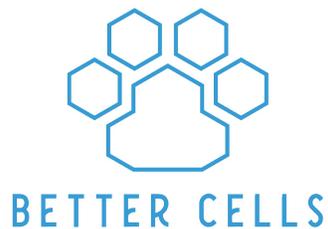




**Eat Like Your Pet**  
**Meal Planning Sheet (v1)**  
**Manual**

Written by Jenny Ryoo



# Table of Contents

## [Customer Support](#)

[Tech Support](#)

[Help Desk](#)

[Tutorial Videos](#)

## [Setup and Authorization](#)

[Downloading the RFN Add-on](#)

[Create a Profile](#)

[In order to begin, you need to create and save a pet profile.](#)

## [Calorie Calculator](#)

[Information](#)

[Method One: General Caloric Estimation](#)

[Method Two: Daily Breakdown Caloric Estimation](#)

[Weight Loss](#)

[Target Heart Rate for Exercise](#)

## [Recipe Builder](#)

[Adding Ingredients](#)

[Nutrient Columns](#)

[Batch Ingredients List](#)

[Save Recipe as Ingredient](#)

[Saving Recipes](#)

[Using the Add-on](#)

[Manually \(Without the Add-on\) in Recipe Builder](#)

[Loading Recipes into Recipe Builder](#)

[Using the Add-on](#)

[Manually \(Without the Add-on\) in Recipe Builder](#)

[Add More Ingredient Columns - Recipe Builder](#)

[Clearing Recipe Builders with Add-on](#)

## [Menu Builder](#)

[Adding Ingredients](#)

[Nutrient Columns](#)

[Nutrient Contributor List](#)

[Saving Recipes](#)

[Using the Add-on](#)

[Manually \(Without the Add-on\) in Recipe Builder](#)

[Loading Recipes into Recipe Builder](#)

[Manually \(Without the Add-on\) in Recipe Builder](#)

[Nutrition Report](#)

[Menu](#)

[Shopping List](#)

[Daily Supplements Chart](#)

[This table displays the daily supplements for each person.](#)

[Creating a PDF or Printing](#)

[Food Database](#)

[How to Enter New Foods](#)

[How to Enter New Foods with the Add-on](#)

[Daily Value Converter](#)

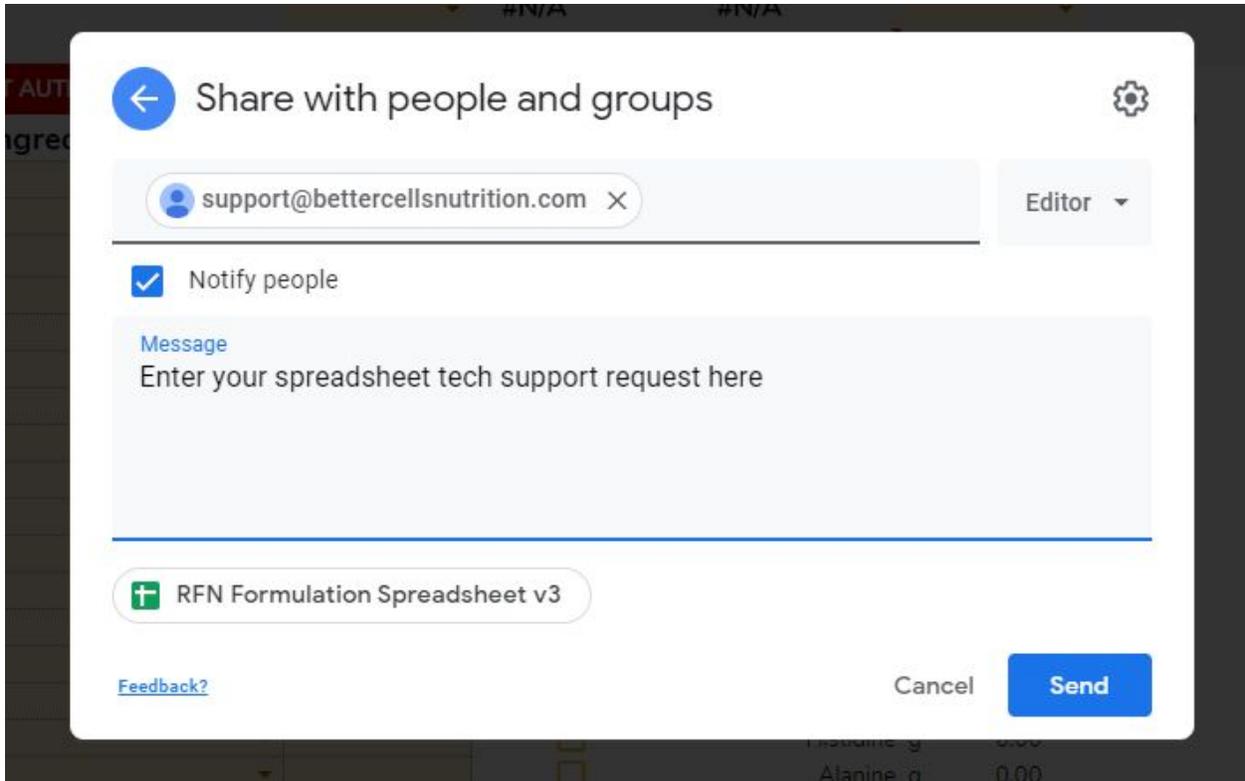
[How to Enter New Foods](#)

[RFN Formulation Sheet and Add-on Terms of Service](#)

## Customer Support

### Tech Support

Need tech support? Add "[support@bettercellsnutrition.com](mailto:support@bettercellsnutrition.com)" to your spreadsheet. When sharing, add your request/bug in the notes section.



