

# Proof of Consent

This document was generated to show efforts made to comply with privacy legislation. This document will contain the Cookie Policy and the cookie consent settings to proof consent for the time and region specified below. For more information about this document, please go to <https://complianz.io/consent>.

*This Cookie Policy was last updated on March 1, 2025 and applies to citizens and legal permanent residents of the United Kingdom.*

## 1. Introduction

Our website, <https://naturemedies.co.uk> (hereinafter: "the website") uses cookies and other related technologies (for convenience all technologies are referred to as "cookies"). Cookies are also placed by third parties we have engaged. In the document below we inform you about the use of cookies on our website.

## 2. What are cookies?

A cookie is a small simple file that is sent along with pages of this website and stored by your browser on the hard drive of your computer or another device. The information stored therein may be returned to our servers or to the servers of the relevant third parties during a subsequent visit.

## 3. What are scripts?

A script is a piece of program code that is used to make our website function properly and interactively. This code is executed on our server or on your device.

## 4. What is a web beacon?

A web beacon (or a pixel tag) is a small, invisible piece of text or image on a website that is used to monitor traffic on a website. In order to do this, various data about you is stored using web beacons.

## 5. Cookies

### 5.1 Technical or functional cookies

Some cookies ensure that certain parts of the website work properly and that your user preferences remain known. By placing functional cookies, we make it easier for you to visit our website. This way, you do not need to repeatedly enter the same information when visiting our website and, for example, the items remain in your shopping cart until you have paid. We may place these cookies without your consent.

## 5.2 Statistics cookies

We use statistics cookies to optimize the website experience for our users. With these statistics cookies we get insights in the usage of our website. We ask your permission to place statistics cookies.

## 5.3 Marketing/Tracking cookies

Marketing/Tracking cookies are cookies or any other form of local storage, used to create user profiles to display advertising or to track the user on this website or across several websites for similar marketing purposes.

## 5.4 Social media

On our website, we have included content from Facebook and WhatsApp to promote web pages (e.g. “like”, “pin”) or share (e.g. “tweet”) on social networks like Facebook and WhatsApp. This content is embedded with code derived from Facebook and WhatsApp and places cookies. This content might store and process certain information for personalized advertising.

Facebook and WhatsApp are located in the United States.

# 6. Placed cookies

### Tawk

Functional

Consent to service tawk

#### Usage

We use Tawk for chat support. [Read more](#)

#### Sharing data

For more information, please read the [Tawk Privacy Statement](#).

### Functional

#### Name

[twk\\_\\*](#)

**Expiration**

session

**Function****Purpose pending investigation****Name**

[TawkConnectionTime](#)

**Expiration****Function****PayPal**

Functional

Consent to service paypal

**Usage**

We use PayPal for payment processing. [Read more](#)

**Sharing data**

For more information, please read the [PayPal Privacy Statement](#).

**Functional****Name**

[\\_\\_paypal\\_storage\\_\\_](#)

**Expiration**

persistent

**Function**

Store account details

**Name**

[nsid](#)

**Expiration**

session

**Function**

Provide fraud prevention

**Name**

[enforce\\_policy](#)

**Expiration**

1 year

**Function**

Store privacy preferences

**Name**

[tsrce](#)

**Expiration**

3 days

**Function****Name**

[ts\\_c](#)

**Expiration**

3 years

**Function**

Provide fraud prevention

**WooCommerce**

Functional

Consent to service woocommerce

**Usage**

We use WooCommerce for webshop management. [Read more](#)

**Sharing data**

This data is not shared with third parties.

**Functional**

**Name**

[wc\\_cart\\_hash\\_\\*](#)

**Expiration**

session

**Function**

Store items in shopping cart

**Name**

[wc\\_cart\\_created](#)

**Expiration**

session

**Function**

Store performed actions on the website

**Name**

[wc\\_fragments\\_\\*](#)

**Expiration**

persistent

**Function**

**Name**

[woocommerce\\_items\\_in\\_cart](#)

**Expiration**

session

**Function**

Store items in shopping cart

**Name**

[woocommerce\\_cart\\_hash](#)

**Expiration**

1 day

**Function**

Store items in shopping cart

**Name**

[wp\\_woocommerce\\_session\\_\\*](#)

**Expiration**

session

**Function**

Store performed actions on the website

## Google reCAPTCHA

Functional, Marketing/Tracking

Consent to service google-recaptcha

### Usage

We use Google reCAPTCHA for spam prevention. [Read more](#)

### Sharing data

For more information, please read the [Google reCAPTCHA Privacy Statement](#).

