

INFORMED CONSENT AND DISCLAIMER FOR METABOLIC BALANCE® PROGRAM PARTICIPANTS

Please carefully review this entire disclaimer. This disclaimer contains important information, rules and disclaimers regarding your participation in the metabolic balance® program. Please sign with your full name and signature at the end of this disclaimer.

Certain medical studies have indicated that people weighing significantly more than their recommended weight (20 percent or more) could be at increased risk of many illnesses or diseases, including heart attacks, coronary, heart disease, high blood pressure, strokes, elevated cholesterol levels, kidney disease, gallbladder disease, diabetes, neurological disorders, some types of cancer and osteoarthritis.

The metabolic balance® program is a natural wellness and weight loss program promoting a balanced metabolism through customized personal nutritional adjustments. All foods recommended are natural. Other than recommending customary multivitamin and mineral supplements, there are no pills, powders, chemicals or medications added to your nutrition. Usually, the metabolic balance® program has no serious side effects.

However, certain health risks have been associated with weight loss. Any weight-loss program may cause conditions such as constipation, dizziness, diarrhea, dry or cold skin, gout, hair loss, headaches, irregular/stopping of menstruation, muscle cramping, loss of lean body mass, and reduced tolerance to cold. These are just examples; other symptoms and conditions may also occur.

During the program you are advised to consult with a physician and stay under medical supervision.

Typical contraindications for not being able to participate in the metabolic balance® are:

- › Pregnancy. If you become pregnant during the program, you must stop the program and can continue after the pregnancy.
- › Any other health condition or disease that may be affected adversely by weight loss.

The metabolic balance® program promotes a gentle and natural way to improve, and in some cases possibly restore, your metabolic balance, wellness and health. In the event that you are experiencing any medical problems or adverse changes in an existing medical condition, you must suspend the diet immediately, seek medical attention and notify your personal physician and your metabolic balance® consultant.

The metabolic balance® program cannot guarantee, but has shown, in certain cases, improvements in the following conditions:

- › Lowered Blood Pressure
- › Lowered Cholesterol Levels
- › Lowered Glucose Levels
- › Improved Liver functions

If you are on certain medications for the regulation of these or other medical conditions, have your physician monitor your values regularly (a weekly basis is recommended) for any needed adjustments of your medication.

The metabolic balance® program is an all-natural nutritional consulting program. We will not give, and you will not receive, any medical advice from metabolic balance® or any of its employees or associates.



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The required lab work will not be examined for any purpose other than preparing your personal metabolic balance® nutritional plan. metabolic balance®, its employees and associates are not responsible for medical evaluation of lab values provided by you. You are advised to have your doctor evaluate your lab work to ensure proper medical evaluation. The metabolic balance® nutritional plan you will receive, is customized for your personal needs, based on your lab values.

You cannot share the plan with another person, as that person will not benefit from your plan and also might experience adverse results.

I have read, understood and agreed to all information, rules and disclaimers contained in this document.

I hereby consent to participate in the metabolic balance® program accordingly.

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Please Print

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Client #

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Date

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Signature

One original of this acknowledgement page must be retained in the client's record.
If acknowledgement could not be obtained from the client, the client may not participate in the metabolic balance® all natural weight management program.