

### **VITAMIN B12 INJECTIONS (\$8)**

Vitamin B12 is essential for forming new, healthy cells in the body and boosts energy. The energy boost helps you to burn calories. It helps regulate sleep, mood, appetite, and energy. The B12 shot will improve your energy and help you better adhere to your new exercise and diet regimen.

### **LIPO-B INJECTIONS (\$20)**

Lipo-B injections contain both Vitamins B12 & B6.

•Vitamin B6 plays a role in the metabolism of lipids, amino acids, and carbohydrates. It is thought to stimulate the thyroid gland and reduce water retention.

#### **ADDITIONAL BENEFITS OF LIPO-B INJECTIONS**

Benefits of the Lipo-B injections, containing both Vitamins B12 & B6, include the following:

- Energy boost
- Decreased Homocysteine
- Speed up thought process and improve mood

#### **POTENTIAL SIDE EFFECTS**

There are potential side effects reported with the Lipo-B injections. These may include:

- Allergic reaction
- Anxiety
- GI Upset
- Heart Palpitations
- Hypocalcemia
- Insomnia
- Mild Diarrhea
- Pain/Numbness/Tingling in Feet

### **LIPOTONIX-PLUS INJECTIONS (\$20)**

Lipotropics help stimulate the breakdown of fat and Lipotropics are essential for the health of your liver. They help stimulate the breakdown of fat and reduce accumulation of excess fat in the body. The Lipotonix-Plus injection contains Lipo-B plus the following lipotropics and B vitamins:

- Methionine**: Prevent excess liver and body fat buildup.
- Inositol**: Aids in fat metabolism & cholesterol reduction.
- Choline**: Fat and cholesterol transportation/metabolism.
- L-Carnitine**: Stimulates body's burning of triglycerides.
- Vitamin B1**: Catalyst in carbohydrate metabolism.
- Vitamin B2**: Helps metabolize fats and carbohydrates.
- Vitamin B3**: Helps release energy from nutrients.
- Vitamin B5**: Catabolism of fatty acids and amino acids.

#### **POTENTIAL SIDE EFFECTS**

There are potential side effects reported with the Lipotropics-Plus injections. These may include:

- Allergic reaction
- GI Upset
- Urinary frequency
- Diarrhea
- Pain
- Unpleasant odor

#### **CAN I USE AN APPETITE SUPPRESSANT ALSO?**

Yes. In fact, they enhance your weight loss results. We offer prescription products to aid in your weight loss.

#### **ARE THERE ALTERNATIVES TO INJECTIONS?**

Yes. Oral forms containing components of the Lipotonix-Plus injections are available.

### **HCG INJECTIONS / DROPS (\$169 for 30 days)**

Human Chorionic Gonadotropin (HCG) is a naturally-occurring hormone produced by a woman during pregnancy which mobilizes fat to make it available to burn as an energy source.

#### **BENEFITS**

You do not have to be pregnant to reap the benefits of HCG. With small daily injections of HCG, you can trigger this same fat-mobilizing effect, and you can lose abnormal fat, particularly in hard to lose areas. HCG also acts on the hypothalamus to suppress the appetite.

#### **WHO CANNOT TAKE HCG?**

If you are pregnant or nursing you cannot receive HCG.

### **HGH INJECTIONS (Inquire about pricing)**

Human Growth Hormone (HGH) is a naturally occurring hormone produced by the pituitary gland.

#### **BENEFITS**

Many believe that HGH injections can help improve health, increase your energy levels, improve muscle tone and lean muscle growth, help with weight loss and reduction of body fat, and improve mental acuity, mood and sleep.

#### **RISKS**

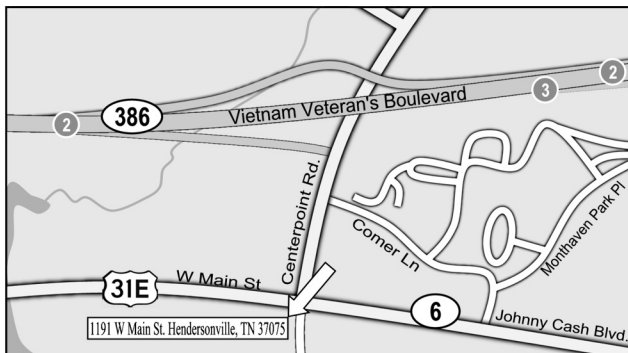
Potential adverse side effects associated with HGH injections may include: fatigue, glucose intolerance, headache, muscle pain, nausea, vomiting, and weakness among others.