## Help Desk

You can also start a conversation with us right in the Raw Fed and Nerdy Humans group [here](#).

## Tutorial Videos

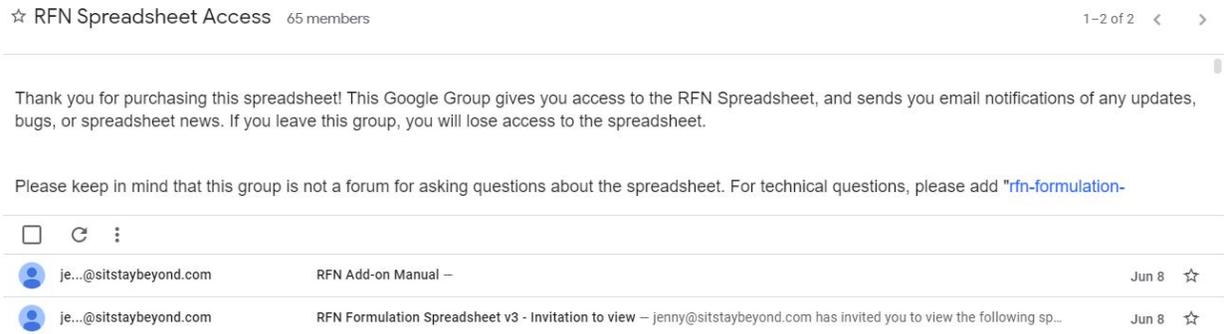
Check out the tutorial videos [here](#) for:

- Setup and authorization (How to Install)
- RFN ELYP Sheet basic use
- Google Sheets and Drive 101
- How to use the Add-on

## Setup and Authorization

Once you purchase the spreadsheet, you will receive an email from Raw Fed and Nerdy immediately. **This email frequently goes to your spam or junk mail so make sure you check there.** If you did not receive this email, please email Jenny at [jenny@bettercellsnutrition.com](mailto:jenny@bettercellsnutrition.com).

The order email will include a link to a Google Group that contains the master copy of the ELYP Sheet.



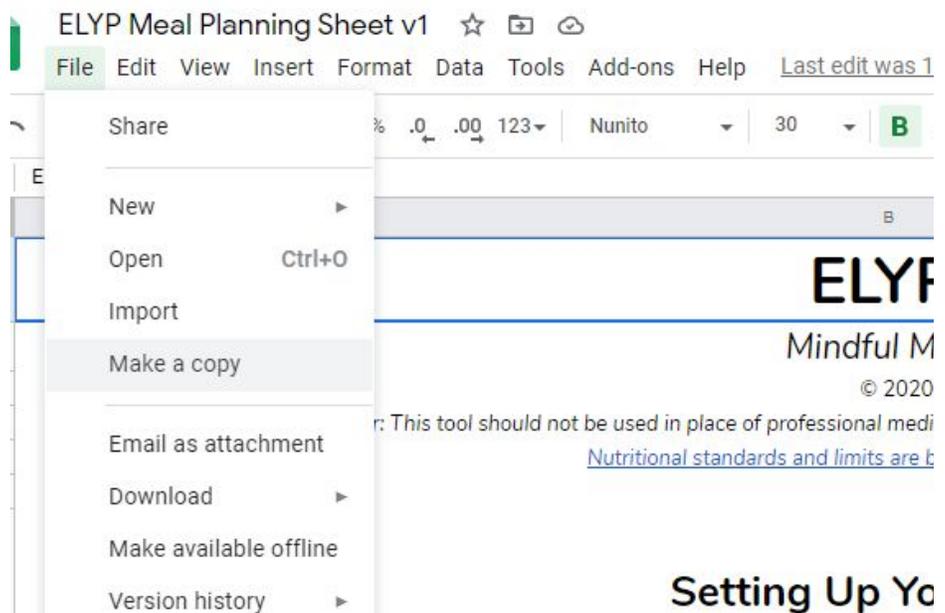
Please note that the copy of the spreadsheet linked in the Google Group is the master copy that is available to everyone who purchases the spreadsheet. It is view only and you will not be able to edit it.

