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Some of the links on my blog are **affiliate links.** This means that if you decide to purchase a product from the link, I will receive a small commission, at no additional cost to you.

A blog post or page will always state when there are affiliate links present. Also, I will always state when product(s) were sent to or paid me for a review, otherwise, you can assume they were purchased with my money.

I am a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for me to earn fees by linking to Amazon.com and affiliated sites.

The affiliate links help support this Candid Health. Please know that I only partner with brands that I enjoy, believe in and sincerely recommend. Thank you so much.

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