



Privacy Policy

At Complete Media & Marketing Limited (CM2) we are committed to protecting and respecting your privacy.

This Privacy Policy details the type of information that you provide and we process as a business, where this information is held, what we do to keep your information secure, your rights and how you can contact us with regards to the information that we hold. The only information that we hold will be what you have provided to us.

Introduction

CM2 provide the following products and services:

- Complete Nutrition (CN) Magazine
- CN Emailers. CN Emailers include: information emailed about CN products and services (CN professional Development [CNPD], CN Awards, CN Magazine, CN Surveys, www.nutrition2me.com); CN e-shots which detail other company's products, services and events; and CN e-news
- www.nutrition2me.com
- CN Awards
- CN Surveys.

Topics include:

- What information do we collect from you?
- How we use the information that you have provided
- Marketing
- Access to your information and correction
- Website security
- Cookies
- Other websites
- Changes to our Privacy Policy
- How to contact us.

What information do we collect from you?

We collect information about you when you:

- Subscribe to CN Magazine
- Register to CN Emailers. CN Emailers include: information emailed about CN products and services (CN professional Development [CNPD], CN Awards, CN Magazine, CN Surveys, www.nutrition2me.com); CN e-shots which detail other company's products, services and events; and CN e-news
- Contact us for information on CM2's products and services, including all CN products and www.nutrition2me.com
- Work for, with, or provide a service to CM2
- Voluntarily complete surveys (CN Surveys), provide feedback and participate in competitions
- Visit our website www.nutrition2me.com, which is collected via cookies.

How we use the information that you have provided

You provide information to CM2, in order for you to:

- Subscribe to CN Magazine
- Utilise or receive information about CM2's products and services
- Register to receive CN Emailers (as described above)
- Access your CNPD account
- Take part in the CN Awards

t: 01920 449 128 • e: info@cm-2.co.uk • w: www.nutrition2me.com

Complete Media & Marketing Limited, Page Croft Room, The Priory, High Street, Ware, SG12 9AD, UK



- Take part in CN Surveys
- Receive the information that you need in order to work for, or with, Complete Media & Marketing Limited – as a provider of products or services to Complete Media & Marketing Limited, or where Complete Media & Marketing Limited are contracted by yourselves to provides products or services.

We work with a third party to manage our CN Magazine subscription lists only. Where you supply information to become a subscriber of CN Magazine, the third party that manages the processing of data for CN Magazine is only authorised by CM2 to use this data for the updating of CN Magazine subscription mailing lists only.

Your details will never be sold or rented by CM2 to any third party for marketing purposes.

You have a right at any time to stop us from contacting you at any point. If you no longer wish to be contacted by CM2, please email: info@cm-2.co.uk.

Access to your information and correction

You have the right to request a copy of the information that we hold about you. If you would like a copy of some, or all, of your personal information, please email: info@cm-2.co.uk, or write to us at the following address:

Complete Media & Marketing Limited, Page Croft Room, The Priory, High Street, Ware, SG12 9AD.

We want to make sure that your personal information is accurate and up-to-date. You may ask us to correct or remove information that you think is inaccurate. Contact us via: info@cm-2.co.uk.

Website security

When you provide CM2 with personal information, we take steps to ensure that it is treated securely. Data processed on our website – www.nutrition2me.com – is protected using SSL.

Non-sensitive details (your email address, etc.) are transmitted normally over the Internet, and this can never be guaranteed to be 100% secure. As a result, while we strive to protect your personal information, we cannot guarantee the security of any information you transmit to us, and you do so at your own risk. Once we receive your information, we make our best effort to ensure its security on our systems. Where we have given (or where you have chosen) a password which enables you to access certain parts of our websites, you are responsible for keeping this password confidential. We ask you not to share your password with anyone.

Our use of cookies

We use necessary cookies to make our site work. We also like to set optional analytics cookies to help us improve it. We will not set optional cookies unless you enable them. You care given the option the enable cookies when you first visit the site.

Cookies are text files placed on your computer to collect standard internet log information and visitor behaviour information. This information is used to track visitor use of the website and to compile statistical reports on website activity.

You can set your browser not to accept cookies. However, some of our website features may not function as a result.

Necessary cookies

Necessary cookies enable core functionality, such as security, network management, and accessibility. You may disable these by changing your browser settings, but this may affect how the website functions.

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Analytics cookies

Google Analytics cookies to help us to improve our website by collecting and reporting information on how you use it. The cookies collect information in a way that does not directly identify anyone.

Social media/marketing cookies

We use X for some marketing activities on our site, and all will set some cookies for this purpose if you consent.

Advertising & third-party cookies

We use the income from advertising to help fund nutrition2me.com services.

We implement our own tracking cookies via our Word Press advertisement plug-in (Advanced Ads). Advanced Ads provides us with data on advertisement engagement. This data is anonymous. We use this data for our own statistical monitoring and to share with advertisers/clients that have placed advertisements.

Third-party cookies are set by a domain other than the one you are visiting, in this instance nutrition2me.com. This includes social media (e.g. Facebook, X, LinkedIn, Instagram), advertiser/client plug-ins or advertising that may be hosted by a click tag. When the browser or other software fetches these elements from the other sites, they can set cookies as well.

Other websites

Our website – www.nutrition2me.com – CN Emailers, and CN Magazine that we send may contain links to other websites or other companies' resources. This Privacy Policy only applies to products and services provided by Complete Media & Marketing Limited. When you link to other websites/ companies you should read their own individual privacy policies.

Changes to our Privacy Policy

CM2 may update this Privacy Policy at any time, so please check this page regularly to ensure you are kept up-to-date.

How to contact us

Please contact us if you have any questions about our Privacy Policy, or the information we hold, via: info@cm-2.co.uk or by writing to:

Complete Media & Marketing Limited, Page Croft Room, The Priory, High Street, Ware, SG12 9AD.

This Privacy Policy was last updated in January 2024.