**To get your own copy of the spreadsheet:**

1. Go to the post titled "ELYP Meal Planning Sheet vw - Invitation to view" and click "Open in Sheets."

2. *This spreadsheet will be "view only".* Create a copy of it into your

Google Drive in order to edit it. (Top bar -> File -> Make a copy)



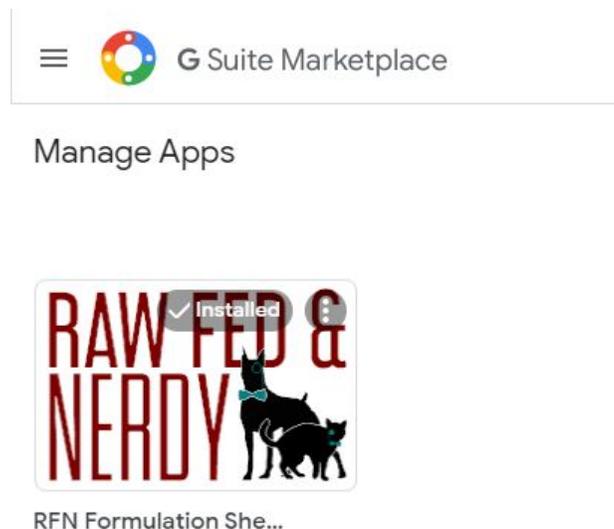
3. Once you have your own copy to edit, enter your ELYP order number (make sure to check your spam folder for your order email from RFN) in the first box, then click on the green box and click "allow access." You should now be authorized and ready to use your spreadsheet!



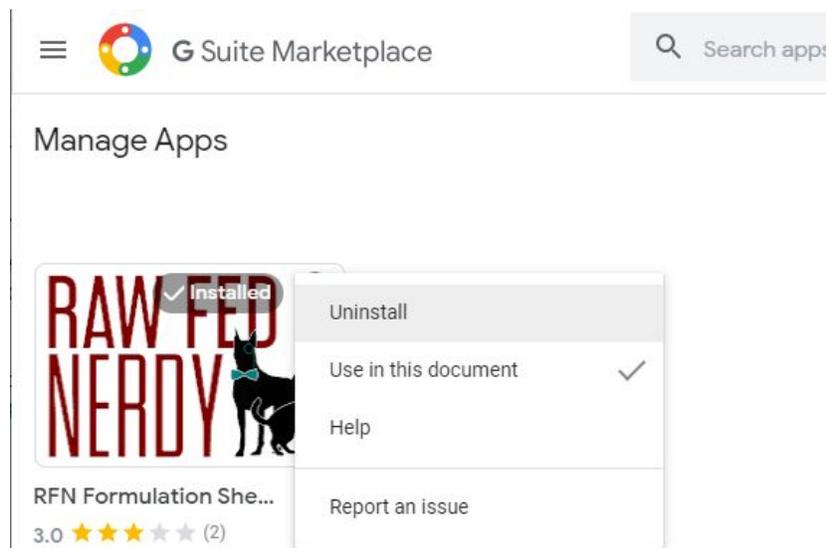
# Downloading the RFN Add-on

To download the add-on, go to your spreadsheet. (This is the same add-on as for the RFN Sheet.)

1. Go to the top bar, and click on the Add-ons menu. Click "Get add-ons"
2. In the marketplace, search for "raw fed and nerdy".
3. Install the add-on.
4. Once installed, go to Add-ons -> Manage add-ons. You should see the RFN Add-on in your list of installed add-ons.
5. Click on the three dots on the upper right corner of the add-on.



6. Select "Use in this document."



7. Refresh the spreadsheet. You should now be able to use the add-on!

# Create a Profile

In order to begin, you need to create and save a pet profile.

1. Go to the "Create a Profile" tab.
2. Fill in the following options:

**Name** - *required*: The name of the person

**Group** and **Age** - *required*: The age and sex/lifestage group of the person

**Weight (lbs)** - *optional*: Enter the person's weight in pounds.

**Weight (kg)** - *required*: Enter the person's weight in kilograms. (If you entered the weight in pounds, this will automatically convert for you.)

*If you have written over the Weight(kg) cells so that it does not automatically convert from pounds to kilograms, enter this formula into the Weight (kg) entry cell:*

`=C8/2.20462`

**Caloric Goal** - *required*: Enter the person's daily caloric goal per day. (Please see the "Calorie Calculator" tab to calculate your daily caloric goal)

**Macronutrient Goals** - *optional*: Enter the person's ideal macronutrient distribution per calorie.

## **Additional Nutrient Goals**

**Additional FA Recommendations** - *optional*: Enter the percentage of fiber, on a dry matter basis, that is ideal for your pet. Fiber is typically 1.5% - 5% DMB for homemade diets. More details on how to set your pet's ideal fiber intake [for dogs](#) (guide for cats coming soon).

**CMJ Methylation Recommendations** - *optional*: [Chris Masterjohn's recommendations](#) for adjusted riboflavin, choline and folate requirements based on your methylation

score. You can calculate your methylation score [here](#) using your raw 23andMe or AncestryDNA 2.0 data. (Methylation score required to use these recommendations)

**Diet Type** - *optional*: Added fatty acid ratio recommendations for vegan diets.

**Use D2 Towards Vitamin D Requirements?** - *optional*: Toggle to count D2 toward your Vitamin D requirements.

**Use Higher Activity Protein Requirement** - *optional*: Adds additional protein requirements, for people with high activity levels.

