _____
 Emergency Contact _____ PHONE _____

Had adverse side effects to any vitamins? If yes, please clarify _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Allergic to any medication? If yes, Please list:	<input type="checkbox"/> YES	<input type="checkbox"/> NO

I am requesting a B-vitamin, and/or amino acid injection in the muscle. This injection may also contain any of the Vitamin B, Methionine, Inositol, Choline, L-Carnitine, or other amino acids.

I understand that I am receiving a nutrient/vitamin injection. Most side effects are mild or moderate in nature, and their duration is short lasting (several hours, but very rarely up to 5 days). The most common side effects include, but are not limited to, temporary injection site reactions like: pain/tenderness, firmness, redness, swelling, bruising, swelling, lumps/bumps, itching, discoloration, and tingling. As with all injections, there are risks such as infection, scarring, skin atrophy, and neuropathy. I agree to release Elevation Medical Weight Loss and the medical practitioner from any liability arising from injection therapy.

Payment is due at the time services are rendered. According to FDA Policy Sec. 460.300, I acknowledge that I cannot return or receive refunds for medications and/or injections once the medications/injections leave the office regardless of effectiveness or possible adverse reactions.

All service fees paid are FINAL

PATIENT SIGNATURE _____ DATE _____

****Please fill out ALL consents form, since signed consents are not valid until patients elect treatments****

Check these 3 boxes to opt-out of email/text/video calls (DO NOT CONTACT ME)

1. I acknowledge that the transmission of my personal information by email, phone, texting and/or video conferencing has a number of risks. These include, but are not limited to, the following risks:

- Emails, phone calls/voicemails, and text messages can be circulated, forwarded, stored electronically and on paper, and broadcast to unintended recipients.
- Email and text senders can easily misaddress an email or text and send the information to an undesired recipient.
- Backup copies of emails and texts may exist even after the sender and/or the recipient has deleted his or her copy.
- Employers and on-line services have a right to inspect emails sent through their company systems.
- Emails, phone calls, voicemails, and texts can be intercepted, altered, forwarded or used without authorization or detection.
- Emails, voicemails, and texts can be used as evidence in court.
- Emails, phone calls, voicemails, and texts may not be secure and therefore it is possible that the confidentiality of such communications may be breached by a third party

2. Conditions for the use of email and texts: The provider cannot guarantee but will use reasonable means to maintain the security and confidentiality of email, phone, voicemail, and text information sent and received. The provider is not liable for improper disclosure of confidential information that is not caused by the provider’s intentional misconduct.

Clients/Parent’s/Legal Guardians must acknowledge and consent to the following conditions:

- The provider cannot guarantee that any particular email and/or text will be read and responded to within any particular period of time. The provider will respond to text messages, voicemails, and emails Monday-Thursday during the hours of 9AM-5PM, unless otherwise specified. Voicemails, text messages, and emails will not be answered outside of these hours or on the weekends/holidays.
- Email and texting is not appropriate for urgent or emergency situations. If you experience a mental health emergency, please go to your nearest emergency room and/or call 911.
- Email and texts should be concise. The client/parent/legal guardian should call and/or schedule an appointment to discuss complex and/or sensitive situations.
- Email communication will usually be printed and filed into the client’s medical record. Texts may be printed and filed as well.
- Clients/parents/legal guardians should not use email or texts for communication of sensitive medical information.
- The provider is not liable for breaches of confidentiality caused by the client or any third party.
- It is the client’s/parent’s/legal guardian’s responsibility to follow up and/or schedule an appointment if warranted.
- Non-face-to-face evaluation and management of services provided by the provider to a client via telephone is subject to billing if initiated by an established client, or guardian of an established client.

3. Client Acknowledgement and Agreement I acknowledge that I have read and fully understand this consent form.

I understand the risks associated with the communication of cell phones, email and/or texts between my provider and me, and consent to the conditions and instructions outlined, as well as any other instructions that my provider may impose to communicate with me by email or text. By signing this form, I authorize the provider to send text messages to my cell phone regarding scheduling and treatment. I understand that standard text messaging rates will apply to any messages received. I also understand that I or the provider may revoke this permission in writing at any time. I agree not to hold the provider liable for any electronic messaging.

I, PRINT NAME _____, give permission to my provider to contact me by:	
<input type="checkbox"/> text message: phone # _____	<input type="checkbox"/> email _____
<input type="checkbox"/> FaceTime: if different phone # from above _____	<input type="checkbox"/> skype username _____
<input type="checkbox"/> Google Hangouts email/name _____	

