



## FAT BURNER INJECTION INFORMED CONSENT FORM

Fat Burner was first used in the 1950's to reduce cholesterol and triglyceride levels in the blood, and optimize the fat dissolving effects. It was approved in April of 1999 by the FDA. The usual dose is 1cc per week injected intramuscularly. Side effects at injection site can be pain, redness, and swelling. The fat burner injection agents belong to a class of substances that play important roles in the body's use of fats though their involvement in the lipid metabolism, lipotropics help maintain liver function and promote fat excretion. The substances included in the injection are:

- 1. Methionine** is an antioxidant amino acid that helps to neutralize free radicals. Methioine deficiency develops with inadequate intake of the amino acid, mostly from meat diets or poor absorption. It assist in the breakdown of fats and thereby prevents the build-up of fat in the arteries, as well as assisting with the digestive system and removing heavy metals from the body since it can be converted to cysteine, which is a precursor to gluthione, which is of prime importance in detoxifyingthe liver. The amino acid methionine is also a great antioxidant and the sulfur it supplies activates free radicals. It may also be used to treat depression, arthritis pain as well as chronic liver disease- although claims are still under investigation. Some studies have also indicated that methionine might improve memory recall. It is also one of the three amino acids needed by th rbody to manufacture creatine monohydrate, a compound essential for energy production and muscle building.

**Methionine does contain sulfur so patient with a sulfa allergy should not take this injection.**
- 2. Inositol** is a vitamin that is vital for the metabolism of fat and cholesterol and aids in their transport in blood vessels. Inositol can help lower cholesterol levels. A lack of inositol has been shown to produce an accumulated of triglycerides in the liver (fatty liver), as well as hair loss.
- 3. Choline** is co-enzyme that is needed for the metabolism of fats and leads to the transport of fats out of the liver. Deficiency of choline can lead to cirrhosis of the liver.

Name: \_\_\_\_\_

Date: \_\_\_\_\_