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#### **LACTATION INFORMATION DISCLAIMER**

Lauren Olofsson, MS, RD, CSP, IBCLC an international board certified lactation consultant through the International Board of Lactation Consultant Examiners.

The Website may discuss topics related to lactation and post-partum health, and may include information on pregnancy. The lactation information provided on the Website is for informational purposes only. Even if the information provided on the Website is from a certified lactation consultant, it is for informational purposes only and the lactation consultant has not consulted with you on an individual basis.

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From time to time, the Website will publish content with recipes. All such recipes have been tried and used successfully, but results may vary from person to person. Consult your medical professional before using any recipe if you have concerns about how you may individually react to the use of any particular recipe or ingredient. By voluntarily creating and using any recipe provided here, you assume the risk of any potential injury that may result.

#### **NUTRITION DISCLAIMER**

Lauren Olofsson, MS, RD, CSP, IBCLC is a certified registered dietitian. Nothing presented on the Website creates a professional-patient relationship between you and Lauren Olofsson.

All information provided regarding nutrition on the Website is intended to be used for informational purposes only. As stated above, Lauren Olofsson is a registered dietitian; however, content related to nutrition is not medical advice nor is it intended to replace medical advice. The Website is not intended to diagnose, prescribe, or treat any disease, condition, illness, or injury. Before beginning any diet program, modifying your diet, or making changes to the diet of a child in your care, including following the nutrition information available on the Website, you should seek advice from a licensed professional. We are not responsible for any liability, loss, or damage, caused or alleged caused, directly or indirectly, as a result of the use, application, or interpretation of nutrition information available on the Website. The Food and Drug Administration has not evaluated the statements contained in any information available on the Website. Individual results may vary.

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From time to time, the Website may discuss topics related to events (“Event”). All Event content is for informational purposes only. Unless specifically disclosed in the content, the Website is not a partner or sponsor of these Events.

If you choose to attend an Event that was listed on the Website, you assume all risk of any potential injuries that you may incur at such an Event. Please consider all inherent risks of a particular Event before participating.

From time to time, the Events listed on the Website may contain an element of physical fitness. (e.g., 5k, workout class, etc.) If you are unsure of your physical abilities, you should seek medical advice prior to participating.

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#### **YOUR RESPONSIBILITY**

The Website was developed strictly for informational purposes. You understand and agree that you are fully responsible for your use of the information provided on the Website. We make no representations, warranties, or guarantees. You understand that results may vary from person to person. We assume no responsibility for errors or omissions that may appear on the Website.

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WE WILL NOT BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, INDIRECT, EXEMPLARY, PUNITIVE OR SPECIAL DAMAGES OF ANY KIND, HOWEVER CAUSED, INCLUDING LOSS OF PROFITS, REVENUE, DATA OR USE, INCURRED BY YOU, WHETHER UNDER THEORY OF CONTRACT, TORT (INCLUDING NEGLIGENCE), WARRANTY OR OTHERWISE, EVEN IF THE OTHER PARTY HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.

#### **INDEMNITY**

You agree to defend, indemnify, and hold the Website, its owners, members, employees, officers, directors, managers, and agents harmless from and against any and all losses, claims, suits, actions, liabilities, obligations, costs, and expenses (including reasonable attorneys’ fees and expenses) which we suffer as a result of third-party claims based on: (i) your negligence or intentional misconduct, (ii) your breach of any provision of the Disclaimer (including representation or warranty); or, (iii) death, personal injury, or property damage arising out of, or relating to, your obligations hereunder.

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The Disclaimer will be governed and construed in accordance with the laws of the State of North Carolina. Any controversy or claim arising out of or relating to the Disclaimer, or the breach thereof, shall be settled by arbitration administered by the American Arbitration Association (“AAA”) under its Commercial Arbitration Rules, and judgment on the award rendered by the arbitrator(s) may be entered in any court having jurisdiction therein. The place of any such arbitration shall be in or near Wake-County, North Carolina. The parties also agree that the AAA Optional Rules for Emergency Measures of Protection shall apply to the proceedings.

**MISCELLANEOUS PROVISIONS**

If any provision(s) of the Disclaimer is held to be invalid, illegal, or unenforceable, the remaining provisions shall be severable and enforceable. If a provision is excessively broad, such a provision shall be limited or reduced in scope so as to be enforceable.

The Disclaimer not be assigned by you without our prior written consent; however, the Disclaimer may be assigned by us in our sole discretion.

All notices with respect to the Disclaimer must be in writing and made via email to [lauren.olofsson@gmail.com](mailto:lauren.olofsson@gmail.com) for the Website and to your email address.