



Placenta Encapsulation Agreement

Client Name (Please Print): _____ Partner Name: _____

Client Address: _____

Client Phone #: _____ Partner Phone #: _____

Estimated Due Date: _____

Anticipated Delivery Location: _____

Hello, and congratulations! The following is our Placenta Encapsulation Agreement that sets out the terms, scope, and limits of the services I provide. I'm excited to be walking with you on this journey! Medical research shows that your placenta is extremely nutrient rich- high in iron, protein, vitamins, and minerals. Consumption of the placenta aids in the reintroduction of your hormones back into your system. According to the Gentle Steaming Method (TCM), the placenta is lightly steamed before dehydration. The placenta is then thinly sliced, dehydrated, and ground into a fine powder. The powder is then placed into capsules and consumed daily by the new mother. Some of the numerous reported benefits to placenta encapsulation include:

1. Alleviated postpartum bleeding
2. Enhanced uterine involution (uterus return to pre-pregnancy size)
3. Improved and accelerated healing and recovery
4. Reduced maternal postpartum pain
5. Prevention or treatment of anemia
6. Improved lactation
7. Facilitated bonding with newborn
8. Increased strength and vitality
9. Prevention and relief of headaches
10. Replenishment and regulation of hormones
11. Improved quality of sleep
12. Increased libido

SCOPE OF SERVICE

After delivery, you will keep the placenta refrigerated, or frozen if it will be longer than 24 hours before the placenta transfer. You will then notify me by phone that it is ready for encapsulation. Depending on the package you have selected, you may have a family/friend drop off the placenta or it will be picked up from your location within a limited time window. Upon receipt of the placenta, I will carefully steam, dehydrate and encapsulate your placenta, yielding an average of 100 to 200 capsules depending on its size. As a Placenta Encapsulation Specialist, the process I use is in complete compliance with OSHA. If I plan to be out of town or traveling during the delivery, this will be communicated to you ahead of time, and the placenta can be frozen until my return to the area.

SAFETY

- Only one placenta is worked on at a time, and I always follow appropriate refrigeration protocols
- I have completed training in accordance with OSHA standards
- I am certified in blood borne pathogens and infection control
- My work space and utensils are always disinfected with a hypochlorous acid solution to prevent contamination

PLACENTA PACKAGES

Basic Package: \$255.00

- Encapsulation of the placenta with Gentle Steaming Method (TCM)
- Written dosing and care instructions
- Placenta will be completed within 72 hours

**** Does not include the pick-up or drop-off of the placenta. Placenta must be dropped off and picked up by a friend or family member in Holmen, WI.**

Premier Package: \$290.00

- Encapsulation of the placenta with Gentle Steaming Method (TCM)
- Written dosing and care instructions
- Placenta will be completed within 72 hours
- Umbilical Cord Keepsake
- Pick-up of the placenta from your place of birth
- Delivery of the placenta to your home or other specified location

**** If round-trip travel greater than 30 miles is required, an additional \$.60/mile will be added to the total cost.**

Add-ons

- Placenta Tincture - \$20
- Tree of Life Placenta Print - \$10

Frequently Asked Questions

Q: How do I keep my placenta after giving birth?

A: Ensure that your midwife, birthing team and family are aware that you wish to keep your placenta and note this in your birth plan. Discuss your plan to keep your placenta with your midwife during your antenatal appointments.

Q: How many capsules will I get from my placenta?

A: The total yield of capsules often depends on the size of the baby, and the size of the placenta. Both are usually relative to each other. From experience, the total capsule yield has ranged from 90 to 220 capsules. Most birth clients will receive enough capsules to last between 4 – 8 weeks postpartum.

Q: How long do the capsules last?

A: On average, placenta capsules have a 2 years shelf life if stored properly. After the initial postnatal period, any leftover capsules can be transferred to a ziplock bag, and stored in the freezer to use as needed.

Q: How do I take the capsules?

A: You will receive full instructions regarding dosage with your capsules, the suggested dosage will be written in the label of the bottle and also in a separate handout. Every woman and their postpartum period is different so I find it's best to judge what dose suits you better according to how you feel and how you respond to the capsules. The dosage instructions given are generalized. Different women have different needs and we will discuss what will be best for you. I suggest taking the capsules at meal times.