SIGNATURE: _____ DATE _____

The practitioner will take reasonable steps to ensure that all information shared through email is kept private and confidential. However, Elevation Medical Weight Loss, is not liable for improper disclosure of confidential information that is not a result of our negligence or misconduct. Patient information is protected by the Health Insurance Portability and Accountability Act of 1996 (HIPAA), 42 U.S.C. 1320 et seq. 45 C.F.R. Parts 160 & 164, and the Confidentiality Law, 42 U.S.C. 290dd-2, 42 C.F.R. Part 2 Federal rules prohibit you from making any further disclosure of this information unless further disclosure is expressly permitted by the written consent of the person to whom it pertains or as otherwise permitted by 42 C.F.R. Part 2. A general authorization for the release of medical or other information is not sufficient for this purpose. The federal rules restrict any use of the information to criminally investigate any alcohol or drug abuse. **INFORMED CONSENT** If you consent to the use of email/text messaging, you are responsible for informing your practitioner of any type of information that you do not want sent to you by email/text message other than the information detailed in Section B. You are responsible for protecting your password and access to your email account/ mobile phone and any email/text message you send or you receive from Elevation Medical Weight Loss to ensure your confidentiality. Your practitioner cannot be held liable if there is a breach of confidentiality caused by a breach in your account security. Any email/text message that you send that discusses your diagnosis or treatment constitutes informed consent to the information being transmitted. If you wish to discontinue email/text correspondence, you must submit written consent informing your practitioner that you are withdrawing consent to email/text correspondence.



Elevation Medical Weight Loss

2350 Noblestown Rd. Ste 110 **Pittsburgh**, PA 15205 ◦ (412) 458-5042
241 Three Springs Dr. Ste 12 **Weirton**, WV 26062 ◦ (304) 914-3112
1130 Perry Hwy. Ste 9 **Pittsburgh**, PA 15237 ◦ (412) 847-8083
5004 Mid Atlantic Dr. **Morgantown**, WV 26508 ◦ (304) 777-2640
5301 Grove Rd. Suite 617A **Pittsburgh**, PA 15236 ◦ (412) 819-4614
3747 William Penn Hwy. Ste 7. **Monroeville**, PA 15146 ◦ (412) 646-2134
6504 Steubenville Pike, **Pittsburgh**, PA 15205 ◦ (412) 489-6490
95 Trinity Point Dr. **Washington**, PA 15301 ◦ (412) 304-2016
elevationweightloss.com FAX: (412) 774-1753

PROGRAMS

Oral Diet Medications: 30 days \$90 or 60 days \$170

Phentermine 37.5 mg, chromium, and ½ tab a week, as needed, water pill.

HCG Daily Diet Shots: 30 days \$425

HCG rapid fat loss diet injections mixed complementary with our B12 and Lipo+ (Fat Burner) vitamin injection; that you give to yourself upon waking up each day. Should be kept in the refrigerator.

Sermorelin Age-Management Daily Shots: 30 days \$235

Sermorelin age-management injections that you give to yourself before going to bed. Should be kept in the refrigerator.

Semaglutide Weekly Peptide Diet Shots \$90 for 1 week trial, \$265 → \$365 → \$450 for the 5th month

Semaglutide, the active ingredient in Ozempic or Wegovy, is a weekly FDA approved peptide diet injection for weight loss. Semaglutide dosing schedule starts at a low dose of 0.25 mg/week and then may increase to a max dose of 2.4 mg/week depending on the individual. The 1st/2nd month is \$265, 3rd/4th month \$365, and the 5th month and beyond can be up to \$450 depending on your dosage. *If you miss 14 consecutive days, without an injection, you will need to restart at the starting dose (0.25 mg).*

More info on next page →

Tirzepatide Weekly Peptide Diet Shots \$130 for 1 week trial, \$450 → \$650 → \$850 for the 6th month

Tirzepatide, the active ingredient in Mounjaro, is a peptide that is used off-label as a weekly diet injection until it is expected to receive FDA approval for weight loss later in 2023 or 2024. Phase III clinical studies demonstrate a 50% increase in bodyweight reduction in tirzepatide vs. semaglutide in a 52 week period with similar side effects. The 1st/2nd month is \$450, 3rd/4th month \$650, and the 5th/6th month beyond can be up to \$850 depending on your dosages. *If you miss 14 consecutive days, without an injection, you will need to restart at the starting dose (2.5 mg).* *More info on next page →*

Vitamin Injections

Vitamin B12 Shot \$8/week

1,000 mcg of B12 to help boost metabolism, improve mood, cognition, and digestion.

Fat Burner (Lipo-Plus) Shot \$15/week

500 mcg of B12, Methionine, Inositol, Choline (MIC), B5, B6, L-Arginine and L-Carnitine which helps increase blood flow, reduce inflammation, and target fat loss. MIC formula facilitates the conversion of food into energy and prevents fatty deposits in the liver for the removal of fat.

Lipo-Plus with B12 Combo Shot \$23/week

The above two vitamin injections combined into one single shot.

Super B-Complex with B12 Shot \$23/week

Contains your B vitamins for overall energy and well-being. The injection is for combating fatigue and plateauing of weight loss.

Vitamin D3 (Cholecalciferol) Shot \$15/week

50,000 IU of D3 which is important for bone, muscle strength, and immune function. Can aid in weight management, help prevent depression, inflammatory disease, and heart disorders.

Male Testosterone Replacement Therapy (TRT)

Testosterone Cypionate Injection 200mg/ml in 10 ml vial, injection supplies included along with oral Anastrozole (estrogen

blocker). Blood work is needed to initiate therapy and repeat labs are obtained at 3 months, 6 months, and annually.

