Privacy Policy

Effective Date: 10 November 2026

At CaloriFlash, protecting your privacy is a top priority. This Privacy Policy outlines how we collect, use, disclose, and safeguard your personal information when you use our application. Please read it carefully to understand our practices.

1. Information We Collect

We collect various types of information to provide and improve our services:

a. Personal Information

This is information that you provide directly to us when you register, contact support, or use our app, including but not limited to:

- Name
- Email address
- Phone number
- Account information

b. Usage Data

This is information collected automatically as you interact with our app, such as:

- IP address
- Device type and operating system
- Browser type
- App usage data (e.g., pages viewed, actions taken)

2. How We Use Your Information

We use the information we collect for several purposes, including:

- **Providing Services**: To operate, maintain, and improve the functionality of our app.
- **Personalization**: To offer a personalized experience based on your preferences.
- **Communication**: To send you updates, respond to inquiries, and provide customer support.
- **Security and Fraud Prevention**: To monitor, detect, and prevent fraud, unauthorized access, and illegal activities.
- **Compliance**: To comply with legal obligations and respond to lawful requests.

3. Sharing and Disclosure of Information

We do not sell or rent your personal information to third parties. However, we may share your information in the following cases:

a. Service Providers

We may share your information with third-party vendors who help us operate and maintain the application (e.g., hosting services, payment processors). These providers are required to protect your data and use it only for the purpose of providing services to us.

b. Legal Requirements

We may disclose your information if required by law or in response to a valid legal request (e.g., court order, government inquiry).

c. Business Transfers

In the event of a merger, acquisition, or sale of assets, your information may be transferred to the involved parties.

4. Data Security

We take reasonable measures to protect the security of your personal information. However, no data transmission over the internet or storage system can be guaranteed to be 100% secure. You use our services at your own risk.

5. Your Choices and Rights

You have several rights concerning your personal information:

- **Access and Update**: You can access and update your personal information directly within your account settings.
- **Deletion**: You may request the deletion of your personal data by contacting us.
- **Opt-Out**: You can opt-out of receiving promotional communications at any time by following the unsubscribe link in our emails.
- **Data Portability**: Upon request, we will provide you with a copy of your personal information in a structured, machine-readable format.

6. Retention of Data

We retain your personal information only for as long as necessary to fulfill the purposes outlined in this Privacy Policy, comply with legal obligations, or resolve disputes.

7. Children's Privacy

Our application is not intended for children under the age of 13. We do not knowingly collect personal information from children. If you believe a child has provided us with personal information, please contact us, and we will take steps to delete such information.

8. Changes to this Privacy Policy

We may update this Privacy Policy from time to time. When changes are made, we will update the "Effective Date" at the top of this page and notify you through appropriate means. Please review the policy periodically.

9. Contact Us

If you have any questions about this Privacy Policy or how we handle your personal information, please contact us at: amusteata254@gmail.com