

## Nutritional and Herbal 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. However, these substances can have significant effects on physiology and must be used rationally. In this office, we provide nutritional counseling and make individualized recommendations regarding use of these substances in order to upgrade the quality of foods in a patient’s diet and to supply nutrition 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 given 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 of your healthcare providers fully informed about all medications and nutritional supplements, herbs, or hormones you may be taking.

Sale of Nutritional Supplements through a third-party dispensary, Fullscript. This offers our patients a discount and generates revenue for the practice. As a service to you, we make nutritional supplements available, but you are under no obligation to purchase nutritional supplements through Fullscript. 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 Fullscript carries meet our high standards and are recommended based on individual patient evaluation and consistent with current conventional and functional medicine guidelines. The value must also include assurance of their purity, quality, bioavailability (ability to be properly absorbed and utilized by the body), and effectiveness. The chief reason we make these products available is to ensure quality. Given the lack of stringent testing requirements for dietary supplements, product quality varies widely, and we recommend our patients research these quality indicators and disclose the use of any supplements or over-the-counter products to their provider. If you have concerns about this issue, please discuss them with our staff.

I have read and understand the above statement:

Please type your name to sign below

---

Print

---

Signature

Date