- **3 months testosterone therapy \$450**
- **6 months testosterone therapy \$875**

Elevation Medical Weight Loss

elevationweightloss.com FAX: (412) 774-1753

Information on Semaglutide/ Tirzepatide Peptide Once Weekly Diet Shot

What is semaglutide?

- **Semaglutide**, also known by its brand name **Wegovy** or **Ozempic**, is an **FDA-approved once-weekly** subcutaneous (under the skin) diet **weight loss injection**.
- **Semaglutide** has been around for many years to help diabetic patients control their blood sugar levels. This injection was also found to reduce weight. Since diabetic patients started losing weight on **semaglutide**, it was studied to be used as a weight-loss injectable medication. In June 2021, semaglutide under the brand name **Wegovy** was **FDA approved for long-term weight loss**.
- **Semaglutide** is 94% similar to natural human glucagon-like peptide 1 (GLP-1), which decreases blood sugar levels in a glucose-dependent manner by enhancing the secretion of insulin. GLP-1 acts as a physiological regulator of appetite and thereby **reducing food intake by reducing feelings of hunger and increasing feelings of fullness/satiety**.
- Patients can choose to receive **semaglutide** for only **1 week semaglutide 0.25 or 0.5 mg as a trial for \$90**. Please be advised that semaglutide is dose-dependent upon the duration of use; meaning the longer you use it, the higher your dose may be and up to 2.4mg/week. However, most patients tend to stay within 1 - 1.7 mg.

Step-Up Dosing for Semaglutide Peptide Diet Shots	
<ul style="list-style-type: none"> • 0.25 mg or 0.5 mg (7 days) \$90 One week trial of semaglutide 0.25 mg: \$90 	<ul style="list-style-type: none"> • 1 mg or 1.7 mg (30 days) \$365 Third month (4 weeks) semaglutide 1mg: \$365 Fourth month (4 weeks) semaglutide 1.7 mg: \$365
<ul style="list-style-type: none"> • 0.25 or 0.5 mg (30 days) \$265 First month (4 weeks) semaglutide 0.25 mg: \$265 Second month (4 weeks) semaglutide 0.5 mg: \$265 	<ul style="list-style-type: none"> • 2.4 mg (30 days) \$450 Fifth month onward* (4 weeks) semaglutide 2.4 mg: \$450 *Not all patients will require this final increase to see desired results.

What is tirzepatide?

- **Tirzepatide**, also known by its brand name **Mounjaro**, is an FDA-approved once-weekly subcutaneous (under the skin) diabetes injection. As the first to be a dual GIP/GLP-1 receptor co-agonist, **tirzepatide is stronger** in controlling blood sugar levels and acts as a **potent appetite suppressant by reducing food intake and feelings of hunger while increasing satiety**.
- Phase III studies seeking FDA approval for weight loss demonstrate that tirzepatide has a **22.5% reduction** in body weight with similar side effects, compared to 15% bodyweight reduction by that of semaglutide.
- Patients can choose to receive **tirzepatide** for only **1 week tirzepatide 2.5mg as a trial for \$130**. Please be advised that tirzepatide is dose-dependent upon the duration of use; meaning the longer you use it, the higher your dose may be and up to 15mg/week and the **more effective** tirzepatide will be. However, most patients tend to stay within 10mg.

Step-Up Dosing for Tirzepatide Peptide Diet Shots	
<ul style="list-style-type: none"> • 2.5 mg (7 days) \$130 One week trial tirzepatide 2.5 mg: \$130 	<ul style="list-style-type: none"> • 7.5 or 10 mg (30 days): \$650 Third month (4 weeks) tirzepatide 7.5 mg: \$650 Fourth month (4 weeks) tirzepatide 10 mg: \$650
<ul style="list-style-type: none"> • 2.5 or 5 mg (30 days) \$450 First month (4 weeks) tirzepatide 2.5 mg: \$450 Second month (4 weeks) tirzepatide 5 mg: \$450 	<ul style="list-style-type: none"> • 12.5 or 15 mg (30 days) \$850 Fifth month* (4 weeks) tirzepatide 12.5 mg: \$850 Sixth month onward* (4 weeks) tirzepatide 15 mg: \$850 *Not all patients will require this final increase to see desired results.

Patients who have a history or diagnosis of medullary thyroid cancer or multiple endocrine neoplasia syndrome type 2 (MEN II) are not eligible to receive semaglutide/tirzepatide. Semaglutide/tirzepatide can be used in conjunction with HCG, phentermine, and or sermorelin for the best results. If you have any questions or concerns, please reach out to us at hello@elevationweightloss.com or contact us by phone (412) 458-5042

Elevation Medical Weight Loss
 elevationweightloss.com FAX: (412) 774-1753

Vitamin Injection Packages

	Vitamin B-12	Lipo-Plus or Vit. D	Lipo-Plus w/Extra B-12 or B-Complex w/B-12
4 weeks	\$30 Regular price: \$32 7% OFF	\$50 **4 total shots above** to be used in 4 weeks or 8 wks Regular price: \$60 16% OFF	\$75 Regular price: \$92 19% OFF
8 weeks	\$55 Regular price: \$64 14% OFF	\$95 **8 total shots above** to be used in 4 weeks or 8 wks Regular price: \$120 20% OFF	\$145 Regular price: \$184 25% OFF
16 weeks	\$100 Regular price: \$128 25% OFF	\$180 **16 total shots above** to be used in 16 weeks or 8 wks Regular price: \$240 25% OFF	\$245 (BEST VALUE) Regular price: \$368 33% OFF

