

LunaBalance Medical & Health Disclaimer

Effective Date: February 27, 2026

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IMPORTANT: PLEASE READ CAREFULLY

THIS DISCLAIMER CONTAINS CRITICAL INFORMATION ABOUT THE LIMITATIONS OF LUNABALANCE. BY USING THIS APP, YOU ACKNOWLEDGE THAT YOU HAVE READ, UNDERSTOOD, AND AGREE TO THIS DISCLAIMER.

1. Not Medical Advice

1.1 General Disclaimer

LUNABALANCE IS A WELLNESS APPLICATION THAT PROVIDES GENERAL HEALTH AND WELLNESS INFORMATION FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY.

The information, content, recommendations, and features provided through LunaBalance, including but not limited to: - Menstrual cycle tracking and predictions - Fasting recommendations based on cycle phases - Food and nutrition suggestions - AI-driven personalized recommendations - Symptom tracking insights - Educational content

ARE NOT MEDICAL ADVICE AND ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE OR HEALTH CONDITION.

1.2 No Diagnosis or Treatment

LunaBalance does NOT: - Diagnose medical conditions - Provide treatment plans - Prescribe medications or therapies - Replace professional medical care - Offer medical opinions - Provide emergency medical services - Claim to cure or prevent diseases

1.3 Wellness Information Only

LunaBalance DOES provide: - General wellness information - Educational content about menstrual cycles - Tools to track and log personal data - General fasting and nutrition information - Personalized suggestions based on your inputs - Insights based on patterns in your data

2. Not a Substitute for Professional Medical Care

2.1 Consult Healthcare Providers

THE INFORMATION PROVIDED BY LUNABALANCE IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT.

Always seek the advice of: - Your physician - Qualified healthcare provider - Registered dietitian or nutritionist - Mental health professional - Other qualified health professionals

...with any questions you may have regarding: - A medical condition - Starting a new diet or fasting program - Changes to your menstrual cycle - Concerning symptoms - Medications and supplements - Mental health concerns

2.2 Do Not Delay Seeking Care

NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING IT BECAUSE OF SOMETHING YOU HAVE READ OR RECEIVED FROM LUNABALANCE.

If you think you may have a medical emergency, call your doctor, go to the emergency room, or call emergency services (911 in the US) immediately.

2.3 Individual Variation

Every person's body is different. What works for one person may not work for another. Recommendations provided by LunaBalance are general in nature and may not be appropriate for your specific circumstances.

3. No Doctor-Patient Relationship

3.1 No Professional Relationship

YOUR USE OF LUNABALANCE DOES NOT CREATE: - A doctor-patient relationship - A healthcare provider-patient relationship - A nutritionist-client relationship - Any professional healthcare relationship - Any fiduciary duty

3.2 No Medical Professionals

The recommendations and content provided by LunaBalance are generated by: - Software algorithms - Artificial intelligence systems - Pre-programmed logic - Educational content databases

NOT by licensed medical professionals reviewing your individual case.

3.3 AI Limitations

Our AI-driven personalization: - Uses pattern recognition and algorithms - Is based on general population data and research - Cannot account for all individual health factors - May not be appropriate for your specific situation - Should not be relied upon for medical decisions

4. Fasting Recommendations Disclaimer

4.1 Consult Your Doctor First

BEFORE STARTING ANY FASTING PROGRAM, YOU MUST CONSULT WITH A QUALIFIED HEALTHCARE PROVIDER.

Fasting, including intermittent fasting and cycle-synced fasting, may not be appropriate for everyone and can pose health risks.

4.2 Who Should NOT Fast Without Medical Supervision

The following individuals should NOT use fasting recommendations without explicit approval from their healthcare provider:

Medical Conditions: - Diabetes (Type 1, Type 2, or gestational) - Hypoglycemia or blood sugar regulation issues - Eating disorders (current or history of) - Cardiovascular disease - Kidney or liver disease - Gastrointestinal disorders - Autoimmune conditions - Chronic fatigue syndrome - Adrenal insufficiency - Thyroid disorders - Any metabolic disorder

Life Stages: - Pregnant women - Women trying to conceive - Breastfeeding mothers - Adolescents and teens - Elderly individuals - Anyone underweight or malnourished

Medications: - Insulin or diabetes medications - Blood pressure medications - Medications that must be taken with food - Any prescription medications (consult your doctor)

Other Circumstances: - Athletes or those with high physical demands - Those with a history of fainting or dizziness - Anyone recovering from surgery or illness - Those with hormone imbalances - Anyone experiencing irregular periods

4.3 Fasting Risks

Fasting may cause: - Dizziness or lightheadedness - Fatigue and weakness - Headaches - Difficulty concentrating - Irritability and mood changes - Disrupted sleep - Electrolyte imbalances - Dehydration - Muscle loss - Nutrient deficiencies - Hormonal disruption - Menstrual irregularities - Disordered eating patterns - Hypoglycemia (low blood sugar)

STOP FASTING IMMEDIATELY AND SEEK MEDICAL ATTENTION IF YOU EXPERIENCE SEVERE SYMPTOMS.

