

## **IMPORTANT LEGAL DISCLAIMER**

### **RISKS OF PRODUCT USE FOR ANNADAVEY.SHOP**

This website's content is not a substitute for direct, personal, professional medical care and diagnosis. None of the meal plans or exercise program's should be performed or otherwise used without clearance from your physician or health care provider first. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. We are not medical professionals and nothing on this website should be misconstrued to mean otherwise.

There may be risks associated with participating in activities mentioned on our site for people in poor health or with pre-existing physical or mental health conditions. Because these risks exist, you will not participate in any meal plan's available from us. If you are in poor health or have a pre-existing mental or physical condition. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such dietary activities. These risks may also exist for those who are currently in good health right now.

As with any exercise program you assume certain risks to your health and safety. Any form of exercise program can cause injuries, and our programs are no exception. It is possible that you may become injured doing the exercises in your program, especially if they are done with poor form.

Be aware that our programs (like any other exercise program) do involve a risk of injury. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such exercise activities. These risks may also exist for those who are currently in good health right now.

We are not a medical practitioners. Our advice whether it be on our website, in our meal plan's, exercise program's or via email coaching, none of it is meant as a substitute for medical advice. You must consult your doctor before beginning ANY meal plan or exercise program, no exceptions. You are using our plans, program's, workout's and coaching at your own risk and we are not responsible for any injuries or health problems you may experience or even death as a result of using our programs.

It is to be made clear that we are not responsible for any injuries or health problems you may experience or even death as a result of using any of our products or services.