**Notes** - *optional*: Type any other notes about the person here to save it into the profile.

3. Once you are done filling in all the options, you need to save it. Copy the entire purple column on the right.

4. Go to the "Saved Profiles" tab.

5. On an empty column, paste **values only**. If you see #REF or other errors, delete the column and try again, making sure to paste values only (right click to find more paste options)

# Calorie Calculator

The Calorie Calculator helps you calculate what your daily calorie goal should be. This is an estimation - please consult a healthcare professional if you decide to change your caloric intake.

## Information

The following fields are required to use the other tools listed.

**Gender** - *required*: The person's sex

**Age** - *required*: The person's age

**Age Range** - *required*: The person's age range

**Current Weight** - *required*: Enter the person's weight in pounds or kilograms. Select the unit from the dropdown on the right cell.

**Height** - *required*: Enter the person's height in inches or centimeters. Select the unit from the dropdown on the right cell.

**Resting Heart Rate** - *required*: Enter the person's resting heart rate. The resting heart rate can be measured first thing in the morning, before any activity.

**BMI (estimated)** - *automatic*: Your calculated BMI based on the information provided.

## Method One: General Caloric Estimation

This tool estimates your daily caloric intake based on your weekly activity level.

**None**: Occasional light exercise once or twice a week.

**Light**: Moderate (30-60min) exercise 2-3 days a week.

**Moderate**: Intense (1hr+) exercise 5-6 days a week.

**High**: Intense exercise daily

**Vigorous**: Intense exercise more than once daily, such as for professional athletes.

## Method Two: Daily Breakdown Caloric Estimation

This tool estimates your daily caloric intake based on the number of hours spent at each activity level.

**Sleeping:** Sleeping

**Sedentary:** Seated or lying down

**Light activity:** Activity that does not break a sweat (such as housework or walking)

**Moderate activity (light exercise):** Light exercise, such that you can still hold a conversation.

**Vigorous activity (intense exercise):** Intense exercise, such that you cannot hold a conversation.

## Weight Loss

This tool estimates your daily caloric goal based on your weight loss goals.

**Goal Weight - *required*:** This is your ideal weight.

**Weight Loss Per Week - *required*:** Your ideal weight loss per week. A weight loss of 1-2lbs or 0.5-1kg is generally recommended by professionals.

**Current Daily Caloric Intake - *required*:** Your current daily caloric intake.

**Calories to Lose Weight - *automatic*:** This should be your daily caloric intake to reach your goal weight at the desired rate (indicated in Weight Loss Per Week).

**Time to Reach Goal Weight - *automatic*:** This calculates the time it will take to reach the goal weight.

## Target Heart Rate for Exercise

This tool estimates your target heart rate during exercise.

**Training Intensity - *required*:** Enter your desired target for training intensity, from 0-100%.

**Target Zone for Exercise - *automatic*:** Your estimated target heart rate.

# Recipe Builder

This tab allows you to combine ingredients to create a food item from a recipe.

## Adding a Person

1. Under the “Person” heading in the grey section, find the person’s name under the drop down menu. If the person is not available in the drop down menu, make sure you have saved the profile into the “Saved Profiles” section.
2. Enter the number of servings the recipe makes “Recipe Makes”.

## Adding Ingredients

1. Add ingredients by selecting them in the drop down menus. You can scroll through the drop down menu to look at the available ingredients, or you can start typing the name of the ingredient to find it faster. You can enter the raw ingredient name and weight here.
2. Add the quantity of the ingredient you want to add to the recipe.
3. Select the unit for the serving size. For any items that are categorized as “supplement” in the Food Database, make sure to use the “supplement” unit.

### Available units:

g	grams
oz	ounces
fl oz	fluid ounces
lbs	pounds
tbsp	tablespoon
cup	cup

tsp	teaspoon
serving	Custom serving size (row 9 in Food Database); serving of a recipe
supplement	Unit for supplements

4. Check the box to add the ingredient to your recipe. If you want to remove it, you can delete the quantity or the ingredient name, or uncheck the box.

5. If you are using a raw ingredient but plan on cooking it for the recipe, enter the cooked version of the ingredient in the row “Cooked Ingredient”.

## Nutrient Columns

### **Nutrient Requirements - “Required” Column**

The person’s nutrient requirements will populate under the “required” column next to the nutrient name.

### **Nutrients in Recipe - “Total” Column**

This column shows you the total amount of the nutrient included in the recipe thus far.

### **Nutrient Tolerable Upper Limits - “Limit” Column**

This column shows you the TUL (tolerable upper limit) for each nutrient.

### **Nutrient Tolerable Upper Limits - “Limit Type” Column**

Once the total nutrient in the recipe surpasses the TUL, this column will populate with the type of the limit and the amount. Some TUL only apply to supplemental forms, others apply to all forms, and others only apply for a specific type of nutrient. For example, “100g - Supplemental” means the TUL is 100g of any supplemental forms of the nutrient.

