Disclaimer

This disclaimer ("Disclaimer") sets forth the general guidelines, disclosures, and terms of your use of the intheknowellis.com website ("Website" or "Service") and any of its related products and services (collectively, "Services"). This Disclaimer is a legally binding agreement between you ("User", "you" or "your") and In The Know Ellis LLC ("In The Know Ellis LLC", "we", "us" or "our"). If you are entering into this Policy on behalf of a business or other legal entity, you represent that you have the authority to bind such entity to this Policy, in which case the terms "User", "you" or "your" shall refer to such entity. If you do not have such authority, or if you do not agree with the terms of this Policy, you must not accept this Policy and may not access and use the Website and Services. By accessing and using the Website and Services, you acknowledge that you have read, understood, and agree to be bound by the terms of this Disclaimer. You acknowledge that this Disclaimer is a contract between you and In The Know Ellis LLC, even though it is electronic and is not physically signed by you, and it governs your use of the Website and Services.

Representation

Any views or opinions represented on the Website belong solely to In The Know Ellis LLC, its content creators and employees, and do not represent those of people, institutions or organizations that In The Know Ellis LLC may or may not be associated with in professional or personal capacity unless explicitly stated. Any views or opinions are not intended to malign any religion, ethnic group, club, organization, company, or individual.

Content and postings

You may not modify, print or copy any part of the Website and Services. Inclusion of any part of the Website and Services in another work, whether in printed or electronic or another form or inclusion of any part of the Website and Services on another resource by embedding, framing or otherwise without the express permission of In The Know Ellis LLC is prohibited.

Compensation and sponsorship

The Website and Services may contain forms of advertising, sponsorship, paid insertions or other forms of compensation. On certain occasions In The Know Ellis LLC may be compensated to provide opinions on products, services, or various other topics. Even though In The Know Ellis LLC receives compensation for advertisements, the opinions, findings, beliefs, or experiences on those topics or products are honest and not influenced by the advertiser or sponsor. The views and opinions expressed on the Website are purely of In The Know Ellis LLC. Any product claims, statistics, quotes or other representations about products or services should be verified with the manufacturer, provider or the party in question. Sponsored content and advertising space will always be identified as such. Some of the links on the Website may be affiliate links. This means if you click on the link and purchase an item, In The Know Ellis LLC will receive an affiliate commission.

Fitness and medical disclaimer

The information available on the Website is for general health information only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. You should not rely exclusively on information provided on the Website for your health needs. All specific medical questions should be presented to your own health care provider and you should seek medical advice regarding your health and before starting any nutrition, weight loss or any other type of workout program.

If you choose to use the information available on the Website without prior consultation with and consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless In The Know Ellis LLC, its agents, employees, contractors, and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of this information.

There may be risks associated with participating in activities presented on the Website for people in good or poor health or with pre-existing physical or mental health conditions. 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 activities.

The results obtained from the information available on the Website may vary, and will be based on your individual background, physical health, previous experience, capacity, ability to act, motivation and other variables. There are no guarantees concerning the level of success you may experience.

Not legal advice

The information provided on the Website is for general information purposes only and is not an alternative to legal advice from your lawyer, other professional services provider, or expert. It is not intended to provide legal advice or opinions of any kind. You should not act, or refrain from acting, based solely upon the information provided on the Website without first seeking appropriate legal or other professional advice. If you have any specific questions about any legal matter, you should consult your lawyer, other professional services provider, or expert. You should never delay seeking legal advice, disregard legal advice, or commence or discontinue any legal action because of the information on the Website.

The information on the Website is provided for your convenience only. This information may have no evidentiary value and should be checked against official sources before it is used for any purposes. It is your responsibility to determine whether this information is admissible in a given judicial or administrative proceeding and whether there are any other evidentiary or filing requirements. Your use of this information is at your own risk.

Allergen and dietary considerations

The information provided on the Website, including any recipes, nutritional information, and food products, is for informational purposes only and should not replace professional dietary, medical, or health advice. We do not guarantee that any food product will meet your dietary needs, preferences, or health conditions.

Food products may contain common allergens such as nuts, dairy, gluten, soy, or shellfish. We do not guarantee that any ingredient is free from cross-contamination. It is your responsibility to review ingredient labels and consult a healthcare professional if you have dietary restrictions

or allergies. Proper food handling, preparation, and storage are essential to prevent foodborne illnesses. We recommend following food safety guidelines from relevant authorities.

We are not liable for any adverse effects resulting from the use or misuse of our recipes, ingredients, or food products. Nutritional values provided are estimates and may vary based on ingredients and preparation methods. If you require precise nutritional information, consult a dietitian or use a professional nutrition tool. By using the Website and Services or purchasing any food-related products, you assume full responsibility for your dietary choices and food preparation. We disclaim all liability for any consequences arising from your use of our content or products.

