**How do Slim Shots, Lipotropic B12, injections work?**

*Lipotropic* is a fancy word for three amino acids that are essential for the health of your liver. Your liver is the organ responsible for removing fat and toxins from your body, so if it is healthier, it will work better for you. B12 can give you a huge energy boost, which helps you to burn calories. The amino acids in the B12 Lipotropic shots are compounds that enhance liver function and increase the flow of fats and bile from the liver and gallbladder. By definition, a lipotropic substance decreases the deposit, or speeds up the removal of fat within the liver. The key amino acids used to make these shots are: Vitamin B12, Choline, Methionine, and Inositol.

**What do Diet by Design’s SLIM SHOTS contain?**

Vitamins B-1, B-2, B-3, B-5, B-6.

Super –charged hydroxycbalamin Vitamin B12 is essential for helping to form new, healthy cells in the body. It also boosts energy, helping to increase activity levels. Choline supports the health of the liver in its processing and excretion of chemical waste products within the body. Moreover, it is required for the transport and metabolism of fats and cholesterol within the body, which is important for the healthy support of the endocrine, cardiovascular and liver systems. Methionine is one of the sulfur-containing amino acids and is important for many bodily functions. It acts, as a lipotropic agent to prevent excess fat buildup in the liver and the body, is helpful in relieving or preventing fatigue and may be useful in some cases of allergy because it reduces histamine release.

Inositol, a nutrient belonging to the B vitamin complex, is closely associated with choline. It aids in the metabolism of fats and helps reduce blood cholesterol. Inositol participates in action of serotonin, a neurotransmitter known to control mood and appetite.

**Diet by Design** and its weight loss program is a technologically advanced program designed and tailored to each individual’s need under a doctor’s supervision to lose weight fast and safe. Our clinic uses Lipotropic B12 Injections and Slim Shots, which are not sold without a prescription and that are clinically proven to help accelerate metabolism and to help promote rapid weight loss safely to enhance results during weight loss. They are best

**Patient Consent Form**

I, ____________________________________________, understand that any medical treatment may involve risks as well as the proposed benefits. I have read and understand the ingredients of the products being administered to me, and I consent to treatment. I do not have allergies to the above listed medications. My signature hereby affirms that I have fully and completely read, understand, and agree to this waiver and release and all contents thereof.

Print Name: __________________________ Date: __________________________

Signature: __________________________ Date: __________________________

Diet by Design Representative: __________________________