### **Patient Acknowledgement**

I have read, reviewed, and understand the Patient Education Brochure and have had all questions answered to my satisfaction.

Signature \_\_\_\_\_

Date \_\_\_\_\_



# **Weight Loss Clinic at Centerpoint, LLC**

- Phentermine
- Vitamin B<sub>12</sub> & Lipo-B Injections
- Lipotonix-Plus Injections
- HCG Injections
- HGH Injections

# **Patient Education Brochure**

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### **OVERWEIGHT & OBESITY**

"Overweight" and "obesity" are terms used to describe weight ranges above what is generally considered healthy for a given height. If you are reading this brochure, you are likely unhappy with your current weight and consider yourself overweight or obese. There are a number of different obesity-related factors:

- Behavioral
- Environmental
- Hormonal
- Cultural
- Genetics
- Psychological

### **Body Mass Index (BMI)**

Your weight and height can be used to calculate a number called the "Body Mass Index" (BMI). BMI is used because, for most people, it correlates with their amount of body fat. BMI is calculated by dividing one's weight in kilograms by the square of one's height in meters: **BMI = kg/m<sup>2</sup>** [kg = 0.45 wt. (lb.); m<sup>2</sup> = (ht. x 2.54/100)<sup>2</sup>]

There are six BMI-related designations:

BMI	Designation
<18.5	Underweight
18.5 - 24.9	Normal weight
25.0 - 29.9	Overweight
30.0 - 34.9	Obesity Class I (Obese)
35.0 - 39.9	Obesity Class II (Severely Obese)
40.0+	Obesity Class III (Morbidly Obese)

### **YOUR WEIGHT & YOUR HEALTH**

The National Heart Lung and Blood Institute (NHLBI) has correlated the risk of developing weight-related disorders in men (♂) and women (♀) with above normal waist circumferences (♂ > 40" & ♀ > 35") and BMI's > 25.

BMI	Waist Size & Disease Risk			
	♂ < 40"	♂ > 40"	♀ < 35"	♀ > 35"
25.0 - 29.9	↑↑	↑	-	↑↑
30.0 - 34.9	↑↑↑	↑↑↑	↑↑	↑↑↑
35.0 - 39.9	↑↑↑↑	↑↑↑↑	↑↑↑	↑↑↑↑
40.0+	↑↑↑↑	↑↑↑↑	↑↑↑↑	↑↑↑↑

### **WHAT ARE THE POTENTIAL HEALTH COMPLICATIONS?**

Approximately 300,000 deaths a year in the U.S. arise from weight-related disorders (compared to more than 400,000 deaths a year associated with cigarette smoking). The associated risk of developing one or more disorder is highest in the morbidly obese (BMI ≥ 40). Some potential weight-related health disorders and complications are listed below:

- Angina pectoris
- Cardiomegaly
- CHF
- Coronary Artery Dz. (CAD)
- Diabetes Mellitus Type II
- Dyslipidemia
- Fatty Liver/Gallstones
- GERD
- Hypertension (HTN)
- Hypothyroidism
- Obstructive Sleep Apnea
- Osteoarthritis (OA)
- Polycystic Ovary Syndrome
- Pregnancy Complications
- Pulmonary HTN
- Stroke

### **WHAT ARE OTHER IMPACTS OF OBESITY?**

In 2000 health care costs attributed to the overweight- and obesity-related disorders amounted to an estimated \$117 billion (\$117,000,000,000).<sup>1</sup> You and your family may incur both direct and indirect health care costs associated with you or your spouse being overweight or obese.

- Direct costs include preventive, diagnostic, and treatment services (e.g., doctor visits, medication costs, hospital and nursing home care, etc...) for obesity-related diseases and conditions (Angina, HTN, DM Type II, Knee OA, etc...)
- Indirect costs include the value of wages lost if you are unable to work because of illness or disability as well as the value of future earnings lost by premature death.

