



Cookies on the Valid Nutrition Website

Our website uses cookies, as almost all modern websites do, to help provide you with the best experience we can. Cookies are small text files that are placed on your computer or mobile phone when you browse websites.

Our cookies help us:

- Make our website work as you'd expect
- Improve the speed/security of the site
- Allow you to share pages with social networks like Facebook
- Continuously improve our website for you

We **do not** use cookies to:

- Collect any personally identifiable information (without your express permission)
- Collect any sensitive information (without your express permission)
- Pass data to advertising networks
- Pass personally identifiable data to third parties
- Pay sales commissions

If the settings on the software that you are using to view our website (your browser) are adjusted to accept cookies, we take this and your continued use of our website, to mean that you are comfortable with this. Should you wish to remove or not use cookies from our site you can learn how to do this below, however doing so will likely mean that our site will not work as you would expect.

More about our Cookies

Our own cookies

We use cookies to make our website work including:

Allowing you to add comments to our site. There is no way to prevent these cookies being set other than to not use our site.

Third party functions

Our site, like most websites, includes functionality provided by third parties. A common example is an embedded YouTube video. Our site includes the following which use cookies:

YouTube - powers the videos on our site.

(https://www.youtube.com/static?gl=IE&template=privacy_guidelines)

Google - Privacy Policy -(<https://policies.google.com/privacy>)

Disabling these cookies will likely break the functions offered by these third parties.

Social Website Cookies

So you can easily “Like” or share our content on platforms such as Facebook and Twitter, we have included sharing buttons on our site.

Cookies are set by:

ShareThis - Privacy Policy providing lots of sharing buttons all in one package

Twitter - Privacy Policy

The privacy implications on this will vary from social network and will be dependent upon the privacy settings you have chosen on these networks.

Anonymous Visitor Statistics Cookies

We use cookies to compile visitor statistics such as how many people have visited our website, what type of technology they are using (e.g. Mac or Windows which helps to identify when our site is not working as it should for particular technologies), how long they spend on the site, what page they look at etc. This information helps us to continuously improve our website. These so called “analytics” programs also tell us on an anonymous basis, how people reached this site (e.g. from a search engine) and whether they have been here before.

Turning Cookies Off

You can usually switch cookies off by adjusting your browser settings to stop it from accepting cookies (Learn how here - <https://www.attacat.co.uk/resources/cookies/how-to-ban>). Doing so however will likely limit the functionality of our's and a large proportion of the world's websites as cookies are a standard part of most modern websites.

It may be that you have concerns around cookies related to so called «spyware». Rather than switching off cookies in your browser you may find that anti-spyware software achieves the same objective by automatically deleting cookies considered to be invasive.