



## **Alcohol Consumption Release**

You must not drink any type of alcohol drink (i.e. wine, beer, liquor) while you are on the Ideal Protein Weight-Loss Method. If you do consume alcohol while participating in the program, you may experience undesirable side effects which may be harmful. \_\_\_\_\_ (Client's initials)

I understand that any consumption of alcohol while participating in the Ideal Protein Protocol is considered a cheat and that I will be removed from the program at the discretion of the administering clinic. \_\_\_\_\_ (Client's initials)

If you have health problems due to alcohol abuse, please consult your physician before starting the Ideal Protein protocol. We recommend that you halt any alcohol consumption at least three days prior to starting the Ideal Protein method.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The signatory client hereby recognizes the veracity of the information provided herein and that he/she has made an informed decision to go on the Ideal Protein Weight Loss Method.