Is my placenta safe for consumption...

...if drugs were used such as an epidural in labor and/or if I had a C-Section?

A: The placenta is able to filter out medication quickly. It acts like an interface between mother and baby. There will be some epidural medication passed to the baby and a small residual amount left in the placental blood. I have encapsulated placentas from women who have had epidurals, spinals, c-sections and inductions.

... if it is stained with meconium?

A: Yes. Meconium is dangerous for the baby to inhale, but is otherwise harmless. Your placenta is thoroughly washed and the membranes removed before the encapsulation process begins. The high heat of steaming and/or dehydrating eliminated any remaining bacteria.

... if I tested positive for Group B Strep?

A: Group B streptococcus (GBS) is one of the normal bacteria that can be found in a pregnant woman's vagina or rectum. At around 36 weeks gestation you will be tested to alert your care provider for this to become a problem during labour. Some women choose to be treated for it and others don't. Regardless of your choice, your placenta can still be encapsulated as the high heat of steaming and/or dehydration will eliminate any remaining bacteria.

... if it was sent to pathology for testing?

When the placenta is sent to pathology there are always risks associated. There is a chance that the placenta has been contaminated with chemicals, that the equipment used for examination has not been properly sterilized and even the placenta that was returned does not belong to you. I will not be able to encapsulate if the placenta was sent to pathology at any point in time.

... if I developed preeclampsia in late pregnancy or during labor?

A: The development of preeclampsia does not exclude a placenta to be utilized for encapsulation. After the birth your placenta will be examined routinely for irregularities. If your care provider detects an issue or infection in the placenta, it will be sent to pathology and therefore it will not be possible to encapsulate

... if it has been frozen?

If your placenta was handled and stored properly soon after birth and also properly frozen, ideally within 24 hours from the birth and up to 3 days of proper storage in the refrigerator, then it is safe to encapsulate for up to six months after the birth. The process of encapsulation will be longer, as the placenta will need to be completely thaw in the refrigerator first. If the placenta has been frozen more than once then it will not be possible to encapsulate.

When it is NOT possible to encapsulate a placenta?

- Chemically contaminated placentas in pathology, either sanitizing or preserving.
- Placentas that have sat out longer than 4-5 hours at room temperature post birth with no preservation methods.
- Placentas that have sat in the refrigerator for more than 4-5 days without being frozen.
- Uterine infections or chorioamnionitis (an inflammation of the fetal membranes due to bacterial infection)
- Heavy drug usage.
- Heavy smoking during pregnancy.
- Cancer of the placenta

ASSUMPTION OF RISK

I _____ (hereafter "Client") hereby acknowledge and agree that I understand the nature and potential risks involved and related to ingesting or otherwise using placenta products; that I hereby assume all risks, known and unknown, foreseeable and unforeseeable, in any way connected with ingesting or otherwise using placenta products; I accept full responsibility for any liability, injury, loss, damage or death in any way connected with ingesting or otherwise using placenta products for me and my family. I acknowledge that using the placenta products is at my sole risk. I understand and agree that ingesting placenta products is my own choice based on my personal, spiritual and cultural beliefs, and it is not intended to prevent or treat any physical or mental diseases, ailments or symptoms; I fully assume the full risk of doing so. I waive any and all rights to hold Rooted Birth responsible for any undesired effect of consuming or using the products.

I understand and agree that there are no legal, regulatory or licensure specifically required for placenta encapsulation in my state. I understand and agree that the placenta will be handled by the Placenta Encapsulator according to OSHA and Wisconsin Food Safety and Handling standards, and will be prepared in a sanitary and disinfected work space.

DISCLAIMER

I understand and agree that the information I receive from the Placenta Encapsulator in connection with the service(s) performed or otherwise is not intended or implied to be a substitute for professional medical, nursing or nutritional advice, diagnosis or treatment. All content including text, graphics, images and information, communicated by or available through the Placenta Encapsulator is for general information purposes only. I agree and understand that the Placenta Encapsulator makes no representation and assumes no responsibility for the accuracy of information given. I understand that I am encouraged to confirm any information obtained from or through the Placenta Encapsulator with other sources, and review all information regarding any medical condition or treatment with my physician. I agree never to disregard professional medical advice or delay seeking medical treatment because of information I have been given by the Placenta Encapsulator.