5. Food and Nutrition Recommendations Disclaimer

5.1 General Nutrition Information

Food recommendations provided by LunaBalance are: - General suggestions based on common nutritional guidance - Not personalized medical nutrition therapy - Not a substitute for advice from a registered dietitian - Based on general cycle-nutrition research

5.2 Dietary Considerations

Our food recommendations do NOT account for: - Individual allergies or intolerances - Specific medical conditions - Medication interactions - Personal metabolic factors - Genetic variations - All cultural and religious dietary practices

You are responsible for ensuring any dietary changes are appropriate for your individual circumstances.

5.3 Consult a Dietitian

For personalized nutrition advice, especially if you have: - Food allergies or intolerances - Digestive disorders - Metabolic conditions - Eating disorders - Special dietary needs - Chronic health conditions

...please consult a registered dietitian or qualified nutritionist.

6. Menstrual Cycle Tracking Disclaimer

6.1 Predictions Are Estimates

MENSTRUAL CYCLE PREDICTIONS ARE ESTIMATES ONLY AND SHOULD NOT BE RELIED UPON FOR: - Contraception or birth control - Pregnancy planning or fertility treatment - Medical decision-making - Diagnosing menstrual disorders

6.2 Cycle Variations

Menstrual cycles can be affected by many factors, including: - Stress and lifestyle changes - Weight fluctuations - Exercise patterns - Travel and time zone changes - Illness - Medications - Hormonal changes - Age - Underlying health conditions

LunaBalance cannot predict all these variations.

6.3 When to See a Doctor

Consult a healthcare provider if you experience: - Periods lasting more than 7 days - Extremely heavy bleeding - Severe menstrual pain - Irregular cycles (consistently shorter than 21 days or longer than 35 days) - Absence of periods for 3+ months (if not pregnant) - Bleeding between periods - Significant changes in your cycle - Symptoms of hormonal imbalance - Difficulty conceiving

7. AI and Algorithm Limitations

7.1 AI Recommendations

LunaBalance uses artificial intelligence and machine learning to provide personalized recommendations. You should understand that:

AI systems: - Are trained on general population data - May not reflect your individual needs - Can produce inaccurate or inappropriate suggestions - Are continuously being improved but are not perfect - Cannot replace human medical judgment - May have biases based on training data

7.2 Educational Purpose Only

All AI-generated content in LunaBalance is intended for: - Educational purposes - General wellness guidance - Informational purposes

NOT for making medical decisions without professional consultation.

7.3 Accuracy Not Guaranteed

We do not guarantee the accuracy, completeness, or usefulness of any AI-generated recommendations. Use all recommendations at your own discretion and risk.

8. Symptom Tracking Disclaimer

8.1 Not Diagnostic

The symptom tracking feature is designed to help you: - Log and monitor your symptoms - Identify potential patterns - Have informed discussions with your healthcare provider

Symptom tracking does NOT: - Diagnose conditions - Replace medical evaluation - Provide treatment recommendations

8.2 Symptom Alerts

If you track symptoms that indicate a serious condition, LunaBalance may provide general alerts. These alerts are: - Not medical diagnoses - General educational information only - Not a substitute for professional evaluation

Always consult a healthcare provider for concerning symptoms.

9. User Responsibilities and Assumption of Risk

9.1 Your Responsibilities

By using LunaBalance, you agree that you are responsible for: - Consulting healthcare providers before making health decisions - Evaluating whether recommendations are appropriate for you - Monitoring your own health and well-being - Stopping any activity that causes adverse effects - Seeking medical care when needed - Providing accurate information to the app - Reading and understanding all disclaimers

9.2 Assumption of Risk

YOU EXPRESSLY UNDERSTAND AND AGREE THAT YOUR USE OF LUNA-BALANCE AND ANY INFORMATION, RECOMMENDATIONS, OR FEATURES PROVIDED IS AT YOUR SOLE RISK.

You voluntarily assume all risks associated with: - Following fasting recommendations - Implementing dietary suggestions - Relying on cycle predictions - Using AI-generated personalization - Any wellness activities based on app content

9.3 No Liability

To the maximum extent permitted by law, Commerce Pluvieux LLC, its officers, directors, employees, agents, and affiliates shall not be liable for any: - Health outcomes - Personal injury - Adverse effects - Medical conditions - Damages or losses

...arising from your use of LunaBalance or reliance on its content.

