

J.Carlos Fitlab Private Policy

The types of information that we collect fall under two general categories: personally identifiable information (PII) and non-personally identifiable information (non-PII). PII consists of any information which can be used to specifically identify you as an individual, whereas non-PII consists of aggregate information or any information that does not reveal your identity.

Information About you. When you register or subscribe to any of our services, we collect a wide variety of information about you. Any information provided by yourself in any forms, questionnaires, food diaries, or record sheets will be strictly confidential and only shared with you and those who you approve of. You may choose to provide us with your photo(s) or video(s) and by providing us such content, you agree that we may make them available to users of Jcarlos Fitlab.com services. Except as otherwise stated in this privacy statement, we do not disclose your PII to other users of our services.

E-mails and Telephone Calls. We require an e-mail address from you when you register for our services. We use your e-mail for both transactional and promotional (e.g., newsletters, new product offerings, special discounts, and event notifications purposes. E-mail messages we send you may contain code that enables our database to track your usage of the e-mails, including whether the e-mail was opened and what links (if any) were clicked. We reserve the right to send you certain communications relating to the Jcarlos Fitlab.com services, such as service announcements and administrative messages, without offering you the opportunity to opt out of receiving them. We may also contact you by telephone or text message (including to any wireless number you may provide to us) solely in connection with Jcarlos Fitlab.com services. If you would rather not receive telephone calls or text messages from us, you may change or delete your number from your account profile page(s), or ask to be removed from our contact list if you receive a call or text message from us. We fully comply with the requirements of the U.S. CAN-SPAM Act.

Demographic Data. Demographic data is also collected at our site. We use this data to tailor our visitors' experience at our site, showing them content that we think they might be interested in, and displaying the content according to their preferences. Some of this information may be shared with advertisers on a non-personally identifiable basis