

The Integrative Cardiology Center of Long Island (ICCLI) provides recommendation for medicinal foods and dietary supplements to be used under physician supervision. The use of dietary supplements in the United States is guided by the Food and Drug Administration **Dietary Supplement Health and Education Act of 1994** (DSHEA). All supplements recommended by the physician(s) of ICCLI are professional grade preparations manufactured by the domestic companies. These preparations are selected based on safety, potency, purity, and adherence to good manufacturing practices, with full disclosure information about type and amount of ingredients. At the ICCLI, we believe strongly that you should select supplements in consultation with a knowledgeable health care practitioner. Your safety is our top priority.

Please, read and acknowledge the following by signing the informed consent below:

- 1) Supplements are not medications, and are not intended to treat or cure any condition or disease. Supplements may be helpful in managing organ disturbances and symptoms produced by conditions or diseases.
- 2) You cannot stop medications without a doctor's advice while using supplements.
- 3) Supplements may interact with medications, and there is limited information available about such interactions. Your decision to proceed with supplements is at your own risk. We verify interaction potential by consulting publicly available databases, such as National Institute of Health Medline Plus database (<http://www.nlm.nih.gov/medlineplus/druginformation.html>) . It is your responsibility to notify your physician immediately of any possible side-effects.
- 4) Supplements are considered food, not drugs, and are not covered by medical insurance or reimbursed from the flexible spending accounts.
- 5) We sell supplements through our office or a direct distributor website(s), at a discount of 10-20% compared to the comparable products, such as off-the-shelf store brands. We receive 10-20% commission on such sales. We carefully select our professional grade supplements based on safety, potency, purity, and good manufacturing practices. You are free to purchase supplements through our office, a distributor website, or on your own.
- 6) You are strictly prohibited from sharing your recommended supplements with any family members or friends.
- 7) The ICCLI and its physicians are not responsible for any adverse events or issues arising from your decision to purchase and use supplements on your own, without physician guidance and advice.
- 8) If the identity, complete chemical composition or manufacturing source of your own supplement(s) cannot be determined, you will be asked to stop using it.
- 9) You are advised to print or save an electronic record of your supplement prescription, and have it available when receiving medical care outside of the ICCLI.
- 10) Use of supplements is at your own risk, and you agree to hold ICCLI harmless for any and all damage, including serious illness and death that may occur due to supplement use.

Name

Signature

Date