

Athletic Performance Consent Form

Introduction

Athletic Performance infusions provide essential nutrients to help enhance your physical performance, support recovery, and increase activity tolerance. These infusions include a blend of amino acids, trace minerals, and hydration to optimize your body's function and support your athletic goals.

Indications

- Athletic Performance
- Increased Activity Tolerance

How to Prepare for Your Infusion

1. Dietary Preparation
 - Eat a balanced meal or snack before your infusion, especially if it contains high protein and complex carbohydrates.
 - Hydrate well prior to your appointment to ensure optimal absorption of the infusion.
2. Laboratory Tests
 - Laboratory tests are recommended for ongoing care. If you have recent lab results, please bring them with you.
 - If you are interested in new laboratory tests, please mention this during your consult or prior to your visit.
 - **Note that insurance coverage for lab work is not guaranteed, and you may be responsible for the cost.**

Contraindications and Precautions

- Aminos: Please let the staff know if you have severe liver disease. Aminos are contraindicated in individuals with inborn errors of amino acid metabolism.
- Glutathione: Please let the staff know if you have a sulfa allergy as you may feel worse for a few hours after administration. A lower dose and/or slower administration rate may be necessary based on your feedback.
- Multi-Trace: Should not exceed twice weekly dosing. If more frequent infusions are indicated, serum levels of trace elements will be monitored. Be aware of potential symptoms of trace element toxicity, including nausea, vomiting, diarrhea, metallic taste, and garlic odor of breath (associated with selenium toxicity).
- Please let the staff know if you have kidney problems.
- Caution with fluid overload: Inform the staff if you have a history of heart failure or other conditions that might be exacerbated by fluid overload

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What to Expect on Arrival and During the Infusion

1. Vital Signs Monitoring

- Your vital signs will be checked before and after the infusion to ensure your safety and monitor any changes.

2. Performance Tracking

- For best results, we recommend tracking your general performance and activity tolerance. This can help in adjusting the infusion frequency and content to better meet your needs.

Side Effects and Precautions

- Side Effects: Common side effects may include general nausea, vomiting, and diarrhea. If you experience these symptoms after the infusion, please contact the office immediately.
- Special Precautions: Monitor for symptoms of trace element toxicity, such as nausea, vomiting, diarrhea, metallic taste, and garlic odor of breath.
- If you experience any adverse reactions or side effects, please inform the staff immediately.

Disclaimer

The recommended uses and potential benefits of these protocols are based on current research and clinical experience. However, these statements have not been evaluated by the Food and Drug Administration (FDA). The protocols described are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary, and it is important to consult with your healthcare provider before starting any new treatment, especially if you have existing health conditions or are taking other medications. The information provided is for educational purposes only and should not be construed as medical advice.

Acknowledgement

By signing below, you acknowledge that you have read and understood the preparation instructions for Athletic Performance infusions and agree to follow the guidelines provided.

Name: _____

Date: _____

Signature: _____

Please bring this signed form with you to your appointment. If you have any questions or concerns, feel free to contact our clinic before your scheduled infusion.

Thank you for your cooperation.