### Functional

#### Name

[\\_greaptcha](#)

#### Expiration

6 months

#### Function

Provide spam protection

### Marketing/Tracking

#### Name

[rc::c](#)

#### Expiration

session



**Function**

Read and filter requests from bots

**Name**

[rc::b](#)

**Expiration**

session

**Function**

Read and filter requests from bots

**Name**

[rc::a](#)

**Expiration**

persistent

**Function**

Read and filter requests from bots

**WordPress**

Functional, Preferences

Consent to service wordpress

**Usage**

We use WordPress for website development. [Read more](#)

**Sharing data**

This data is not shared with third parties.

**Functional**

**Name**

[wordpress\\_test\\_cookie](#)

**Expiration**

session

**Function**

Read if cookies can be placed

**Name**

[wp\\_lang](#)

**Expiration**

session

**Function**

Store language settings

**Name**

[wp-settings-time-\\*](#)

**Expiration**

1 year

**Function**

Store user preferences

**Name**

[wp-settings\\*](#)

**Expiration**

persistent

**Function**

Store user preferences

**Name**

[wordpress\\_logged\\_in\\_\\*](#)

**Expiration**

persistent

**Function**

Store logged in users

**Preferences**

**Name**

[of\\_current\\_opt](#)

### Expiration

1 week

### Function

Store user preferences

## Complianz

Functional

Consent to service complianz

### Usage

We use Complianz for cookie consent management. [Read more](#)

### Sharing data

This data is not shared with third parties. For more information, please read the [Complianz Privacy Statement](#).

## Functional

### Name

[cmplz\\_banner-status](#)

### Expiration

365 days

### Function

Store if the cookie banner has been dismissed

## Google Analytics

Statistics

Consent to service google-analytics

### Usage

We use Google Analytics for website statistics. [Read more](#)

### Sharing data

For more information, please read the [Google Analytics Privacy Statement](#).

## Statistics

### Name

[\\_ga](#)

### Expiration

2 years

### Function

Store and count pageviews

## Facebook

Marketing/Tracking, Functional

Consent to service facebook

### Usage

We use Facebook for display of recent social posts and/or social share buttons. [Read more](#)

### Sharing data

For more information, please read the [Facebook Privacy Statement](#).

## Marketing/Tracking

### Name

[\\_fbp](#)

### Expiration

3 months

### Function

Store and track visits across websites

### Name

[\\_fbc](#)

### Expiration

2 years

### Function

Store last visit

### Name

[fbm\\*](#)

### Expiration

1 year

### Function

Store account details

**Name**

[XS](#)

**Expiration**

3 months

**Function**

Store a unique session ID

**Name**

[fr](#)

**Expiration**

3 months

**Function**

Provide ad delivery or retargeting

**Name**

[act](#)

**Expiration**

90 days

**Function**

Store logged in users

**Name**

[datr](#)

**Expiration**

2 years

**Function**

Provide fraud prevention

**Name**

[c\\_user](#)

**Expiration**

30 days

**Function**

Store a unique user ID

**Name**

[sb](#)

**Expiration**

2 years



**Function**

Store browser details

**Name**

[\\*\\_fbm\\_](#)

**Expiration**

1 year

**Function**

Store account details

**Functional****Name**

[wd](#)

**Expiration**

1 week

**Function**

Read screen resolution

**Name**

[csm](#)

**Expiration**

90 days

**Function**

Provide fraud prevention

**Name**

[actppresence](#)

**Expiration**

session

**Function**

Store and track if the browser tab is active

**Automattic**

Statistics

Consent to service automattic

**Usage**

We use Automattic for website development. [Read more](#)

**Sharing data**

For more information, please read the [Automattic Privacy Statement](#).