I understand and agree that the Placenta Encapsulator is not practicing medicine, providing healthcare, psychiatric or psychological counseling nor nutritional therapy services. The Placenta Encapsulator will not and does not diagnose, prescribe, treat, prevent or cure, in any manner whatsoever, any disease, condition or other physical or mental ailment of the human body. I understand and agree that the Placenta Encapsulator is not acting in the capacity of a doctor, healthcare provider, licensed dietician or nutritionist, psychologist or other licensed or registered professional.

I understand and agree to maintain a relationship with my primary care physician, or specialist and to seek their professional advice regarding Placenta Encapsulation. I agree never to discontinue or change my current course of medical treatment due to the benefits derived from these services without first consulting my doctor.

RELEASE & HOLD HARMLESS

I hereby release and hold harmless the Placenta Encapsulator from any and all liability or claims which may arise from placenta encapsulation services and/or the use of placenta products prepared by the Placenta Encapsulator, inclusive of, but not limited to, any injury or death resulting from an exposure to allergies, food borne illnesses, or choking. I and my successors, agents or assigns, hereby forever and unconditionally releases the Placenta Encapsulator, its owners, officers, employees, agents, successors in interest and insurers, heirs, executors, administrators, assigns, agents, trainers, placenta preservation certifying association, representatives, and all others acting on their behalf (hereinafter referred to as the "Released Parties"), from any and all claims, actions, damages to your person and/or property or that of your family, liabilities, injuries, losses, costs, and expenses, including, without limitation, attorney's fees, in any way arising out of, or resulting from, my voluntary use of placental services and products including those caused by negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with services provided by me or the Released Parties. I further acknowledge that the Placenta Encapsulator is in no way liable for any injury resulting from my own conduct or behavior.

FORCE MAJEURE

I acknowledge and agree that neither party shall be liable for any failure of or dealt in the performance of this agreement for the period that such failure or delay is beyond the reasonable control of a party, materially affects the performance of any of its obligations under this agreement, and could not reasonable have been foreseen or provided against.

ENTIRE AGREEMENT

This Agreement may not be modified without the prior written consent of Client and Placenta Encapsulator. The waiver by either party of a breach, right or obligation shall not constitute a waiver of any other or subsequent breach, right or obligation. If any provision of this Agreement is found to be invalid or unenforceable for any reason, the remainder of this Agreement shall remain in full force and effect. This Agreement sets forth the entire agreement between the parties and supersedes all prior proposals, agreements and representations between the parties, whether written or oral, regarding the subject matter herein. Neither party may assign this Agreement without the prior written consent of the other party. This Agreement shall be binding upon and shall benefit the parties and their respective successors and permitted assigns. Except as provided to the contrary herein, those provisions of the Agreement that by their nature and context are intended to survive the termination of this Agreement, shall survive any termination of this Agreement. This Agreement shall be construed and interpreted in accordance with the laws of the state in which the Placenta Encapsulator resides without reference to its conflict of law provisions, and with the same force and effect as if fully executed and performed therein. Each Party hereby consents to the exclusive personal jurisdiction of the State and Federal Courts where the Placenta Encapsulator resides, and acknowledges that venue is proper only in such courts.

Any dispute arising out of or relating to this Agreement, including without limitation, the validity, interpretation, performance, or breach thereof, shall be settled by arbitration in the jurisdiction where the Placenta Encapsulator resides, and shall be done so pursuant to the rules of the American Arbitration Association. Judgment upon any award rendered may be entered before an appropriate court in that state of venue.

If the terms of this Agreement are acceptable, please sign the acceptance below. By doing so, you acknowledge that: (1) you have received a copy of this letter agreement; (2) you have had an opportunity to discuss the contents with me and, if you desire, to have it reviewed by your attorney; and (3) you understand, accept and agree to abide by the terms hereof.

IN WITNESS WHEREOF, Client and Placenta Encapsulator agree to the terms and conditions set forth in and have duly executed this Client Commitment & Agreement effective as of the date of Placenta Encapsulator's signature as set forth below.

Placenta Encapsulator

Signature

Date

Client name

Signature

Date
