



Name _____ Birthdate ____ / ____ / ____ Sex M / F
 Email _____ Phone _____
 Address _____ City _____ Zip _____
 Emergency Contact _____ Number _____
 Allergies _____
 How did you hear about Look Young Atlanta? _____

Please circle any past or current medical conditions:

Lupus / Auto-Immune Deficiency	Accutane Treatment	Diabetes
Pregnant	Keloid or Thick Scarring	Epilepsy
Bleeding Abnormalities	Herpes Simplex / Fever Blisters	Scars that turn white or brown
Dark Spots after Pregnancy	Psoriasis or Vitiligo	Leg Ulcer or Phlebitis
Blood Thinning	Rheumatoid Arthritis	Cystic Acne
HIV	Hepatitis	Waxing/Plucking in last 4 weeks
Hirsutism	Transplant Anti-rejection Drugs	Skin Cancer
Permanent Makeup	Surgical Implants	Metal Implants
Chemical Peels	Microdermabrasion	Laser Resurfacing or Facelift

Please list any past or current medical conditions that are not listed above:

Please list any medications or herbal supplements that you are currently taking, including topical medications:

Please circle any procedures about which you would like to receive more information:

Weight Loss/More Energy	Hormone Replacement Therapy	Laser Hair Removal
Botox/Fillers	Sun Damage Removal	Wrinkle Removal
Decreasing Pore Size	Decreasing Acne Scarring	Laser Vein Removal

By my signature below, I certify that the above medical information is true and accurate.

Signature

Date



Consent to “Simply B” Vitamin Cocktail Injections

NOTE TO PATIENT: There are risks involved in any procedure or treatment. It is not possible to guarantee or give assurance of a successful result. It is important that you clearly understand and agree to the planned treatment. You have received personal specific education regarding the proposed treatment. We have reviewed benefits and risks. You have had an opportunity to ask questions and to request additional information.

I authorize John Ouderkirk, M.D., and such physicians, associates, assistants and other personnel of Look Young Atlanta chosen by him to perform the following:

Medical Supplemental Weight Loss Treatment including such procedures as are considered medically advisable to obtain the maximal benefits with the least risks in regard to the above proposed program.

___ **GENERAL RISKS AND COMPLICATIONS:** I am satisfied with my understanding of the more common risks and complications of the treatment, which have been described and I have discussed with the doctor or his staff.

___ **SPECIFIC RISKS AND COMPLICATIONS:** I am satisfied with my understanding of specific risks of this treatment protocol/program as described by the doctor or his staff.

___ **ALTERNATE TREATMENT:** I am satisfied with my understanding of alternative treatments and their possible benefits and risks.

___ **LIMITATION OF MEDICAL CARE:** I understand that Look Young Atlanta’s Doctor, John Ouderkirk, M.D., is providing specific medical weight loss treatment and that he is not taking responsibility for any other aspect of my ongoing medical health. My personal physician shall continue to provide all of my standard and continuous medical care. I hereby authorize the doctor to speak directly with my Primary Care physician when medically necessary regarding my past and present medical care and treatment.

___ Patients with a **Sulfa allergy** should alert the Look Young Atlanta staff before each appointment, as methione is a common ingredient in the Simply B program and is a contraindication of a Sulfa allergy.

___ Patients with a **Procaine (Penicillin) allergy** should alert the Look Young Atlanta staff before each appointment, as methione is a common ingredient in the Simply B program and is a contraindication of a Procaine (Penicillin) allergy.

Arbitration and Dispute Settlement. Except for claims for injunctive or equitable relief, any dispute arising under this Agreement shall be finally settled in accordance with the Comprehensive Arbitration Rules of the Judicial Arbitration and Mediation Service, Inc. (“JAMS”) by an arbitrator appointed in accordance with such Rules. The arbitration shall take place in Atlanta, Georgia, in the English language, and the arbitral decision may be enforced in any court. The award rendered by the arbiter to the prevailing party in any action or proceeding to enforce this Agreement shall include costs of arbitration, reasonable attorneys’ fees and reasonable costs for expert and other witnesses, and any judgment on the award rendered by the arbitrator may be entered in any court of competent jurisdiction.
ALL CLAIMS MUST BE BROUGHT IN THE PARTIES’ INDIVIDUAL CAPACITY, AND NOT AS A PLAINTIFF OR CLASS MEMBER IN ANY PURPORTED CLASS OR REPRESENTATIVE PROCEEDING, AND THE ARBITRATOR MAY NOT CONSOLIDATE MORE THAN ONE PERSON’S CLAIMS. YOU AGREE THAT, BY ENTERING INTO THESE TERMS, YOU AND LOOK YOUNG ATLANTA, LLC ARE EACH WAIVING THE RIGHT TO A TRIAL BY JURY OR TO PARTICIPATE IN A CLASS ACTION.