Weight Loss Packages

	Diet meds Weekly B12 & Fat Burner shots	HCG rapid plan, Weekly B12 & Fat Burner shots	Diet meds HCG rapid plan Weekly B12/Fat Burner shots
4-week Program	\$165 Regular price: \$182	\$425 Regular price: \$442 **Plan includes food scale**	\$515 Regular price: \$590 **Plan includes food scale**
8-week Program	\$319 Regular price: \$354 **Plan includes food scale**	\$850 Regular price: \$884 **Plan includes food scale**	\$1020 Regular price: \$1,180 **Plan includes food scale**

Botox Cosmetic Injections

	Price Per Unit
1-100 units	\$13/unit
> 100 units	\$11/unit *Can be shared with 1 other person or stay on your chart as a botox credit*

> 200 units

\$10/unit

Can be shared with 1 other person or stay on your chart as a botox credit

Elevation Medical Weight Loss

2350 Noblestown Rd. Ste 110 **Pittsburgh**, PA 15205 ◦ (412) 458-5042
241 Three Springs Dr. Ste 12 **Weirton**, WV 26062 ◦ (304) 914-3112
1130 Perry Hwy. Ste 9 **Pittsburgh**, PA 15237 ◦ (412) 847-8083
5004 Mid Atlantic Dr. **Morgantown**, WV 26508 ◦ (304) 777-2640
5301 Grove Rd. Suite 617A **Pittsburgh**, PA 15236 ◦ (412) 819-4614
3747 William Penn Hwy. Ste 7. **Monroeville**, PA 15146 ◦ (412) 646-2134
6504 Steubenville Pike, **Pittsburgh**, PA 15205 ◦ (412) 489-6490
95 Trinity Point Dr. **Washington**, PA 15301 ◦ (412) 304-2016
elevationweightloss.com FAX: (412) 774-1753

Information on HCG and Sermorelin Injections

HCG Diet Program

The original HCG protocol for weight loss was developed by Dr. A. T. W Simeons of Salvador Mundi International Hospital, in Rome, Italy, in the late 1950's and 60's. Dr. Simeons realized that regularly timed small doses of HCG in the average person, both men and women, would have the same effect in mobilizing approximately 2000 calories worth of stored energy, or 1 lb of body fat, to make the fat available for use by the body.

The benefits of HCG

With HCG, your body has a constant and steady supply of energy. This keeps you from feeling hungry, tired, weak, or irritable. HCG also improves your metabolism. When dieting without HCG, and especially when eating only a couple of meals a day, your body thinks you are starving. As a result, your metabolism slows down, you may become hungry all the time, and your body begins to store any extra calories it may get because it does not know when the next meal will come, or if the meal will be big enough to satisfy your body's nutritional requirements. When you are done dieting without HCG, your body stays in that defensive mode from increased hunger, decreased metabolism, and storing all the calories the body can until you have gained back all of the weight that has been lost, oftentimes even more. The body has this defense mechanism of storing fat as a precaution in the event that you should ever "starve" again, or in other words go on another diet. However, your body does not enter "starvation mode" with HCG shots. On the HCG rapid weight loss program from Elevation, a natural hormone is telling your body to mobilize and utilize its own reserves, filling the blood stream with a constant supply of energy and nutrients from the breakdown of fat. The fat which gets released to be used as energy enables you to lose rapid amounts of fat while minimizing muscle loss. For most overweight individuals, HCG will enable you to lose a pound or more each day until you reach a healthy weight.

The benefits of Sermorelin

1. Increased structural integrity of bones with improved calcium retention	2. Improved quality of sleep predicated by increase REM sleep
3. Boosted immune health	4. Higher levels of stamina
5. Improved muscle strength	6. Thicker, fuller hair
7. Enhanced emotional health with increased vitality & energy	8. Improved cardiac function
9. Speedier physical rehabilitation from surgery & injury	10. Increased metabolism which burns fat

11. Smoother, tighter skin	12. Increased muscle mass
13. Enhanced libido & restored sexual ability	14. Improved cognition
15. Enhanced renal function	16. Improve exercise & training recovery

elevation MEDICAL WEIGHT LOSS

2350 Noblestown Rd. Ste 110 **Pittsburgh**, PA 15205 . (412) 458-5042
 241 Three Springs Dr. Ste 12 **Weirton**, WV 26062 . (304) 914-3112
 1130 Perry Hwy. Ste 9 **Pittsburgh**, PA 15237 . (412) 847-8083
 5004 Mid Atlantic Dr. **Morgantown**, WV 26508. (304) 777-2640
 5301 Grove Rd. Suite 617A **Pittsburgh**, PA 15236 . (412) 819-4614
 3747 William Penn Hwy. Ste 7. **Monroeville**, PA 15146 . (412) 646-2134
 6504 Steubenville Pike, **Pittsburgh**, PA 15205 . (412) 489-6490
 95 Trinity Point Dr. **Washington**, PA 15301 . (412) 304-2016
 elevationweightloss.com FAX: (412) 774-1753

Botox Cosmetic Injections Info

	Price Per Unit
1-100 units	\$13/unit
> 100 units	\$11/unit *Can be shared with 1 other person or stay on your chart as a credit*
> 200 units	\$10/unit *Can be shared with 1 other person or stay on your chart as a credit*

How many units of Botox are typically used?

