

# Terms of Service

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Effective Date: August 06, 2025

Website: <https://www.poundit.today>

## 1. Acceptance of Terms

By accessing or using the Pound It Inc. website or services, you agree to be bound by these Terms of Service and our Privacy Policy. If you do not agree, please do not use our services.

## 2. Services Provided

Pound It Inc. offers wellness products, holistic services, and digital content designed to support emotional, mental, and physical well-being.

## 3. Eligibility

You must be at least 18 years old to use our services. By using our services, you confirm that you meet this requirement.

## 4. Account Registration

To access some services, you may be required to create an account. You agree to provide accurate and complete information and keep your login credentials confidential.

## 5. Orders and Payments

All orders are subject to acceptance and availability. Payments are processed through secure third-party platforms. You agree to provide valid payment information and authorize charges for purchases made.

## 6. Subscription Services

If you sign up for a subscription, you agree to recurring billing unless canceled prior to the renewal date. You may cancel at any time through your account or by contacting support.

## 7. Use of Content

All content on our website is the intellectual property of Pound It Inc. and may not be copied, distributed, or used without prior written consent.

## **8. SMS Terms & Conditions**

By providing your mobile number and opting in, you agree to receive text messages from Pound It Inc. These may include:

- Appointment reminders
- Order alerts and shipping updates
- Account notifications
- Wellness tips and promotions
- Customer support follow-ups

Messaging frequency may vary.

Message and data rates may apply.

To opt out at any time, text STOP.

For assistance, text HELP or visit our website at <https://www.poundit.today>.

Visit <https://www.poundit.today/privacy-policy> for our Privacy Policy and <https://www.poundit.today/terms> for our full Terms of Service.

## **9. User Conduct**

You agree not to misuse our website or services, including by attempting unauthorized access, posting harmful content, or violating any applicable laws.

## **10. Termination**

We reserve the right to suspend or terminate your access to services at our discretion, including for violations of these Terms.

## **11. Disclaimers**

Our services and content are provided for informational and wellness purposes only and are not a substitute for professional medical advice or treatment.

## **12. Limitation of Liability**

To the extent permitted by law, Pound It Inc. is not liable for any damages arising from your use of our website or services.

## **13. Governing Law**

These Terms are governed by the laws of the state in which Pound It Inc. operates. Any disputes will be handled in the appropriate courts of that jurisdiction.

## **14. Changes to Terms**

We may update these Terms from time to time. Continued use of our services constitutes acceptance of any changes.

## **15. Contact Us**

For questions about these Terms, contact us at:

Pound It Inc.

195 Hickory Grove Dr E, Larchmont, NY 10538

Email: [support@poundit.today](mailto:support@poundit.today)