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Recommendations for optimal health, wellness, fitness, and nutrition evolve with informational, medical, and scientific developments. As such, we cannot guarantee that all of the recommendations included on this Site or in the Products will always be based on the most recent developments in those particular areas.

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Do not follow the recommendations provided on this Site or in the Products if your physician or healthcare provider advises against it. You should stop following all recommendations immediately and consult with your healthcare provider or call 911 if you experience physical symptoms such as faintness, dizziness, pain, or shortness of breath.

Results Disclaimer. We make every effort to ensure that we accurately portray realistic results you can expect from following the recommendations made on this Site or in the Products. As with any health or fitness program, individual results will vary based on capacity, desire, motivation, age, gender, starting point, previous experience, overall health, dietary restrictions, and other factors. We may share estimates of what we think you can achieve based on our experience and the results of customers with attributes similar to you. We do not guarantee that you will achieve the same results, and you accept the risk that your results may differ from expectations. Additionally, we do not guarantee that you will maintain the results you experience if you do not continue following recommendations provided on this Site or in the

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