### **Percentage of Recommended Allowances - “% of Goal” Column**

This column shows you the percentage of the nutrient content in your recipe, per the required amount.

For example, 150% for Calcium would mean the recipe contains 1.5 times the amount of calcium that is required.

The percentage cell will turn different colors based on your recipe.

**White with black text:** This means that there is no requirement for this nutrient.

**Blue with black text:** This means that there is a requirement and the recipe does not meet it.

**Green with white text:** This means that the recipe meets the requirement.

**NOTE: You cannot change the name of nutrients in the Recipe Builder or in the Food Database.**

## Batch Ingredients List

You can use this section to multiply your recipe. Select the number to multiply by under "Servings" and the units you would like it displayed in.

## Save Recipe as Ingredient

You can use this section to save your recipe as an ingredient into the Food Database. You do not need to use this feature if you saved your recipe using the Add-on.

## Saving Recipes

### Using the Add-on

1. Name the Recipe in the top left corner.
2. Go to the top bar -> Add-ons -> RFN -> Recipes -> Save -> Regular/Base

### Manually (Without the Add-on) in Recipe Builder

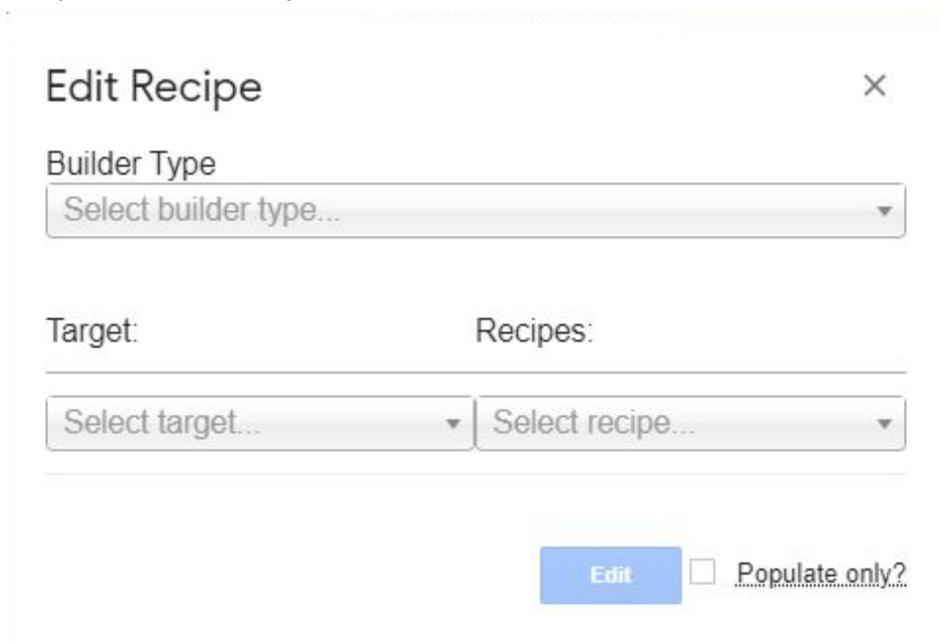
1. Copy the first two rows of the ingredient section.
2. Go to the Recipe Database.
3. In column C, paste transposed (right click->paste special->paste transposed).

4. Fill in the name of the recipe in Column A, the person's name in Column B, and the number of servings the recipe creates in Column E. Make sure these are the same for all the ingredients of that recipe.
5. Go back to the Recipe Builder. Copy the "Unit" row for all ingredients.
6. Go to the Recipe Database. Paste transposed in Column G.
7. Go back to the Recipe Builder. Copy the "Cooked Ingredient" row for all ingredients.
8. Go to the Recipe Database. Paste transposed in Column H.
9. Use the "Save This Recipe as an Ingredient" section to save the recipe to the Food Database.

## Loading Recipes into Recipe Builder

### Using the Add-on

1. Go to the top bar -> Add-ons -> RFN -> Recipes -> Edit
2. Select the options in the drop down menus:



The screenshot shows a dialog box titled "Edit Recipe" with a close button (X) in the top right corner. Below the title is a "Builder Type" dropdown menu with the text "Select builder type...". Underneath are two labels, "Target:" and "Recipes:", each followed by a dropdown menu with the text "Select target..." and "Select recipe..." respectively. At the bottom right, there is a blue "Edit" button and a checkbox labeled "Populate only?".

**Populate only:** Adds the recipe to the current recipe builder without removing the current ingredients and quantities.

## Manually (Without the Add-on) in Recipe Builder

1. Go to the Recipe Database. Copy the "ingredient" and "quantity" columns of the recipe you want to edit.
2. Clear the Recipe Builder of all previous ingredients and quantities, if needed.
3. In the first ingredient column, on the ingredient cell, paste, transposed. (right click -> paste special -> transposed)
4. Go to the Recipe Database. Copy the "unit" column. In the Recipe Builder, paste transposed in the "unit" row.
5. Go to the Recipe Database. Copy the "cooked ingredient" column. In the Recipe Builder, paste transposed in the "cooked ingredient" row.

