

Privacy and Cookie Policy

Updated December 9th, 2018

We value your privacy and appreciate that you trust us to protect that information. This Privacy and Policy explains what information we collect from you, why we collect it, and how we protect it. It also summarises your rights and tells you how you can exercise those rights, including by contacting us through the 'Lean Gains UK' contact page. However, this policy does not apply to information about you collected by third party websites that may post links or advertisements on or otherwise be accessible from our website. The information collected by these third-party websites is subject to their own privacy policies.

Who we are

Our website address is: www.leangains.co.uk

If you have general question about the website or would like to update your marketing preference or make changes to your information, please go to the Contact Us page on this website to contact our Customer Care team.

What information do we collect?

This section of our Privacy Policy describes the categories of information collected by 'Lean Gains UK,' whether collected automatically, or provided voluntarily by you.

Information collected automatically:

- your IP address
- the internet browser and device you use
- data passed through applications you may download via our website
- the date and time you visit, and how you use our website and access its content

- if you place any orders, your purchase and payment history

If you are a registered customer, we link this automatically-collected data to the other information we collect about you described below. We use this information for a variety of purposes described below.

Information you provide when you create an account or make a purchase:

- name
- contact details (such as e-mail address, physical address, telephone numbers)
- password
- payment information (such as credit card or bank account details)

Information you provide when you personalise a product

When you personalise a product on our website, you may provide text or images that contain personal information, such contact details on a business card.

Information you provide if you write a review, enter a contest or contact Customer Care

If you provide any additional personal information when reviewing a product, our processing of all such information is governed by the applicable Ratings and Reviews terms and conditions. Please note that reviews posted on our website are public, so only include information you are comfortable being shared publicly.

When you enter a contest or prize drawing, you may share information about and we may publicly disclose that information if you are the winner.

You may also provide personal information when you contact our Customer Care agents.

You have the option not to provide personal information. However, doing so may prevent you from using some of our website features or placing orders for our products. Similarly, if you decline to let us place

certain cookies on your device, our website will only have limited functionality (see more information about cookies below).

The website is not meant for use by children under the age of sixteen and children under that age are prohibited from creating an account or otherwise providing their personal information.

Why do we collect this information?

We use the information that we collect about you for the following purposes:

- fulfil your order and provide related customer service;
- maintain, improve, and administer our website,
- inform you about products and services that might be of interest to you,
- provide co-branded offers with our partners,
- improve or personalise your online experience, our services, and our communications with you,
- identify and prevent fraud,
- enhance the security of our network and information systems,
- better understand how visitors use our website, and to determine the effectiveness of promotional campaigns and advertising.

Who has access to your information?

We limit access to your information to staff who have a need to use the information and are obligated to protect that information and keep it confidential.

We may provide the information we collect about you to other companies, who may process the information on our behalf, including companies that assist us with:

- Fulfilling or delivering your order
- Storing and securing data
- Processing payments
- Marketing, analytics, and fraud detection activities; or
- Customer service

We may also share the information as required or permitted by law, such as when we believe such disclosure is appropriate to cooperate with an investigation of activities claimed to be unlawful, to enforce our Terms of Use, or to protect our rights or property or those of others.

Finally, we may provide your information to one or more third parties in the event of a merger, acquisition, or corporate reorganisation involving us.

How long do we keep your information?

We only retain your personal information for as long as is necessary for the purpose for which it is provided or because we are legally required to do so.

What rights do you have to access and control the use of your information?

You have the right to

- access your personal information
- unsubscribe from marketing or withdraw any specific consents you gave us
- request a copy of the personal information that is being processed by us
- have errors in your personal information corrected
- have your personal information deleted (or altered so that you are not identifiable) or to restrict the ways in which we use your information – but in either case, only under specific circumstances prescribed by law
- lodge a complaint with your local data protection authority

How you can exercise these rights?

You can contact Customer Care to exercise any of the rights listed above by going to the Contact Us page on this website.

How do we protect your information?

We maintain physical, electronic, and procedural safeguards designed to help us protect your personal information. For example, we use Secure Socket Layer (SSL) technology to encrypt your credit card information when you purchase products through our website. When you establish an account at 'LeanGainsUK,' you choose a password to help protect your account information. You should select a strong password and keep it safe. You may change the password as often as you wish by going to My Account and selecting "Account Update."

What are Cookies and why do we use them on our website?

Cookies are small data files which often include a unique identifier that are stored on your device when you visit certain web pages. Cookies are useful because they allow a website to recognise a user's device. Like most websites, our website uses cookies that, among other things, let you navigate between pages efficiently, remember your preferences, and generally improve your experience on our website. They can also help to ensure that advertising you see online are relevant to you and your interests.

To ensure you get the most enjoyable experience out of using our website, as well as the full use of the online shopping and personalised features, your computer, tablet or mobile device ("device") will need to accept cookies.

We also work with selected companies who may also set cookies on your device during your visit to our website. They use the information collected from their cookies to serve ads to you on different products and services. They may also use cookies to track your response to their advertisements, to measure the effectiveness of their advertising or to award incentives or points to their members who respond to their ads.

If you don't accept cookies, some functions on our website will not work. However, if you'd prefer to control or delete cookies from our

website or any other website, see the explanation of how to manage cookies below.

What kinds of cookies do we use on our website?

Cookies are small pieces of data sent from a website and stored on the user's computer by the user's web browser while the user is browsing to remember information (such as items added in the shopping cart in an online store) or to record the user's browsing activity.

The "Help" feature on most browsers will tell you how to prevent your browser from accepting new cookies, how to have the browser notify you when you receive a new cookie, or how to disable cookies altogether. Additionally, you can disable or delete similar data used by browser add-ons by changing the add-on's settings or visiting the website of its manufacturer.

Because cookies allow you to take advantage of some of the essential features 'LeanGainsUK' has to offer, we recommend that you leave them turned on.

If you want to know more about Third Party Cookies and to opt out of them if you wish – see www.allaboutcookies.org and www.youronlinechoices.eu.

Changes to this Privacy and Cookie Policy

'LeanGainsUK' may revise this Privacy and Cookie Policy from time to time by posting a revised Privacy and Cookie Policy on our website. We reserve the right to modify this policy at any time, so please review it frequently.