	# Units	Range of Costs (every 3 months)
Glabella (frown lines between the brows)	20-25 units *Men typically requires more*	\$260-\$325 100-u PACKAGE price \$220-\$275 200-u PACKAGE price \$200-\$250
Forehead lines	10-20 units *Men typically requires more*	\$130-\$260 100-u PACKAGE price \$110-\$220 200-u PACKAGE price \$100-\$200
Crow's Feet (on the sides of the eyes)	10-30 units *Men typically requires more*	\$130-\$390 100-u PACKAGE price \$110-\$330 200-u PACKAGE price \$100-\$300

**Units of Botox vary from person to person. Some patients have larger facial muscles than others and will require more Botox to get the same effect and longevity of results. Men tend to have larger and stronger facial muscles than women and men almost always require more Botox. Some patients will metabolize their Botox faster than others and will require more Botox units. Some patients are very sensitive to Botox and will require fewer Botox units for the same desired effect. The right amount of Botox for you takes some trial and error between you and your injector. We charge per unit as everyone wants different results and responds differently, therefore botox touch-ups will incur additional costs.

Elevation Medical Weight Loss

2350 Noblestown Rd. Ste 110 **Pittsburgh**, PA 15205 ◦ (412) 458-5042
241 Three Springs Dr. Ste 12 **Weirton**, WV 26062 ◦ (304) 914-3112
1130 Perry Hwy. Ste 9 **Pittsburgh**, PA 15237 ◦ (412) 847-8083
5004 Mid Atlantic Dr. **Morgantown**, WV 26508◦ (304) 777-2640
5301 Grove Rd. Suite 617A **Pittsburgh**, PA 15236 ◦ (412) 819-4614
3747 William Penn Hwy. Ste 7. **Monroeville**, PA 15146 ◦ (412) 646-2134
6504 Steubenville Pike, **Pittsburgh**, PA 15205 ◦ (412) 489-6490
95 Trinity Point Dr. **Washington**, PA 15301 ◦ (412) 304-2016
elevationweightloss.com FAX: (412) 774-1753

Weight Loss Program Policy

Weight Loss Patient Requirements

- Our goal at Elevation Medical Weight Loss is to provide accessible medical weight loss services to individuals who are interested in living a healthier lifestyle. We achieve this goal by encouraging lifestyle modification such as selecting healthier food options and increasing physical activity. We provide prescription appetite suppressants as well as vitamin and diet shots therapies. Our staff customize the best approach for each individual to maximize weight loss while you feel your best doing so. We require that you comply with the prescribed regimen and make active efforts to minimize setbacks.

BMI goals

- Generally, our minimum Body Mass Index, BMI, for appetite suppressants (phentermine) is 21. Mostly everyone can benefit from the B-12 or other injection therapies for weight loss or weight management. Although the minimum BMI to receive treatment for the appetite suppressant medication is 21, it is up to the physician or physician assistant's discretion to prescribe phentermine for individuals who fall above or below this value.

Maximum limit on Medication

To ensure patient success, patients will be limited to a 2 month supply of medication. This is to avoid long lengths of time without getting a chance for reevaluation. For most individuals, it is difficult to determine a regimen and plan for success without returning visits and consistent monitoring. This limit will also help reduce tolerance to the medication.

INFORMATION ON DIET MEDICATIONS & SHOTS

Phentermine HCl acts as an appetite suppressant. Phentermine is a stimulant that acts on the central nervous system to decrease appetite and also increase energy level to burn more calories. Phentermine is also known as Adipex, or Adipex-P, the brand name with the same active drug.

Furosemide is also known as Lasix, a prescription diuretic. Diuretics are “water pills” that eliminate salt and water from your body by urinary excretion. Furosemide is used to treat high blood pressure and certain heart conditions. We prescribe furosemide in small doses to manage swelling, bloating, or excess water retention (edema) that is sometimes associated with a new diet and exercise program.

Chromium picolinate is a natural occurring mineral and a nutrient that has been shown to stabilize glucose (blood sugar) level and fat metabolism, as well as controlling high blood pressure and cholesterol level. Chromium picolinate reduces carbohydrate cravings, such as sweets. Chromium also has an appetite reducing effect which may lead to weight loss.

Sermorelin is a Growth Hormone-Releasing Hormone (GHRH) analog that increases your body's potential to produce more natural Human Growth Hormone (HGH). This will slow the aging process while increasing lean muscle, energy, and sex drive. Sermorelin is injected daily just beneath the skin before bed, since HGH is produced during sleep. Sermorelin will also help with increasing muscle strength and stamina, burn fat, improve the quality of sleep, and provide a variety of other benefits. Many patients have reported experiencing some, if not most of these benefits within 3-6 months of taking Sermorelin.