## Add More Ingredient Columns - Recipe Builder

1. Add as many extra columns you would like by right clicking on the column letter at the top -> Insert 1 left/right
2. Copy the entire column of another, previously existing ingredient. *If you skip this step, the new ingredient column will not calculate nutrient values for that ingredient.*
3. Paste into all the newly created columns.

## Clearing Recipe Builders with Add-on

Go to the top bar -> Add-ons -> RFN -> Clear

This clears the recipe builder of all ingredients, quantities, units and checkboxes, as well as the recipe name and pet profile.

# Menu Builder

This is where you can add foods for up to five people over a custom number of days.

**The Menu Builder is automatically linked to the Nutrition Report.** This means that if you edit your Menu Builder, even if you do not save, the Nutrition Report will automatically update.

## Adding People

In the 5 grey sections labelled “Person #1”, “Person #2”, etc. select the person under the drop down menu. If your person is not available in the drop down menu, make sure you have saved the pet profile into the “Saved Pet Profiles” section.

As you add a person in each section, their requirements should load into that section. The person’s name should also populate into the associated column in the ingredients section.

## Choose Number of Days

Enter a number in the “Menu for” section.

## Adding Ingredients

The left 7 columns are the ingredient section.

1. Add the food you want by selecting them in the drop down menu in the first column. You can scroll through the drop down menu to look at the available foods, or you can start typing the name of the ingredient to find it faster.
2. Add the quantity of the ingredient you want to add for each person. If you do not want to feed a person a certain ingredient, type in “0” or leave blank.
3. Select the unit for the serving size. For any items that are categorized as “supplement” in the Food Database, make sure to use the “supplement” unit.

## Available units:

g	grams
oz	ounces
fl oz	fluid ounces
lbs	pounds
tbsp	tablespoon
cup	cup
tsp	teaspoon
serving	Custom serving size (row 9 in Food Database); serving of a recipe
supplement	Unit for supplements

## Nutrient Columns

### **Nutrient Requirements - “Required” Column**

The person’s nutrient requirements will populate under the “required” column next to the nutrient name.

### **Nutrients in Recipe - “Total” Column**

This column shows you the total amount of the nutrient included in the recipe thus far.

### **Nutrient Tolerable Upper Limits - “Limit” Column**

This column shows you the TUL (tolerable upper limit) for each nutrient.

### **Nutrient Tolerable Upper Limits - “Limit Type” Column**

Once the total nutrient in the recipe surpasses the TUL, this column will populate with the type of the limit and the amount. Some TUL only apply to supplemental forms, others apply to all forms, and others only apply for a specific type of nutrient. For example, “100g - Supplemental” means the TUL is 100g of any supplemental forms of the nutrient.

### **Percentage of Recommended Allowances - “% of Goal” Column**

This column shows you the percentage of the nutrient content in your recipe, per the required amount.

For example, 150% for Calcium would mean the recipe contains 1.5 times the amount of calcium that is required.

The percentage cell will turn different colors based on your recipe.

**White with black text:** This means that there is no requirement for this nutrient.

**Blue with black text:** This means that there is a requirement and the recipe does not meet it.

**Green with white text:** This means that the recipe meets the requirement.

**NOTE: You cannot change the name of nutrients in the Recipe Builder or in the Food Database.**

## Nutrient Contributor List

You can use this section to see which ingredients contribute the most to least of a particular nutrient.

## Saving Recipes

### Using the Add-on

1. Name the Recipe in the top left corner.
2. Go to the top bar -> Add-ons -> RFN -> Recipes -> Save -> Toppers/Menu.

### Manually (Without the Add-on) in Recipe Builder

1. Copy the first column of your ingredient section, the names of the ingredients.
2. Go to the Recipe Database. In column C, "ingredients", paste values only (right click->paste special->paste values only).
3. Go back to the Menu Builder. Go to that person's corresponding ingredient quantity column in the ingredient section. Copy that column.
4. Go to the Recipe Database. In column D, "quantity", paste values only (right click->paste special->paste values only).

5. Fill in the name of the recipe in Column A, the person's name in Column B, the number of days the recipe is for in Column E. Make sure these are the same for all the ingredients of that recipe.
6. Go to the Menu Builder. Copy the unit column.
7. Go to the Recipe Database. In column G, "unit", paste values only.

Repeat for each person.

*Unfortunately you cannot manually save a pet's toppers formulation into the Food Database at this time. This can only be done with the add-on.*

## Loading Recipes into Recipe Builder

At this time, you can only manually load saved toppers into the Toppers Builder (not available with add-on).

### Manually (Without the Add-on) in Recipe Builder

1. Go to the Recipe Database. Copy the "ingredient" column of the recipe you want to edit.
2. Clear the Menu Builder of all previous ingredients and quantities, if needed.
3. In the first ingredient column, on the ingredient cell, paste, values only. (right click -> paste special -> values only)
4. Go back to the Recipe Database. Copy the "quantity" column of the recipe, for the first person.
5. Go to the Menu Builder. In the first ingredient quantity column, paste, values only. (right click -> paste special -> values only)
6. Enter the name of the person in the first person section.
7. Repeat steps 4-6 for each additional person.
8. Go to the Recipe Database. Copy the "unit" column.
9. Go to the Menu Builder. Paste into the "unit" column.

