

Informed Consent for Peptide Therapy

Prime Vitality Care — San Antonio, TX

Purpose and Background

As a patient of Prime Vitality Care, I have requested or been recommended peptide therapy as part of my treatment plan. Peptide therapy involves the use of specific amino acid sequences (peptides) to support and optimize various physiological functions, including hormone regulation, immune function, tissue repair, metabolism, and cellular regeneration.

Peptides are naturally occurring biological molecules. Therapeutic peptides are formulated by licensed compounding pharmacies and prescribed by my provider based on clinical evaluation, laboratory results, and my individual health goals.

FDA Status and Off-Label Use

IMPORTANT DISCLOSURE: I understand that many peptides used in clinical practice are prescribed for "off-label" indications — meaning they may not be specifically FDA-approved for the condition being treated. Off-label prescribing is a legal, well-established medical practice recognized by the FDA. My provider is not required to use a medication only as the labeling suggests.

Some peptides are compounded medications prepared by a licensed compounding pharmacy. Compounded medications are not FDA-approved but are legal when prescribed by a licensed provider and prepared by a licensed pharmacy. The FDA does not verify the safety, effectiveness, or quality of compounded medications in the same manner as commercially manufactured drugs.

Common Peptides Used

Peptide therapies at Prime Vitality Care may include, but are not limited to:

- **BPC-157** — Tissue repair, gut healing, anti-inflammatory support
- **Thymosin Beta-4 (TB-500)** — Wound healing, tissue regeneration, anti-inflammatory
- **CJC-1295 / Ipamorelin** — Growth hormone secretagogues for metabolism, sleep, recovery
- **Sermorelin** — Growth hormone releasing hormone (GHRH) analog
- **PT-141 (Bremelanotide)** — Sexual dysfunction support
- **Semaglutide / Tirzepatide** — GLP-1 agonists for weight management
- **NAD+** — Cellular energy, anti-aging, cognitive support
- **Thymosin Alpha-1** — Immune modulation and support
- **Dihexa** — Cognitive enhancement (investigational)
- **KPV** — Anti-inflammatory, gut health support

My provider will discuss the specific peptide(s) recommended for my individual care plan.

Potential Benefits

- Improved recovery from injury, surgery, or exercise
- Enhanced immune function and reduced inflammation
- Improved body composition, metabolism, and energy levels
- Better sleep quality and cognitive function
- Support for hormone optimization and anti-aging protocols
- Improved sexual function and libido
- Gut healing and digestive support

Risks and Side Effects

I understand that peptide therapy, like all medical treatments, carries risks. Potential side effects may include but are not limited to:

- Injection site reactions: pain, redness, swelling, bruising, itching, or infection
- Nausea, headache, dizziness, flushing, or lightheadedness
- Water retention or joint stiffness
- Changes in blood sugar levels or insulin sensitivity
- Fatigue, drowsiness, or changes in sleep patterns
- Increased hunger or appetite changes
- Numbness or tingling in extremities
- Rare: allergic reactions, including anaphylaxis
- Rare: changes in hormone levels, including IGF-1, which may theoretically affect cancer risk
- Unknown long-term effects, as some peptides lack extensive long-term safety data

Contraindications

I affirm that I have disclosed my complete medical history and that I:

- Do not currently have, and have not been diagnosed with, any active cancer (including breast, prostate, ovarian, or endometrial cancer)
- Am not pregnant, planning to become pregnant, or breastfeeding (unless cleared by my provider)
- Do not have an uncontrolled medical condition that would make peptide therapy inappropriate
- Will notify my provider immediately of any changes to my health status or medications

Monitoring and Follow-Up

I understand that peptide therapy may require ongoing laboratory monitoring at additional cost, as prescribed by my provider. I agree to undergo recommended testing and attend follow-up appointments to ensure safe and effective therapy. I agree to report any potential side effects immediately.

Alternatives

I understand that alternatives to peptide therapy exist, including no treatment, conventional pharmaceutical approaches, lifestyle modifications, nutraceutical supplementation, or referral to other specialists. I have discussed these alternatives with my provider.

No Guarantee of Results

I understand that my provider cannot guarantee specific health benefits or that there will be no harm from peptide therapy. Results vary from patient to patient. The diagnosis and treatment used may be considered non-conventional, complementary, or alternative. Other physicians may disagree with the need for treatment, the method, dosing, or monitoring approach.

Patient Acknowledgment

- I have read and understand this informed consent in its entirety.
- I understand the risks, benefits, alternatives, and limitations of peptide therapy.
- I understand that some peptides are used off-label and/or are compounded medications.
- I have had the opportunity to ask questions and all my questions have been answered.
- I voluntarily consent to peptide therapy as recommended by my provider.
- I certify that I am at least 18 years of age and am not under the influence of alcohol or drugs.
- I will notify Prime Vitality Care immediately if I experience any adverse effects.

Patient Name (Print)

Date

Patient Signature

Provider Name (Print)

Date

Provider Signature