HCG, Human Chorionic Gonadotropin, is a hormone produced in women during pregnancy that helps them to break down body fat as energy for the fetus. Evidence indicates that this behavior of HcG allows a patient to engage in short-term, highly restrictive dieting without experiencing the metabolic downsides that often accompany such large calorie deficits. By combining HCG daily shots with high calorie deficits, under the observation of a treating physician, one can safely lose drastic amounts of weight in a short period of time, averaging from 1-2 lb a day for 30 days. **** Individual results may vary based on compliance to the calorie-restriction diet and adherence to the exercise regimen.**

Vitamin B1 (Thiamine) is necessary for the proper functioning of the muscles, nervous system and heart. Thiamine deficiency has been known to cause insomnia, fatigue, depression, constipation, irritability, heart problems and stomach problems. Thiamine is abundant in organ meats, soybeans, egg yolks, poultry, broccoli, and asparagus.

Vitamin B2 (Riboflavin) works with other B vitamins to produce red blood cells and help generate energy from carbohydrates. Vitamin B2 has antioxidant properties by assisting the breakdown of homocysteine. Homocysteine is a compound known for inflammation and linked to heart disease and blood vessel disease. Although deficiency is rare, signs and symptoms of riboflavin deficiency include: cracks at the corners of the mouth (angular cheilitis), cracked lips, dry skin, inflammation of the lining of the mouth and tongue, mouth ulcers, and iron-deficiency anemia. Riboflavin is found in eggs, organ meats, milk, mushrooms, spinach and other green vegetables.

Vitamin B3 (Niacin) is required for a healthy liver, healthy skin, hair, and to assist the nervous system function properly. As with other B-complex vitamins, Vitamin B3 helps the body convert food into fuel and use fat as energy. Niacin is important in improving blood flow and is often used to improve the circulatory system. Niacin is used as a treatment of high cholesterol, migraine headache, dizziness, and acne. Since niacin improves blood flow, it has been shown to promote relaxation. Niacin can be found in fish such as tuna, sardines, salmon, and poultry (chicken, turkey) and beef. Deficiency can cause indigestion, fatigue, canker sores, vomiting, poor circulation, and depression.

Vitamin B5 (Pantothenic acid) is responsible for the production of coenzyme A that is associated with the metabolism of fats and carbohydrates as energy sources. Pantothenic acid is found in organ meats, egg yolk, and broccoli, fish, shellfish, chicken, milk, yogurt, mushrooms, and avocado. Deficiencies are rare, but pantothenic acid deficiency may result in fatigue, insomnia, depression, irritability, vomiting, abdominal and leg muscle cramps.

Vitamin B6 (Pyridoxine) is an important cofactor of many enzymes involved in lipid and amino acid metabolism as well as the conversion of glycogen to glucose, increasing energy and burning carbs and fat storage. B6 prevents the accumulation of fat, and some experts believe that vitamin B6 increases thyroid hormone function to speed up metabolism resulting in weight loss.

Vitamin B12 (Cobalamin) is an essential nutrient required for DNA synthesis and ATP production. Commonly found in animal products and food, this vitamin helps weight loss by increasing energy levels and fat metabolism. A deficiency in B12 results in fatigue, mood changes, and memory loss, preventing you from feeling your best and performing at your highest energy level. If you are a vegetarian or have a diet low in meat, you may need B12 supplementation.

Methionine is an essential amino acid that our body cannot produce, but can only get from food. Methionine is required to make protein to build muscle and create other amino acids, as well as responsible for lipolysis (the breakdown of fat). Methionine is commonly used as an agent to help with weight loss by preventing accumulation of fat in the liver and the cardiovascular system. Also, methionine helps regulate blood sugar levels that will allow you to cope with overeating and allow for efficient use of nutrients derived from food.

Inositol usually refers to Myo-inositol, a small molecule structurally similar to glucose that is involved in cellular signaling. It is effective in treating insulin resistance and reducing anxiety.

Choline is a molecule mostly used for either its cognitive boosting properties (turning into acetylcholine, the learning neurotransmitter) or as a liver health agent, able to reduce fatty liver buildup. Found in high amounts in eggs, yolks in particular.

L-Theanine is a relaxing and non-dietary amino acid found pretty much exclusively in teas from *Camellia sinensis* (alongside Green Tea Catechins and Caffeine) and is known to promote relaxation without sedation, which helps to mitigate possible side effects of stimulant medications such as phentermine. It appears to be effective at this as well as reducing stress at standard dosages.

L-Carnitine is a necessary amino acid that must be obtained through diet, however, only a fraction of L-Carnitine is absorbed during oral digestion. L-Carnitine is in the **Lipo+** injection to help with fatty acid metabolism and weight loss, protect against heart disease, reduce fatigue, improve circulation for chronic pain, and aid in the recovery from working out.