# Nutrition Report

The Nutrition Report shows you the menu, a shopping list, a supplement table, and nutrition breakdown (averaged over the number of days chosen) for each person.

## Menu

This displays the full list of foods, as well as each person's portion. This list does not include supplements.

## Shopping List

This displays the full list of single food items and supplements, as well as the ingredients of recipes included in the menu. This list displays in grams. Select the preferred unit in the yellow dropdown boxes on the rightmost column.

## Daily Supplements Chart

This table displays the daily supplements for each person.

## Creating a PDF or Printing

1. Hide any empty ingredient rows you didn't use. You can do this by highlighting the rows, right click on the row numbers on the left -> hide. You can also hide the instructions column so that it doesn't show up on your printing.

2. File -> print to go to the print settings.

3. Print settings:

- Current sheet
- Portrait
- Fit to width
- Optional: Set custom page breaks

4. Print to your preferred printer or print to PDF to create a PDF.

# Food Database

This is the database of all the foods you can add to your recipes.

## How to Enter New Foods

1. Go to an empty column or create an empty column.
2. At the top, row "Item Name", type in the item name.
3. For row "type", select the type of item it is.

Meat Ingredient - animal-derived food

Plant Ingredient - plant-derived food

Supplement - supplements with unique serving sizes

Recipe - a food that is saved (and can be edited) as a recipe

4. For "total weight", enter the quantity in grams, the nutritional analysis is for. For supplements with unique serving sizes (ie capsules, tablets, tsp), type in the serving size here.

*For example, ground beef's analysis is per 100 grams. Total weight is "100". For a calcium tablet, analysis is per tablet. Total weight is "tablet".*

5. Fill in the nutritional analysis of the item. Make sure to double check conversions to the appropriate unit.

### **"Cost" Row**

Filling in this row allows you to track the total cost of a recipe or for the menu. Fill in the cost of the food, per total weight.

For example, if ground beef is \$5/lb, and the total weight is 100g, it would be \$1.10/100g. So you would enter "1.10" for the cost row.

### **"gram/cup" Row**

Filling in this row allows you to use volume measurements in the Recipe Builder and Menu Builder. Enter the number of grams, per cup of the food. If you want to use a volume (cup, tbsp, tsp) unit for a food, this is required. You can find the food's average weights in the [USDA Food Database](#) (in the "Measures" tab).

### **“Serving” Row**

Filling in this row allows you to set a unique serving size for a food. Enter the number of grams, per serving. You can find a food’s typical weights and serving sizes in the [USDA Food Database](#) (in the “Measures” tab).

For example, a serving for an apple might be a medium whole apple, which is 182 grams. Enter “182” in the “serving” row. In the Menu and Recipe Builder, 1 “serving” of an apple will be 182g.

### **How to Enter New Foods with the Add-on**

1. Go to FoodData Central to search for and find the ingredient you want to import. *We recommend you use “SR Legacy” type foods.*
2. Find the item's 6 digit FDC ID.
3. At the top bar, go to RFN -> USDA -> Get Report.
4. Go to the last column in the Food Database.
5. Fill in the item name and type.

Meat Ingredient - animal-derived food

Plant Ingredient - plant-derived food

Supplement - supplements with unique serving sizes

Recipe - a food that is saved (and can be edited) as a recipe

# Daily Value Converter

This tool helps you convert US food labels into entries for the Food Database.

## Item Information

**Item Name** - *required*: Enter the name as you would like it to appear in the ingredient list.

**Type** - *required*: Select the type of ingredient this is.

**Calories** - *required*: Enter the amount of calories in each serving.

**Serving size** - *required*: Enter the weight of a single serving, in grams, ounces, or as a custom field (such as "tablet" for a supplement).

**Servings per product** - *optional*: Enter the number of servings in the total product.

**Product cost**- *optional*: Enter the cost of the product.

## Nutrients

For each nutrient, enter the total amount (in the unit listed) or as a percentage of the daily value. Most products, unless specifically listed otherwise, will be labelled for "Adults and children  $\geq$  4 years".

## Transferring to Food Database

Once you are done entering the information, follow the steps below.

1. Copy the entire purple column on the right.
2. Go to an empty column in the Food Database.
3. Paste values only (right click->paste special->paste values only).

# ELYP Meal Planning Sheet and RFN Sheet Add-on

## Terms of Service

The term "Product" includes all copies of documents, digital data, software, and other materials, physical and digital, both distinct parts and composite packages, which comprise the Raw Fed and Nerdy Formulation Spreadsheet, Raw Fed and Nerdy Pack Formulation Spreadsheet, Raw Fed and Nerdy Puppy Formulation Spreadsheet and Eat Like Your Pet Meal Planning Spreadsheet.

