

General advice disclaimer

The information provided on this website is solely for education and personal development, we take care to provide valuable information, however, we cannot be responsible for the use you make of this information. It is important that you take responsibility for your own health and use common sense in your health and wellbeing decisions.

The information provided on the website is generic and is not tailored to your specific individual health needs, it is important that you speak with a qualified health professional prior to changing your diet or lifestyle or consuming any health products based on information you find on the internet, including drinks, food, nutritional or herbal supplements.

Conduct your own research and seek suitable qualified professional advice to help you make an informed decision and answer any concerns or questions you have.

If you have any diagnosed medical conditions, please seek medical advice prior to purchasing or consuming any products to ensure they are the right products for you, such conditions can include but no limited to, allergy, intolerance, or a metabolic condition such as cardiovascular disease or diabetes.

Testimonials and health results we may exhibit on this website are based on results from current or previous clients, clinical experience, evidenced-based literature and current research, they are not a guarantee of individual results.

The information provided on this site may be modified at any time including the alteration or deletion of information.