

## TERMS AND CONDITIONS

### Optimum Nutrition Spot the Difference Competition

1. The Promoter of this prize draw is Glanbia Performance Nutrition's brand, Optimum Nutrition, (registered in One, Victoria Square, Birmingham B1 1BD UK) (the "Promoter") and is hosted by Human Race Ltd. (Unit 6 Typhoon Business Centre, Oakcroft Rd, Chessington KT9 1RH) ("The Host").
2. The Promoter is offering those who enter this promotion a chance to win one of 1 Gold Standard Zone Pre Post Pack – Limited Edition worth RRP £36.99.
3. To enter this prize draw, entrants must comment the two differences between image 1 and image 2 in the comment field on the Facebook post and Instagram post. The exact wording to constitute a correct answer is at the discretion of The Host.
4. Entrants must be UK residents, aged 18 years or over. This promotion is not open to any employees of the Promoter or any of their affiliate companies, their families, agents or anyone else connected with this prize draw.
5. One entry allowed per person. Entries submitted on behalf of another person will not be accepted and joint submissions are not allowed. Incomplete, illegible, misdirected or late entries will not be accepted.
6. No purchase is necessary to enter this promotion, however internet access is required.
7. The promotion is open to entries from 09.00 on 16 January 2018 until 23.59 on 31 January 2018 (the "promotional period").
8. 1 winner will be drawn. The prize is non-refundable, non-transferable and non-exchangeable and there is no cash alternative offered.
9. The Promoter reserves the right to offer an alternative prize of equal or greater value. In the event of unforeseen circumstances or circumstances outside its reasonable control, the Promoter reserves the right to modify or discontinue, temporarily or permanently, this promotion without prior notice.
10. The winners will be selected in a random draw from all valid entries received during the promotional period. The draw will take place no later than 7 days following the end of the promotional period.
11. The winner will be notified within 5 days of the draw via a direct response on their correct answer. They will be asked to message The Host's social media account to accept their prize. They will then be asked for their UK postal address in reply via message. If a winner fails to respond and/or to give a valid UK address within 5 days of this notification, or declines their prize, a redraw will take place from the remaining valid entries to select a new winner (however, this 5-day period may be extended at the Promoter's sole discretion). If any winner declines their prize, or fails to respond within the required period, they forfeit any right to the prize.

12. The prize will be sent via post to the address supplied within 1 month following provision of the winner's address in accordance with paragraph 11.
13. The name and county of residence of the winners will be made available on request to anyone sending a stamped self-addressed envelope to the Promoter as the address set out above within 10 weeks of the closing date of the promotion.
14. The Promoter and The Host does not accept responsibility for network, computer or software failures of any kind and has no responsibility for lost, delayed or misdirected entries.
15. The Promoter reserves the right to exclude any entries the Promoter in its sole discretion considers to be inappropriate, unrelated or offensive and to disqualify any entries if the Promoter, at its sole discretion, believes that there has been an attempt to manipulate or tamper with the operation of the promotion (including, without limitation, by setting up multiple email, Facebook or other social media accounts in order to submit multiple entries).
16. By entering this competition you agree that the promoter may store and use the data you enter into this competition and contact you via email. You agree that the promoter may store and use the image and comment you enter into this competition, and may use your name and competition entry in its social media channels and website (including, but not limited to, Facebook, Twitter, Instagram, Pinterest, YouTube), worldwide and without limit of time. You understand that you won't have any right to preview or pre-approve the content (and, that you won't be entitled to any kind of payment) in the event that it is used by The Promoter and The Host as noted above.
17. Except for the purpose of carrying out the promotion, the Promoter will not use entrants' personal data without the express consent of the entrant.
18. You agree to be bound by the decisions of The Promoter and The Host, which are final in all matters relating to the promotion. No correspondence will be entered into in respect of the Promoter's decisions.
19. These terms and conditions shall be governed by and construed exclusively in accordance with the laws of England and the parties agree to submit to the exclusive jurisdiction of the Courts of England, including the seeking of all injunctive or ancillary relief actions.