Not financial advice

The information on the Website is provided for your convenience only and is not intended to be treated as financial, investment, tax, or other advice. Nothing contained on the Website constitutes a solicitation, recommendation, endorsement, or offer by In The Know Ellis LLC, its agents, employees, contractors, and any affiliated companies to buy or sell any securities or other financial instruments.

All content on this site is the information of a general nature and does not address the circumstances of any particular individual or entity. Nothing on the Website constitutes professional and/or financial advice, nor does any information on the Website constitute a comprehensive or complete statement of the matters discussed or the law relating thereto. You alone assume the sole responsibility of evaluating the merits and risks associated with the use of any information or other content on the Website before making any decisions based on such information. You agree not to hold In The Know Ellis LLC, its agents, employees, contractors, and any affiliated companies liable for any possible claim for damages arising from any decision you make based on the information made available to you through the Website.

Not investment advice

All investments are highly speculative in nature and involve substantial risk of loss. We encourage everyone to invest very carefully. We also encourage investors to get personal advice from your professional investment advisor and to make independent investigations before acting on information found on the Website. We do not in any way whatsoever warrant or guarantee the success of any action you take in reliance on statements or information available on the Website.

Past performance is not necessarily indicative of future results. All investments carry significant risk and all investment decisions of an individual remain the specific responsibility of that individual. There is no guarantee that systems, indicators, or signals will result in profits or that they will not result in full or partial losses. All investors are advised to fully understand all risks associated with any kind of investing they choose to do.

Reviews and testimonials

Testimonials are received in various forms through a variety of submission methods. They are individual experiences, reflecting experiences of those who have used the Website and Services in some way or another. However, they are individual results and results do vary. We do not claim that they are typical results that consumers will generally achieve. The testimonials are not necessarily representative of all of those who will use Website and Services, and In The Know Ellis LLC is not responsible for the opinions or comments available on the Website, and does not necessarily share them. All opinions expressed are strictly the views of the reviewers.

The testimonials displayed are given verbatim except for grammatical or typing error corrections. Some testimonials may have been edited for clarity, or shortened in cases where the original testimonial included extraneous information of no relevance to the general public. Testimonials may be reviewed for authenticity before they are available for public viewing.

Fair use notice

The content on the Website and Services may contain copyrighted material, the use of which may not have been specifically authorized by the copyright owner. We are providing such

material under the fair use doctrine, as we believe this constitutes a fair use of any such copyrighted material as provided for in section 107 of the United States Copyright law.

The content is distributed for educational, research, and informational purposes only. We do not claim ownership of any copyrighted material which remains the property of its respective owners.

The inclusion of any copyrighted material does not imply endorsement, approval, or sponsorship by the copyright owner. If you wish to use copyrighted material from the Website and Services for purposes that exceed fair use, you must obtain permission from the copyright owner.

Indemnification and warranties

While we have made every attempt to ensure that the information contained on the Website is correct, In The Know Ellis LLC is not responsible for any errors or omissions, or for the results obtained from the use of this information. All information on the Website is provided "as is", with no guarantee of completeness, accuracy, timeliness or of the results obtained from the use of this information, and without warranty of any kind, express or implied. In no event will In The Know Ellis LLC, or its partners, employees or agents, be liable to you or anyone else for any decision made or action taken in reliance on the information on the Website, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

Furthermore, as with any business, your results may vary and will be based on your individual capacity, experience, expertise, and level of desire. There are no guarantees concerning the level of success you may experience. There is no guarantee that you will make any income at all and you accept the risk that the earnings and income statements differ by individual. Each individual's success depends on his or her background, dedication, desire and motivation. The use of the information available on the Website should be based on your own due diligence and you agree that In The Know Ellis LLC is not liable for any success or failure of your business that is directly or indirectly related to the purchase and use of our information, products, and services reviewed or advertised on the Website. Information contained on the Website are subject to change at any time and without warning.

Changes and amendments

We reserve the right to modify this Disclaimer or its terms related to the Website and Services at any time at our discretion. When we do, we will revise the updated date at the bottom of this page. We may also provide notice to you in other ways at our discretion, such as through the contact information you have provided.

An updated version of this Disclaimer will be effective immediately upon the posting of the revised Disclaimer unless otherwise specified. Your continued use of the Website and Services after the effective date of the revised Disclaimer (or such other act specified at that time) will constitute your consent to those changes.

Acceptance of this disclaimer

You acknowledge that you have read this Disclaimer and agree to all its terms and conditions. By accessing and using the Website and Services you agree to be bound by this Disclaimer. If you do not agree to abide by the terms of this Disclaimer, you are not authorized to access or use the Website and Services.

Contacting us

If you have any questions, concerns, or complaints regarding this Disclaimer, we encourage you to contact us using the details below:

intheknowellis@gmail.com

This document was last updated on April 20, 2025