Arginine is a necessary amino acid that is important for blood flow and nitric oxide levels. Arginine is known to have poor oral absorption, and best absorbed through an injection. Arginine improves blood flow by directly producing nitric oxide via the nitric oxide synthase enzymes.

PATIENT INFORMATION ON PHENTERMINE HCL

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088

Patient Information for: ADIPEX-P (PHENTERMINE HCL) 37.5MG TAB

IMPORTANT: HOW TO USE THIS INFORMATION: This is a summary and does NOT have all possible information about this product. This information does not assure that this product is safe, effective, or appropriate for you. This information is not individual medical advice and does not substitute for the advice of your healthcare professional. Always ask your healthcare professional for complete information about this product and your specific health needs.

PHENTERMINE - ORAL (FEN-ter-meen)
COMMON BRAND NAME(S): Adipex-P, Ionamin, Pro-Fast

USES: Phentermine is used along with a doctor-approved, reduced-calorie diet, exercise, and behavior change program to help you lose weight. It is used in people who are significantly overweight (obese) and have not been able to lose enough weight with diet and exercise alone. Losing weight and keeping it off can reduce the many health risks that come with obesity, including heart disease, diabetes, high blood pressure, and a shorter life. It is not known how this medication helps people to lose weight. It may work by decreasing your appetite, increasing the amount of energy used by your body, or by affecting certain parts of the brain. This medication is an appetite suppressant and belongs to a class of drugs called sympathomimetic amines.

HOW TO USE: Take this medication by mouth as directed by your doctor, usually once a day, 1 hour before breakfast or 1 to 2 hours after breakfast. If needed, your doctor may adjust your dose to take a small dose up to 3 times a day. Carefully follow your doctor's instructions. Taking this medication late in the day may cause trouble sleeping (insomnia). If you are using sustained-release capsules, the dose is usually taken once a day before breakfast or at least 10 to 14 hours before bedtime. Swallow the medication whole. Do not crush or chew sustained-release capsules. Doing so can release all of the drug at once, increasing the risk of side effects. If you are using tablets made to dissolve in the mouth, the dose is usually taken once a day in the morning, with or without food. First, dry your hands before handling the tablet. Place your dose on top of the tongue until it dissolves, then swallow it with or without water. The dosage is based on your medical condition and response to therapy. Your doctor will adjust the dose to find the best dose for you. Use this medication regularly and exactly as prescribed in order to get the most benefit from it. To help you remember, take it at the same time(s) each day. This medication is usually taken for only a few weeks at a time. It should not be taken with other appetite suppressants (see also Drug Interactions section). The possibility of serious side effects increases with longer use of this medication and use of this drug along with certain other diet drugs. This medication may cause withdrawal reactions, especially if it has been used regularly for a long time or in high doses. In such cases, withdrawal symptoms (such as depression, severe tiredness) may occur if you suddenly stop using this medication. To prevent withdrawal reactions, your doctor may reduce your dose gradually. Consult your doctor or pharmacist for more details, and report any withdrawal reactions immediately. Rarely, abnormal drug-seeking behavior (addiction) is possible with this medication. Do not increase your dose, take it more frequently, or use it for a longer time than prescribed. Properly stop the medication when so directed. This medication may stop working well after you have been taking it for a few weeks. Talk with your doctor if this medication stops working well. Do not increase the dose unless directed by your doctor. Your doctor may direct you to stop taking this medication.

SIDE EFFECTS: Dizziness, dry mouth, difficulty sleeping, irritability, nausea, vomiting, diarrhea, or constipation may occur. If these effects persist or worsen, notify your doctor or pharmacist promptly. Remember that your doctor has prescribed this medication because he or she has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor immediately if any of these unlikely but serious side effects occur: fast/irregular/pounding heartbeat, mental/mood changes (e.g., agitation, uncontrolled anger, hallucinations, nervousness), uncontrolled muscle movements, change in sexual ability/interest. Stop taking this medication and seek immediate medical attention if any of these rare but very serious side effects occur: severe headache, slurred speech, seizure, weakness on one side of the body, vision changes (e.g., blurred vision). This drug may infrequently cause serious (sometimes fatal) lung or heart problems (pulmonary hypertension, heart valve problems). The risk increases with longer use of this medication and use of this drug along with other appetite-suppressant drugs/herbal products. If you notice any of the following unlikely but very serious side effects, stop taking this medication and consult your doctor or pharmacist immediately: chest pain, difficulty breathing with exercise, decreased ability to exercise, fainting, swelling of the legs/ankles/feet. A very serious allergic reaction to this drug is rare. However, seek immediate medical attention if you notice any of the following symptoms of a serious allergic reaction: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US - Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088. In Canada - Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345.

