

SWEET INTEGRITY™ DISCLAIMER

Effective date: October 13, 2026

1. General Information and Educational Purpose

Sweet Integrity™ provides information, resources, and educational content intended to encourage people to bake together, enjoy sweets mindfully, and make more thoughtful, sustainable, and health-conscious choices.

All content on this website, including articles, recipes, tips, recommendations, and other materials, is provided for general informational and educational purposes only. Although we strive to provide useful and accurate information, we cannot guarantee that all content will always be complete, current, or accurate.

2. Health and Nutrition Disclaimer

Information about ingredients, nutrition, food choices, and healthier baking is not intended to constitute medical, nutritional, or other professional advice.

Individual nutritional needs, health conditions, allergies, and dietary requirements vary. The information provided by Sweet Integrity™ should not be used as a substitute for advice from a qualified healthcare professional or registered dietitian.

We encourage you to consult an appropriate professional before making significant dietary changes, particularly if you have a medical condition, food allergy, or specific dietary requirement.

References to healthier ingredients, recipes, or eating practices reflect general educational intentions and do not guarantee particular health outcomes.

3. Food Safety and Allergens

Recipes, baking instructions, and food preparation recommendations are provided for general educational purposes. Results may vary depending on ingredients, equipment, techniques, and individual circumstances.

You are responsible for checking ingredient labels, identifying potential allergens, following appropriate food safety practices, and determining whether a recipe is suitable for you and anyone for whom you prepare food.

We cannot guarantee that recipes or recommendations are suitable for every allergy, intolerance, dietary restriction, or health condition.

4. Sustainability and Environmental Information

Sweet Integrity™ encourages thoughtful and sustainable approaches to baking, food consumption, and everyday choices.

Sustainability information, ingredient recommendations, and environmental suggestions are intended to support informed decision-making. Environmental impacts may vary depending on sourcing, production methods, transportation, packaging, and other factors.

We do not guarantee that a particular ingredient, product, recipe, or practice is environmentally superior in every circumstance.

5. Personal Responsibility and Individual Results

Your use of the information provided on this Website is voluntary. You are responsible for evaluating the information and deciding how to apply it to your own circumstances.

Baking results, dietary experiences, and other outcomes may vary. We do not guarantee specific results from following our recipes, suggestions, or educational materials.

6. External Links and Third-Party Information

Our Website may contain links to external websites, products, organizations, or other resources for informational purposes.

We do not control or guarantee the accuracy, completeness, availability, or practices of third-party websites. The inclusion of a link does not necessarily constitute an endorsement of the linked website, its products, or its recommendations.

7. Limitation of Responsibility

To the fullest extent permitted by applicable law, Sweet Integrity™ disclaims responsibility for losses or damages arising from reliance on information provided through this Website or the application of its recipes, recommendations, and educational materials.

Nothing in this Disclaimer excludes or limits any liability or legal right that cannot lawfully be excluded or limited under applicable law.

8. Changes to This Disclaimer

We may update this Disclaimer from time to time to reflect changes to our Website, content, activities, or applicable legal requirements. Updates will be posted on this page with a revised effective date.

9. Contact Us

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