The term "Vendor" refers to One Ryoof LLC DBA Better Cells, hereinafter referred to as Better Cells. The term "User" refers to the person or entity that is agreeing to be bound by this Agreement, and employees and third party contractors that provided services to the User. The User shall be liable for any failure by such employees and third party contractors to comply with the terms of this Agreement.

User desires to purchase this product under the terms and conditions stated below.

### License

1. Under this Agreement, the Vendor grants the User non-exclusive and non-transferable access to use the Product.
2. The Vendor warrants and represents that it is the copyright holder of the Product. The Vendor warrants and represents that by granting a license to use this Product is not in violation of any other agreement, copyright or applicable statute.

### Intellectual Property

1. Title, copyright, intellectual property rights and distribution rights of the Product remain exclusively with the Vendor. Intellectual property rights include the look and feel of the Product. This Agreement constitutes a license for use only and is not in any way a transfer of ownership rights of the Product.
2. User shall not modify, distribute or sell the Product, or use or modify the Product code or application of formulas, to do so. The Product may not be modified, reverse-engineered or de-compiled in any manner through current or future available technologies.

3. The User retains the right to distribute a byproduct of the Product, hereby referred to as a "Report". The definition of a "Report" refers to a digital or physical document or image that portrays the result of using the Product, but does not contain the functionality of the Product itself, and in accordance to the restrictions of modification, distribution, and sale of the Product or Product code as noted previously in the Agreement. Each copy of each Report, whether distributed commercially or non-commercially, is to include the following notification visibly and prominently: "The Raw Fed and Nerdy Formulation Spreadsheet © Better Cells was used in the creation of this work (<https://rawfedandnerdy.com/formulate>)."

#### Disclaimer of Warranty

1. The Product is provided by the Vendor and accepted by the User "as is." Liability of the Vendor will be limited to a maximum of the original purchase price of the Product. The Vendor will not be liable for any general, special, incidental or consequential damages due to the User's use of the Product. When using the Product, User assumes all risk associated with verifying values contained in the Product.

2. The Vendor makes no warranty expressed or implied regarding the fitness of the Product for a particular purpose or that the Product will be suitable or appropriate for the specific requirements of the User.

3. The Vendor does not warrant that the use of the Product will be uninterrupted or error-free. The User accepts the Product in general is prone to bugs and flaws within an acceptable level as determined in the industry.

#### RFN Formulation Sheet Add-on Agreement

The term "Add-on" includes all copies of documents, digital data, software, and other materials, physical and digital, both distinct parts and composite packages, which comprise the RFN Formulation Sheet Add-on.

The term "Owner" refers to Anh Pham, creator of the Add-on. The term "User" refers to the person or entity that is agreeing to be bound by this Agreement, and employees and third party contractors that provided services to the User. The User shall be liable for any failure by such employees and third party contractors to comply with the terms of this Agreement.

User desires to use this Add-on under the terms and conditions stated below.

## License

1. Under this Agreement, the Owner grants the User non-exclusive and non-transferable access to use the Add-on.
2. The Owner warrants and represents that it is the copyright holder of the Add-on. The Owner warrants and represents that by granting a license to use this Add-on is not in violation of any other agreement, copyright or applicable statute.

## Intellectual Property

1. Title, copyright, intellectual property rights and distribution rights of the Add-on remain exclusively with the Owner. Intellectual property rights include the look and feel of the Add-on. This Agreement constitutes a license for use only and is not in any way a transfer of ownership rights of the Add-on.
2. User shall not modify, distribute or sell the Add-on, or use or modify the Add-on code or application to do so. The Add-on may not be modified, reverse-engineered or de-compiled in any manner through current or future available technologies.

## Disclaimer of Warranty

1. The Add-on is provided by the Owner and accepted by the User "as is." The Owner will not be liable for any general, special, incidental or consequential damages due to the User's use of the Add-on. When using the Add-on, User assumes all risk associated with verifying values contained in the Add-on.
2. The Owner does not warrant that the use of the Add-on will be uninterrupted or error-free. The User accepts the Add-on in general is prone to bugs and flaws within an acceptable level as determined in the industry.

## Remedies

User agrees that should a court of competent jurisdiction find that User has violated or breached any part of this Agreement, then it shall be understood and agreed that Vendor shall be entitled to injunctive relief against User with respect to any breach of said Agreement and, in addition, Vendor shall be entitled to any and all other applicable remedies at law and in equity which are appropriate and necessary to prevent User from further breaches of said Agreement, or to compensate or make Vendor whole with respect to any damages experienced by it as a result of the action of User, including a reasonable attorney's fee for the enforcement of this Agreement.

All terms, conditions and obligations of this Agreement will be deemed acceptable by the User upon signing this Agreement. The term of this Agreement will begin when User agrees and is perpetual. This Agreement will be terminated and the license forfeited where the User had failed to comply with any of the terms of this Agreement or is in breach of this Agreement. Upon termination of this Agreement for any reason, the User will promptly destroy their Product and any materials provided with the Product by the Vendor. Failure to comply with any of the terms will be considered a material breach of this Agreement.