OTHER QUESTIONS: I am satisfied with my understanding of the nature of the treatment and all of my additional questions about the treatment have been answered.

Signature _____ Date _____

Primary Physician _____ Telephone# _____



Patient Guide for Simply B Vitamin Shots

Simply B | B12 (Cyanocobalamin)

Just that. Vitamin B12. B12 is found in animal sources of protein. You need B12 to produce and maintain healthy red blood cells and nerve cells. Healthy red blood cells carry oxygen to vital organs. B12 is important in the production of myelin, the insulation around nerves, which contributes to proper brain function. It is essential in producing DNA for cell division. B12 can be the solution you need if you are fatigued, moody, having trouble thinking clearly, having numbness and tingling, or constantly forgetting things. With the addition of energy, often comes a greater calorie burn because if you feel better, you're more active.

Simply B Better | B12 (Cyanocobalamin) + Lipotropics

With B12 as a component, you get all the benefits mentioned above, but you also get the added benefits of Lipotropics. Lipotropics are three amino acids that are essential for liver health. Your liver removes fat and toxins from your body. A healthy liver obviously works better. These amino acids are Methionine, Inositol, and Choline. Let's break it down. Methionine is a sulphur-containing amino acid that prevents excess fat from building up in the liver as well as the body. It helps relieve fatigue. Inositol helps with metabolism of fats and may reduce cholesterol. It is thought that Inositol has a positive effect on Serotonin, which is a neurotransmitter known to control mood and appetite. Choline helps the liver process and excrete chemical waste, contributing to a healthier liver. It also is similar to Inositol in that it moves and metabolizes cholesterol and fats in the body. This is not only beneficial to the liver, but to the heart and endocrine systems as well. In simple terms: "Simply B Better" is an injection that may enhance energy and brain function, as well as support a healthy liver to remove fats, supporting weight management.

***DO NOT TAKE THIS SHOT IF YOU HAVE AN ALLERGY TO PENICILLIN OR SULFUR**

Side effects, usually caused from over-consumption, can include a fishy body odor, nausea, upset stomach, dizziness or decrease in appetite.

Simply B Your Best | B12 (Hydroxocobalamin) + Lipotropics + B-complex + L-Carnitine

So with all the benefits of "Simply B" and "Simply B Better", "Simply B Your Best" has added B-complex and L-Carnitine components to optimize the health benefits. All B vitamins help convert food into energy and help the body metabolize fats and protein. The B-complex in this injection consists of Thiamine (B1), Riboflavin (B2), Niacinamide (B3), and Pyridoxin (B6). Thiamine (B1) is found in cereal grains, nuts, beans and meat. It breaks down sugars and is essential for heart, muscle and nervous system function. Riboflavin (B2) is found in milk, meat, eggs, nuts, and green vegetables. It is used with other B vitamins to increase energy levels, it boosts the immune system function and helps maintain healthy hair, skin and nails. Niacinamide (B3) is found in yeast, fish, meat, milk, eggs, green vegetables, beans and cereal grains. It is required for proper function of fats and sugars in the body. It assists in maintaining a properly functioning digestive and nervous system. Finally, Pyridoxin (B6) is found in cereal, beans, vegetables, liver, meat and eggs. It is also required for proper function of fats and sugars in the body. It also helps with the absorption of B12. But.....that's not all. "Simply B Your Best" also contains L-Carnitine. L-Carnitine is an amino acid that is naturally produced in the body. It is said to offer numerous benefits to the body, including having a positive effect on heart health, mental function, muscle health, and energy production. L-Carnitine helps the body metabolize fatty acids by transporting the fatty acids in the mitochondria of each cell. The mitochondria is the powerhouse of the cell. With sufficient levels, L-Carnitine supplements really have no good or bad effects. It is, however, thought that with intense energy use, some of the body's amino acid concentrations decrease; therefore, taking L-Carnitine as a supplement may very well boost your fat burning ability with exercise by providing the body with the energy it needs from fat stores.

***DO NOT TAKE THIS SHOT IF YOU HAVE AN ALLERGY TO PENICILLIN OR SULFUR. WE HAVE A VERSION OF THIS SHOT WITHOUT METHIONINE IF YOU ARE ALLERGIC TO PENICILLIN OR SULFUR.**

Side effects, usually caused from over-consumption, can include a fishy body odor, nausea, upset stomach, dizziness or decrease in appetite. One of the primary side effects of L-Carnitine is restlessness.

Now that you have the facts, choose the "B" that is best for you and "Simply B Awesome."