**Statistics****Name**

[tk\\_qs](#)

### Expiration

30 minutes

### Function

Provide functions across pages

## Google Fonts

Marketing/Tracking

Consent to service google-fonts

### Usage

We use Google Fonts for display of webfonts. [Read more](#)

### Sharing data

For more information, please read the [Google Fonts Privacy Statement](#).

## Marketing/Tracking

### Name

[Google Fonts API](#)

### Expiration

expires immediately

### Function

Read user IP address

## WhatsApp

Functional

Consent to service whatsapp

### Usage

We use WhatsApp for chat support. [Read more](#)

### Sharing data

For more information, please read the [WhatsApp Privacy Statement](#).

### Functional

#### Name

[wa\\_lang\\_pref](#)

#### Expiration

6 days

#### Function

Store language settings

#### Name

[wa\\_ul](#)

#### Expiration

session

#### Function

Provide access

Miscellaneous

Purpose pending investigation

Consent to service miscellaneous

Usage

Sharing data

Sharing of data is pending investigation

Purpose pending investigation

Name

customer-effort-score-exit-page

Expiration

Function

Name

[pl-\\*](#)

Expiration

Function

**Name**

phantom.contentScript.providerInjectionOptions

**Expiration****Function****Name**

br\_cart\_referer

**Expiration****Function****Name**

[twk\\_uuid\\_\\*](#)

**Expiration****Function****Name**

phantom.contentScript.providerInjectionOptions.v1

**Expiration**

**Function**

**Name**

wpEmojiSettingsSupports

**Expiration**

**Function**

**Name**

cmplz\_consenteds\_services

**Expiration**

365 days

**Function**

**Name**

cmplz\_policy\_id

**Expiration**

365 days

**Function**

**Name**

cmplz\_marketing

**Expiration**

365 days

**Function**

**Name**

cmplz\_statistics

**Expiration**

365 days

**Function**

**Name**

cmplz\_preferences

**Expiration**

365 days



**Function**

**Name**

cmplz\_functional

**Expiration**

365 days

**Function**

**Name**

\_ga\_9QJD01ZW5Q

**Expiration**

**Function**

**Name**

explat-last-anon-id

**Expiration**

**Function**

**Name**

explat-last-anon-id-retrieval-time

**Expiration****Function****Name**

\_ga\_55YR4K8YXK

**Expiration****Function****Name**

phantom.contentScript.providerInjectionOptions.v3

**Expiration****Function****Name**

lastExternalReferrerTime

**Expiration**

**Function**

**Name**

lastExternalReferrer

**Expiration**

**Function**

**Name**

jexcel

**Expiration**

**Function**

**Name**

wistia-video-progress-s3jveyzr5h

**Expiration**

**Function**

**Name**

wistia

**Expiration**

**Function**

**Name**

loglevel

**Expiration**

**Function**

**Name**

sbjs\_migrations

**Expiration**

**Function**

**Name**

sbjs\_first\_add

**Expiration**

**Function**

**Name**

sbjs\_first

**Expiration**

**Function**

**Name**

sbjs\_current

**Expiration**

**Function**

**Name**

sbjs\_current\_add

**Expiration**

**Function**

**Name**

sbjs\_udata

**Expiration**

**Function**

**Name**

sbjs\_session

**Expiration**

**Function**

**Name**

marketplace\_redesign\_2023\_last\_shown\_date

**Expiration**

**Function**

**Name**

\_ga\_5TFS8M5TTY

**Expiration**

**Function**

**Name**

hs-beacon-e1ec051d-ef26-4fa7-9fe1-ddb133afb116-shown-animation

**Expiration**

**Function**

**Name**

debug

**Expiration**

**Function**

**Name**

wcpdf\_general\_settings\_accordion\_state\_1

**Expiration****Function****Name**

wcpdf\_general\_settings\_accordion\_state\_0

**Expiration****Function****Name**

litespeed\_qc\_hide\_banner

**Expiration****Function****Name**

\_lscache\_vary



**Expiration**

**Function**

## 7. Consent

When you visit our website for the first time, we will show you a pop-up with an explanation about cookies. As soon as you click on "Save preferences", you consent to us using the categories of cookies and plug-ins you selected in the pop-up, as described in this Cookie Policy. You can disable the use of cookies via your browser, but please note that our website may no longer work properly.

