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The content shared on our social media platforms (including but not limited to Instagram @ess3ntia, Facebook Ess3ntia Wellness, and our website www.ess3ntia.com) is intended for educational and informational purposes only.

Ess3ntia does not provide medical advice, diagnosis, or treatment. The information we post—whether related to nutrition, wellness, ancestral foods, or lifestyle practices—should not be used as a substitute for professional medical consultation.

Always consult your healthcare provider before making any changes to your diet, supplements, or lifestyle routines. Results from Ess3ntia's products or programs may vary and are not guaranteed.

Comments and opinions expressed by followers or third parties do not represent the views of Ess3ntia. We reserve the right to moderate and remove any content that is misleading, offensive, or out of alignment with our mission.

If you have questions about your health or a specific condition, please consult a qualified healthcare professional.

