

## **Disclaimer of Liability for the 28-Day Intermittent Fasting Challenge**

The 28-Day Intermittent Fasting Challenge was created by Dr. Nina Cherie Franklin of Synthycity, LLC and is a program designed solely for healthy adults, 18 years of age and older.

Dr. Nina Cherie Franklin holds a Doctorate (PhD) in Kinesiology, Nutrition and Rehabilitation along with Professional Certifications in Health Coaching, Exercise Physiology/Advanced Personal Training and Group Fitness. She is not a Physician or Registered Dietician and the scope of this program does not include treatment or diagnosis of specific illnesses or disorders.

This program is not intended in any way to serve as a medical guideline but is for educational purposes only. The information in this program is meant to supplement, not replace, medical advice.

Consult with your physician before starting any nutrition or exercise-related program. If you are taking any medications, you must talk to your physician before starting a new nutrition or exercise-related program. A complete physical examination is necessary if you are sedentary, have high cholesterol, high blood pressure, diabetes, are severely overweight or if you have any medical condition that contraindicates nutrition changes and/or exercise participation.

If your physician recommends you don't follow this program, please follow his/her orders. In addition, you are responsible for vetting any and all recommended foods for ingredients that may present adverse reactions.

While people generally experience weight loss and greater health and wellness as a result of embracing an intermittent fasting regimen and healthier lifestyle habits in general, Synthycity, LLC does not promise or guarantee weight loss or protection from future illness as a result of participation in this program.

Upon purchase, you are acknowledging that you have followed the guidelines set forth in this disclaimer and agree to its terms and conditions.