



Sample Informed Consent: Purchasing Supplements

According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201(g)(1), the term drug is defined as an “article intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease.” Technically, vitamins, minerals, trace elements, amino acids, herbs, or homeopathic remedies are not classified as drugs, but still have significant effects on physiology and human health.

In this office, we provide personalized recommendations regarding use of these substances in order to support the physiological and biomechanical processes of the human body. Although these products may also be suggested with a specific therapeutic purpose in mind, their use is chiefly designed to support aspects of metabolic function. Use of nutritional supplements may be safely recommended for patients already using pharmaceutical medications (drugs), but some potentially harmful interactions may occur. For this reason, it is important to keep all healthcare providers fully informed about all medications and supplements, herbs, or hormones you may be taking.

As a service to you, we make supplements available in our office. **You are under no obligation to purchase supplements at our clinic.**

We purchase these products only from manufacturers who have gained our confidence through considerable research and experience. We determine quality by considering: (1) the quality of science behind the product; (2) the quality of the ingredients themselves; (3) the quality of the manufacturing process; and (4) the synergism among product components. The brands of supplements that we carry in our facility are those that meet our high standards and tend to produce predictable results.

While these supplements may come at a higher cost than those found on the shelves of health food stores, the value must also include assurance of their purity, quality, bioavailability (ability to be absorbed and used by the body), and effectiveness. The chief reason we make these products available is to ensure quality. You are not guaranteed the same level of quality when you purchase your supplements online or at a retail store. We are not suggesting that such products have no value; however, given the lack of stringent testing requirements for dietary supplements, product quality varies widely.

If you have concerns our staff is available to talk with you.

I, _____, have read and understand the above statement on

_____ (date), witnessed by _____, _____ (date).

***You understand and expressly agree that use of this document is at your sole risk.
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