

HEALTH & PRODUCT DISCLAIMER

Body and Soul Active Lifestyle (Pty) Ltd.

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Last Updated: 25 August 2026

The information provided by Body and Soul Active Lifestyle through www.bodyandsoul.co.za, our social-media platforms, marketing communications and other communications is intended to provide general wellness, lifestyle, fitness and product information.

It is **not intended to constitute medical advice, diagnosis or treatment**.

1. GENERAL INFORMATION ONLY

Information relating to nutrition, exercise, weight management, supplements, wellness or lifestyle is provided for general educational and informational purposes.

It should not be regarded as a substitute for professional medical advice.

Every person's body, health, nutritional needs, lifestyle and response to products may differ.

2. INDIVIDUAL RESULTS WILL VARY

Body and Soul Active Lifestyle does not guarantee that a customer will achieve a particular weight-loss, fitness, wellness or health outcome from using any product.

Results may vary depending on numerous individual factors, including:

- Diet;
- Physical activity;
- Lifestyle;
- Age;
- Genetics;
- Starting weight;
- Metabolism;
- Sleep;
- Stress;
- Existing health circumstances; and
- Consistency of use.

Testimonials, reviews, photographs and other customer experiences represent individual experiences and should not be interpreted as a guarantee of similar results.

3. PRODUCTS ARE NOT A SUBSTITUTE FOR A HEALTHY LIFESTYLE

Unless expressly stated otherwise, our products are intended to complement a healthy lifestyle and are not intended to replace a balanced diet, adequate hydration, regular physical activity or appropriate professional healthcare.

No supplement or wellness product should be presented as a substitute for a varied and balanced diet.

4. READ PRODUCT INFORMATION CAREFULLY

Before using any product, customers should read:

- The product label;
- Ingredients;
- Directions for use;
- Recommended serving or dosage;
- Warnings and precautions; and
- Any other information supplied with the product.

Do not exceed the recommended serving or use instructions unless specifically directed to do so by an appropriately qualified healthcare professional.

5. ALLERGIES AND INGREDIENTS

Customers are responsible for reviewing the ingredient information of each product before use.

If you have a known allergy, intolerance or sensitivity, you should carefully check the product ingredients and seek appropriate professional advice before using the product.

If you are uncertain whether a product is suitable for you, consult an appropriately qualified healthcare professional before use.

6. MEDICATION AND EXISTING HEALTH CONDITIONS

If you are taking prescription or over-the-counter medication, have an existing medical condition, are undergoing medical treatment or have any concerns regarding the use of a product, consult an appropriately qualified healthcare professional before using the product.

This is particularly important where a product may affect appetite, digestion, blood sugar, blood pressure, energy levels or other physiological processes.

7. PREGNANCY AND BREASTFEEDING

If you are pregnant, planning to become pregnant or breastfeeding, consult an appropriately qualified healthcare professional before using any supplement, weight-management product or other wellness product.

Do not assume that a product is suitable for use during pregnancy or breastfeeding simply because it is described as natural or plant-based.

8. CHILDREN

Products intended for adults should not be used by children unless specifically indicated on the product label or recommended by an appropriately qualified healthcare professional.

Keep products out of reach of children.

9. "NATURAL" DOES NOT MEAN RISK-FREE

The fact that an ingredient or product is described as "natural", "herbal", "plant-based" or "organic" does not necessarily mean that it is suitable for everyone or free from potential side effects or interactions.

Customers should use products responsibly and according to the product instructions.

10. SIDE EFFECTS OR ADVERSE REACTIONS

If you experience an unexpected, severe or concerning reaction after using a product, stop using the product and seek appropriate medical assistance.

If you believe a product has caused an adverse reaction, please contact Body and Soul Active Lifestyle and provide details of the product, batch information where available and the nature of the reaction.

11. WEIGHT-LOSS CLAIMS

Body and Soul Active Lifestyle does not guarantee a specific amount of weight loss or a specific time period in which weight loss will occur.

Marketing statements, product descriptions and customer testimonials should not be interpreted as guarantees of individual results.

Any weight-management product should be used as part of an appropriate overall lifestyle approach.

12. PROFESSIONAL MEDICAL ADVICE

Nothing contained on our website or in our marketing materials creates a doctor-patient, dietitian-client, therapist-client or other professional healthcare relationship.

If you have a medical concern, please consult your appropriately qualified healthcare professional.

If you experience a medical emergency, seek immediate emergency medical assistance.

13. PRODUCT PACKAGING TAKES PRECEDENCE

Product formulations, ingredients, serving recommendations and warnings may change from time to time.

Customers should always refer to the **current product packaging and label** supplied with the product.

Where there is a difference between information displayed online and the current product packaging, customers should contact us for clarification before using the product.

14. FITNESS AND EXERCISE INFORMATION

Exercise, training and fitness information provided by Body and Soul Active Lifestyle is intended for general educational purposes.

You should consider your own fitness level and circumstances before undertaking physical activity.

If you have any concerns about your ability to exercise safely, consult your appropriately qualified healthcare professional before beginning a new exercise programme.

Stop exercising and seek appropriate assistance if you experience severe pain, dizziness, fainting, difficulty breathing, chest pain or other concerning symptoms.

15. CUSTOMER RESPONSIBILITY

By purchasing and using our products, you acknowledge that you are responsible for:

- Reading product instructions;
- Following recommended use;
- Checking ingredients;
- Considering your individual circumstances;
- Seeking professional advice where appropriate; and
- Using products responsibly.

16. NO GUARANTEE OF RESULTS

Body and Soul Active Lifestyle makes no guarantee that the use of any particular product will result in:

- Weight loss;
- Fat loss;
- Increased metabolism;
- Reduced appetite;
- Increased energy;
- Improved fitness;
- Improved health; or

- Any other particular outcome,

unless a specific claim is expressly required or supported by applicable law and the relevant product information.

17. CONSUMER RIGHTS

Nothing in this disclaimer is intended to exclude, restrict or waive any consumer rights or legal remedies that cannot lawfully be excluded under South African law.