PRECAUTIONS: Before taking this medication, tell your doctor or pharmacist if you are allergic to it; or to any other sympathomimetic amines (e.g., decongestants such as pseudoephedrine, stimulants such as amphetamines, appetite suppressants such as diethylpropion); or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. This medication should not be used if you have certain medical conditions. Before using this medicine, consult your doctor or pharmacist if you have: uncontrolled high blood pressure, glaucoma, history of alcohol/drug abuse, vascular heart disease (e.g., chest pain, heart attack), mental/mood problems (e.g., severe anxiety, bipolar disorder, psychosis, schizophrenia), high blood pressure in the lungs (pulmonary hypertension), stroke, overactive thyroid (hyperthyroidism). Before using this medication, tell your doctor or pharmacist your medical history, especially of: diabetes, controlled high blood pressure, other heart problems (e.g., heart murmur, fast/irregular heartbeat, heart valve problems), kidney disease, seizure problem. This drug may make you dizzy or (rarely) drowsy or cause blurred vision. Do not drive, use machinery, or do any activity that requires alertness or clear vision until you are sure you can perform such activities safely. Avoid alcoholic beverages. If you have diabetes, check your blood sugar levels regularly as directed by your doctor. Your doctor may need to adjust your diabetes medication during treatment with this drug. If you are using the tablets made to dissolve in the mouth, your medication may contain aspartame. If you have phenylketonuria (PKU) or any other condition that requires you to limit/avoid aspartame (or phenylalanine) in your diet, ask your doctor or pharmacist about using this medication safely. Before having surgery, tell your doctor or dentist that you are using this medication. Kidney function declines as you grow older. This medication is removed by the kidneys. Therefore, elderly people may be at greater risk for dizziness and high blood pressure while using this drug. This medication must not be used during pregnancy. It may harm an unborn baby. If you are pregnant or think you may be pregnant, tell your doctor immediately. This drug may pass into breast milk and could have undesirable effects on a nursing infant. Therefore, breast-feeding is not recommended while using this drug. Consult your doctor before breast-feeding.

DRUG INTERACTIONS: Your doctor or pharmacist may already be aware of any possible drug interactions and may be monitoring you for them. Do not start, stop, or change the dosage of any medicine before checking with them first. This drug should not be used with certain medications because very serious interactions may occur. If you are taking or have taken other appetite-suppressant drugs in the past year (e.g., diethylpropion, sibutramine, ephedra/ma huang), tell your doctor or pharmacist before starting this medication. Avoid taking MAO inhibitors (isocarboxazid, linezolid, methylene blue, moclobemide, phenelzine, procarbazine, rasagiline, selegiline, tranylcypromine) within 2 weeks before, during, and after treatment with this medication. In some cases a serious (possibly fatal) drug interaction may occur. If you are currently using any of these medications, tell your doctor or pharmacist before starting this medication. Before using this medication, tell your doctor or pharmacist of all prescription and nonprescription/herbal products you may use, especially: drugs for depression (e.g., TCAs such as imipramine, SSRIs and SNRIs such as paroxetine, fluoxetine, venlafaxine, duloxetine), high blood pressure medicine (e.g., guanethidine, methyl dopa), phenothiazines (e.g., prochlorperazine, promethazine, chlorpromazine), other stimulants (e.g., amphetamines, methylphenidate, street drugs such as cocaine or MDMA/"ecstasy"). Tell your doctor or pharmacist if you also take drugs that cause dizziness or drowsiness such as: certain antihistamines (e.g., diphenhydramine), anti-seizure drugs (e.g., carbamazepine), medicine for sleep or anxiety (e.g., alprazolam, diazepam, zolpidem), muscle relaxants, narcotic pain relievers (e.g., codeine), psychiatric medicines (e.g., risperidone, amitriptyline, trazodone). Also report the use of drugs which might increase seizure risk when combined with this medication such as isoniazid (INH), phenothiazines (e.g., thioridazine), theophylline, or tricyclic antidepressants (e.g., amitriptyline), among others. Check the labels on all your medicines/herbal products (e.g., cough-and-cold products containing decongestants such as pseudoephedrine, diet aids such as phenylpropanolamine, ephedra/ma huang) because they may contain ingredients that could increase your heart rate or blood pressure. Ask your pharmacist about using those products safely. Caffeine can increase the side effects of this medication. Avoid drinking large amounts of beverages containing caffeine (coffee, tea, colas) or eating large amounts of chocolate. This document does not contain all possible interactions. Therefore, before using this product, tell your doctor or pharmacist of all the products you use. Keep a list of all your medications with you, and share the list with your doctor and pharmacist.

OVERDOSE: If overdose is suspected, contact your poison control center or emergency room immediately. US residents can call the US National Poison Hotline at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: rapid breathing, unusual restlessness, fast/slow/irregular heartbeat, chest pain, hallucinations, seizures, loss of consciousness.

NOTES: Appetite suppressants should not be used in place of a proper diet. For best results, this drug must be used along with a doctor-approved diet and exercise program. Do not share this medication with others. It is against the law. Laboratory and/or medical tests (e.g., blood pressure, heart tests, kidney tests) may be performed periodically to monitor your progress or check for side effects. Consult your doctor for more details.

MISSED DOSE: If you miss a dose, take it as soon as you remember. If it is near the time of the next dose or late in the evening, skip the missed dose and resume your usual dosing schedule. Do not double the dose to catch up.

STORAGE: Store in a tightly closed container at room temperature between 68-77 degrees F (20-25 degrees C) away from light and moisture. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company for more details about how to safely discard your product.

Information last revised June 2012. Copyright(c) 2012 First Databank, Inc.