### 7.1 Manage your consent settings

## 8. Enabling/disabling and deleting cookies

You can use your internet browser to automatically or manually delete cookies. You can also specify that certain cookies may not be placed. Another option is to change the settings of your internet browser so that you receive a message each time a cookie is placed. For more information about these options, please refer to the instructions in the Help section of your browser.

Please note that our website may not work properly if all cookies are disabled. If you do delete the cookies in your browser, they will be placed again after your consent when you visit our website again.

## 9. Your rights with respect to personal data

You have the following rights with respect to your personal data:

- You have the right to know why your personal data is needed, what will happen to it, and how long it will be retained for.
- Right of access: You have the right to access your personal data that is known to us.
- Right to rectification: you have the right to supplement, correct, have deleted or blocked your personal data whenever you wish.
- If you give us your consent to process your data, you have the right to revoke that consent and to have your personal data deleted.
- Right to transfer your data: you have the right to request all your personal data from the controller and transfer it in its entirety to another controller.
- Right to object: you may object to the processing of your data. We comply with this, unless there are justified grounds for processing.

To exercise these rights, please contact us. Please refer to the contact details at the bottom of this Cookie Policy. If you have a complaint about how we handle your data, we would like to hear from you, but you also have the right to submit a complaint to the supervisory authority (the Information Commissioner's Office (ICO)).

## 10. Contact details

For questions and/or comments about our Cookie Policy and this statement, please contact us by using the following contact details:

E-Macro Initiatives

International House, Constance Street, London, England, E16 2DQ

United Kingdom

Website: <https://naturemedies.co.uk>

Email: [stancubog81@gmail.com](mailto:stancubog81@gmail.com)

Phone number: 07438135503

This Cookie Policy was synchronised with [cookiedatabase.org](https://cookiedatabase.org) on August 29, 2023.

## Cookie consent settings

- prefix => cmplz\_
- user\_banner\_id => 1
- block\_ajax\_content =>
- do\_not\_track\_enabled => 1
- consenttype => optin
- region => uk
- geoip =>
- dismiss\_timeout =>
- disable\_cookiebanner =>
- soft\_cookiewall =>
- dismiss\_on\_scroll =>
- cookie\_expiry => 365
- locale => lang=en&locale=en\_GB
- categories => statistics, marketing
- tcf\_active =>
- forceEnableStats =>
- preview =>
- clean\_cookies =>
- aria\_label => Click to accept {category} cookies and enable this content
- id => 1
- title\_class => bottom-right-view-preferences
- header => Manage Cookie Consent,1

- accept\_optin => Accept
- accept\_optout => Accept,1
- manage\_consent => Manage consent
- manage\_options => View preferences
- save\_settings => Save preferences
- dismiss => Deny,1
- message\_optout => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behaviour or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.
- message\_optin => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behaviour or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.
- category\_functional => Functional
- category\_preferences => Preferences,1
- category\_statistics => Statistics,1
- functional\_text => The technical storage or access is strictly necessary for the legitimate purpose of enabling the use of a specific service explicitly requested by the subscriber or user, or for the sole purpose of carrying out the transmission of a communication over an electronic communications network.,1
- statistics\_text => The technical storage or access that is used exclusively for statistical purposes.,1
- statistics\_text\_anonymous => The technical storage or access that is used exclusively for anonymous statistical purposes. Without a subpoena, voluntary compliance on the part of your Internet Service Provider, or additional records from a third party, information stored or retrieved for this purpose alone cannot usually be used to identify you.,1
- preferences\_text => The technical storage or access is necessary for the legitimate purpose of storing preferences that are not requested by the subscriber or user.,1
- marketing\_text => The technical storage or access is required to create user profiles to send advertising, or to track the user on a website or across several websites for similar marketing purposes.,1
- category\_marketing => Marketing,1
- manage\_consent\_options => hover-hide-mobile
- use\_categories => view-preferences
- privacy\_link\_us => #