

# Peptide & Exosome Therapy Consent Form Essentials

## Provider Education Checklist

### Purpose

This checklist is intended to support provider education and awareness regarding key elements commonly included in informed consent forms for peptide and biologic-based therapies. This document does not constitute legal advice.

-  **Description of Therapy**  
Clearly explain, in plain language, what peptides and exosome-based products are and how they differ from traditional pharmaceuticals.
-  **FDA & Regulatory Disclosure**  
Disclose that many peptides and exosome-based products are not FDA-approved for aesthetic or wellness use and may be discussed or utilized in off-label, investigational, or educational contexts.
-  **Compounding & Sourcing**  
Clarify that certain peptides may be compounded by licensed pharmacies on a patient-specific basis, while others may not be compounded or prescribed for clinical use.
-  **Risks & Unknowns**  
Acknowledge limited long-term human data, variable patient response, and potential immune or inflammatory reactions.
-  **No Guarantees**  
State clearly that no specific outcomes or results are promised or guaranteed.
-  **Voluntary Participation**  
Confirm that participation is voluntary and that patients may decline or discontinue therapy at any time.
-  **Digital Consent Best Practices**  
If using QR or electronic consent, ensure patients review the form prior to treatment, actively acknowledge consent, and that documentation is stored and retrievable.

### Key Takeaway

A strong consent form prioritizes transparency, acknowledges uncertainty, and clearly distinguishes education from guaranteed clinical outcomes.