### **WHY LOSE WEIGHT?**

You may be overweight or obese and perfectly happy with your appearance. However, losing excess fat will not only improve your physical appearance but will also improve your current and long term health while decreasing your risk of developing weight-related disorders. Potential benefits of weight loss include the following:

- Lower the risk of heart disease, HTN, DM Type II, and stroke.
- Raise High-density Lipoprotein (HDL) "good cholesterol."
- Reduce Low-density Lipoproteins (LDL), "bad cholesterol"
- Slow the progression and symptoms of knee osteoarthritis.

### **NOW IS THE TIME TO LOSE WEIGHT**

If you have tried to lose weight in the past and failed, you are not alone. 71% of Americans have tried to lose weight and have been unsuccessful. Your reasons for trying anew may include one or more of the following:<sup>2</sup>

- Desire to feel healthier
- Embarrassment with appearance
- Health concerns
- Difficulty in buying clothes that fit

### **LET WEIGHT LOSS CLINIC AT CENTERPOINT, LLC HELP YOU**

Your initial consultation with us will consist of a comprehensive medical history questionnaire and basic physical exam. This will help determine which of the following available products are right for you:

- Phentermine
- Vitamin B12 injections
- Lipo-B (Vitamin B6 and B12) injections
- Lipotonix-Plus injections
- HCG injections or Drops
- HGH Injections

The follow-up visits will evaluate your progress, monitor for adverse side effects, and allow for treatment changes as necessary. Once you begin, you will need to make diet and behavior-related changes to maximize your ability to lose excess weight.

### **YOU CAN DO IT!**

Contacting Weight Loss Clinic at Centerpoint, LLC is just the first step towards improving your looks, improving your health, and improving the way you feel.

<sup>1</sup><http://healthlink.mcw.edu/article/1012427400.html>

<sup>2</sup><http://www.obesityinamerica.org/benefits.html>

### **PHENTERMINE (\$40 for 30 pills)**

Phentermine is a centrally-acting appetite suppressant indicated for use in overweight and obese adults as an adjunct to weight loss regimens involving exercise, diet, and behavior modification. It is available only by prescription.

### **IS PHENTERMINE A NEW MEDICATION?**

No. Phentermine first received approval from the Food & Drug Administration (FDA) in 1959 as an appetite suppressant for the short-term treatment of obesity. Phentermine resin became available in the United States in 1959 and Phentermine Hydrochloride (HCl) in the early 1970s.

### **IS PHENTERMINE THE SAME AS "FEN-PHEN"?**

No. "Fen-Phen" was a popular combination of two FDA-approved diet drugs: Fenfluramine ("Fen"), which received FDA approval in 1973, and Phentermine ("Phen"). In 1996 there were 6.6 million prescriptions written for Fen-Phen. A higher than expected incidence of primary pulmonary hypertension (PPH) and heart valve problems was reported in persons using Fen-Phen or Fenfluramine alone. The FDA identified Fenfluramine as the likely cause of the adverse effects, and in 1997 requested the voluntary withdrawal of Fenfluramine by its manufacturers. The FDA never requested the withdrawal of Phentermine.

### **HOW DOES PHENTERMINE WORK?**

Phentermine is believed to work by stimulating the central nervous system to release catecholamines, which in turn act upon the centers in the brain which control appetite. These neurotransmitters signal the body to put a halt to the hunger signal, and with no hunger signal, there is a loss in appetite. Other mechanisms of action may be involved too.

### **WHAT TYPE OF PHENTERMINE WILL I RECEIVE?**

**Adipex-P®** This is Phentermine 37.5 mg in a blue/white tablet. The tablets may be broken in half if necessary.



**Adipex-P®**

### **ARE SOME SIDE EFFECTS EXPECTED?**

Initially yes. You may experience dry mouth, insomnia, and mild irritability the first few days as your body adjusts to the Phentermine. The most common potential side effects of Phentermine use include a mild increase in heart rate and blood pressure as well as a sustained level of energy during the duration of action.

### **HOW TO TAKE PHENTERMINE**

Your provider will instruct you specifically on how to take your medication. Do not take more Phentermine or take it more often than directed by your provider. Do not abruptly discontinue Phentermine. Consult your provider if you wish to discontinue this medication

### **CAN EVERYONE TAKE PHENTERMINE?**

Unfortunately no. Please disclose all medical conditions and medications during the initial consultation so that your provider can determine if Phentermine is right for you.