10. Emergency Situations

10.1 When to Seek Immediate Medical Help

CALL EMERGENCY SERVICES (911 IN THE US) OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY IF YOU EXPERIENCE:

- Chest pain or pressure
- Difficulty breathing
- Severe abdominal pain
- Fainting or loss of consciousness
- Seizures
- Sudden severe headache
- Signs of stroke (face drooping, arm weakness, speech difficulty)
- Suicidal thoughts or self-harm urges
- Heavy bleeding that soaks through a pad/tampon in an hour
- Signs of severe dehydration
- Confusion or disorientation
- Signs of allergic reaction (swelling, hives, difficulty breathing)
- Any symptom you believe is life-threatening

10.2 LunaBalance Is Not for Emergencies

LUNABALANCE IS NOT DESIGNED TO HANDLE MEDICAL EMERGENCIES. DO NOT USE THE APP TO SEEK EMERGENCY MEDICAL ASSISTANCE.

10.3 Emergency Contacts

Keep emergency contact information readily available: - **Emergency Services:** 911 (US) - **Poison Control:** 1-800-222-1222 (US) - **Crisis Hotline:** 988 (US Suicide & Crisis Lifeline) - **Your Doctor:** (Your healthcare provider's number)

11. Specific Warnings

11.1 Pregnancy

IF YOU ARE PREGNANT, TRYING TO BECOME PREGNANT, OR THINK YOU MAY BE PREGNANT:

- Do NOT follow fasting recommendations without doctor approval
- Cycle predictions are not reliable during pregnancy
- Nutritional needs change significantly during pregnancy
- Consult your OB-GYN or midwife for all health guidance
- Some recommendations may be harmful during pregnancy

11.2 Eating Disorders

IF YOU HAVE A CURRENT OR PAST HISTORY OF EATING DISORDERS:

- Fasting features may be triggering
- Food tracking can exacerbate disordered eating
- Consult your healthcare provider and/or therapist before using
- Consider whether this app is appropriate for you
- Prioritize your mental health and recovery

Resources: - National Eating Disorders Association: 1-800-931-2237 - NEDA Website: nationaleatingdisorders.org

11.3 Chronic Medical Conditions

IF YOU HAVE ANY CHRONIC MEDICAL CONDITION:

Including but not limited to: - Diabetes - Heart disease - Kidney disease - Liver disease - Autoimmune conditions - Hormonal disorders - Gastrointestinal conditions - Mental health conditions

Consult your healthcare provider before using LunaBalance recommendations.

11.4 Medications

IF YOU TAKE ANY MEDICATIONS:

- Fasting may affect medication absorption and effectiveness
- Some medications must be taken with food
- Food interactions can affect certain medications
- Always consult your doctor or pharmacist

11.5 Adolescents and Young Adults

IF YOU ARE UNDER 18:

- This app is designed for adults
- Young bodies have different nutritional needs
- Fasting is generally not recommended for adolescents
- Consult a pediatrician or adolescent medicine specialist

12. Third-Party Content

12.1 External Sources

LunaBalance may include content from third-party sources, including: - Articles and educational materials - Research summaries - External links

We do not endorse, guarantee, or assume responsibility for third-party content.

12.2 Research References

References to scientific research are for informational purposes. Research findings: - May not apply to all individuals - Can be superseded by newer studies - Should not be considered medical advice - Require professional interpretation

13. Changes to This Disclaimer

We may update this Medical Disclaimer from time to time. Changes become effective upon posting. Continued use of LunaBalance after changes constitutes acceptance of the updated disclaimer.

14. Governing Law

This disclaimer is governed by the laws of the State of Wyoming. Any disputes shall be resolved in accordance with our Terms of Service.

15. Severability

If any provision of this disclaimer is found to be unenforceable, the remaining provisions shall continue in full force and effect.

16. Contact Information

For questions about this Medical Disclaimer:

Commerce Pluvieux LLC

Email: support@lunabalance.app

Address: 30 N Gould St STE N, Sheridan, WY 82801

Phone: 907-231-1637

17. Acknowledgment

BY USING LUNABALANCE, YOU ACKNOWLEDGE THAT:

1. You have read and understood this Medical Disclaimer
 2. You understand that LunaBalance does not provide medical advice
 3. You will consult healthcare providers before making health decisions
 4. You will consult a doctor before starting any fasting program
 5. You understand the limitations of AI recommendations
 6. You assume all risks associated with using the app
 7. You will seek emergency medical care when needed
 8. You understand cycle predictions are estimates only
 9. You have reviewed warnings applicable to your situation
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Summary Box

LunaBalance is NOT	LunaBalance IS
Medical advice	Wellness information
A healthcare provider	A tracking tool
A diagnostic tool	An educational resource
A treatment plan	A general guide
A substitute for your doctor	A complement to professional care
Emergency services	Personal wellness support

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