## **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 <a href="https://complianz.io/consent">https://complianz.io/consent</a>.

This Cookie Policy was last updated on July 2, 2023 and applies to citizens and legal permanent residents of the United Kingdom.

### 1. Introduction

Our website, <a href="https://naturemedies.co.uk">https://naturemedies.co.uk</a> (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	
<b>Usage</b> We use Tawk for chat support. Read more	
Sharing data	
For more information, please read the <u>Tawk Privacy Statement</u> .	
Functional	
Name	
<u>twk_*</u>	

Expiration	
session	
Function	
Purpose pending investigation	
Name	
<u>TawkConnectionTime</u>	
Expiration	
Function	
PayPal	Functional
Consent to service paypal	runctional
Usage	
We use PayPal for payment processing. Read more	
Sharing data	
<b>Sharing data</b> For more information, please read the <u>PayPal Privacy Statement</u> .	
For more information, please read the <u>PayPal Privacy Statement</u> .	

paypal_storage
Expiration
persistent
Function
Store account details
Name
<u>nsid</u>
Expiration
session
Function
Provide fraud prevention
Name
enforce_policy
Expiration
1 year
Function
Store privacy preferences

Name	
<u>tsrce</u>	
Expiration	
3 days	
Function	
Name	
<u>ts_c</u>	
Expiration	
3 years	
Function	
Provide fraud prevention	
WooCommerce	Functional
Consent to service woocommerce	Turictional
<b>Usage</b> 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	
Consent to service google-recaptcha	Functional, Marketing/Tracking
<b>Usage</b> We use Google reCAPTCHA for spam prevention. Read more	
Sharing data  For more information, please read the Google reCAPTCHA Privace	<u>y Statement</u> .
Functional	
Name	
<u>_grecaptcha</u>	
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 Designation
Consent to service wordpress	Functional, Preferences

Usage

We use WordPress for website development. Read more

This data is not shared with third parties.
Functional
Name
wordpress_test_cookie
Expiration
session
Function
Read if cookies can be placed
Name
wp-settings-time-*
Expiration
1 year
Function
Store user preferences
Name
wp-settings-*
Expiration

**Sharing data** 

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	tional

onsent to service complianz	
<b>Isage</b> Ve use Complianz for cookie consent management. <u>Read more</u>	
<b>Sharing data</b> This data is not shared with third parties. For more information, please read the <u>Complicivacy Statement</u> .	<u>anz</u>
Functional	
lame	
mplz_banner-status	
xpiration	
65 days	
unction	
tore if the cookie banner has been dismissed	
Google Analytics	Statistics
onsent to service google-analytics	
<b>Usage</b> We use Google Analytics for website statistics. Read more	
<b>Sharing data</b> or more information, please read the <u>Google Analytics Privacy Statement</u> .	
Statistics	

Name	
<u>_ga</u>	
Expiration	
2 years	
Function	
Store and count pageviews	
Facebook	Marketing/Tracking, Functional
Consent to service facebook	Marketing, tracking, runctional
Usage	
We use Facebook for display of recent social posts and/or social  Sharing data  For more information, please read the Facebook Privacy Statement	
Sharing data	
<b>Sharing data</b> For more information, please read the <u>Facebook Privacy Statement</u>	
Sharing data For more information, please read the Facebook Privacy Statement  Marketing/Tracking	
Sharing data For more information, please read the Facebook Privacy Statement  Marketing/Tracking  Name	
Sharing data For more information, please read the Facebook Privacy Statement  Marketing/Tracking  Name  _fbp	
Sharing data For more information, please read the Facebook Privacy Statement  Marketing/Tracking  Name  _fbp  Expiration	

Store and track visits across websites
Name
<u>_fbc</u>
Expiration
2 years
Function
Store last visit
Name
fbm*
Expiration
1 year
Function
Store account details
Name
<u>XS</u>
Expiration
3 months

Function
Store a unique session ID
Name
<u>fr</u>
Expiration
3 months
Function
Provide ad delivery or retargeting
Name
<u>act</u>
Expiration
90 days
Function
Store logged in users
Name
<u>datr</u>
Expiration
2 years

Function
Provide fraud prevention
Name
c_user
Expiration
30 days
Function
Store a unique user ID
Name
<u>sb</u>
Expiration
2 years
Function
Store browser details
Name
<u>*_fbm_</u>
Expiration
1 year

Function
Store account details
Functional
Name
<u>wd</u>
Expiration
1 week
Function
Read screen resolution
Name
<u>csm</u>
Expiration
90 days
Function
Provide fraud prevention
Name
<u>actppresence</u>

Expiration	
session	
Function	
Store and track if the browser tab is active	
Automattic	Statistics
Consent to service automattic	Statistics
<b>Usage</b> We use Automattic for website development. Read more	
Sharing data  For more information, please read the <u>Automattic Privacy Statement</u> .	
Statistics	
Name	
tk_qs	
Expiration	
30 minutes	
Function	
Provide functions across pages	
Google Fonts	Marketing/Tracking

Consent to service google-fonts	
<b>Usage</b> We use Google Fonts for display of webfonts. Read more	
<b>Sharing data</b> For more information, please read the <u>Google Fonts Privacy Statement</u> .	
Marketing/Tracking	
Name	
Google Fonts API	
Expiration	
expires immediately	
Function	
Read user IP address	
WhatsApp	Functional
Consent to service whatsapp	runctional
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	
<u>wa_ul</u>	
Expiration	
session	
Function	
Provide access	
Miscellaneous	
Consent to service miscellaneous	Purpose pending investigation
Usage	
Sharing data Sharing of data is pending investigation	

Purpose pending investigation
Name
customer-effort-score-exit-page
Expiration
Function
Name
<u>pl-*</u>
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_consented_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
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		

### 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

Suite no. G02, Kingsley House, 37-46 Balmoral Road, Gillingham, Kent ME7 4NT

**United Kingdom** 

Website: <a href="https://naturemedies.co.uk">https://naturemedies.co.uk</a> Email: stancubog81@gmail.com Phone number: 07438135503

This Cookie Policy was synchronised with <u>cookiedatabase.org</u> 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 => #