



Guest Blogger Agreement

Vital Pharmaceuticals, Inc., d/b/a VPX/Redline, a/k/a VPX Sports (“VPX”) is a dietary supplement and performance beverage manufacturer, a company with one goal in mind: To produce the highest-grade, university proven sports nutrition supplements and performance beverages. . The same standard of quality and excellence is expected of our fitness blog as well. We welcome posts that cover a variety of topics including but not limited to sports nutrition, fitness, health, exercise, supplements, diet, workout tips, and workout motivation. If you have a guest post that is not included in this list but you feel would be a good fit for our blog, please submit your ideas as all relevant topics are welcome!

All Guest Posts must comply with the following criteria:

1. Guest Posts must be your own original work that has not been published on any other website, forum, chat or social media network.
2. Plagiarism or copyright infringement is not permitted.
3. When quoting others, please make sure to properly cite your source.
4. Posts will acknowledge your authorship, but will be the property of VPX.
5. Once the post has been submitted to VPX you may not publish it anywhere online, in part or in whole, including your own website or blog.
6. If we use your guest post, you may *promote* it on your own website, Facebook, Twitter or other social media forums. Promoting does not mean you post the entire article on these forums. You may include a link to your guest post and a short sentence or two explaining what the article is about.
7. Submissions should be kept between 200 – 800 words. Longer posts are allowed if it is necessary and relevant, but the final length of the article is decided by VPX.
8. Affiliate links shall not be included in guest post submissions.
9. VPX reserves the right to add its own affiliate links where appropriate.
10. Guest Post writers will receive writing credit as author of their post at the beginning of the article.
11. Guest Post writers may submit a short bio statement (no more than 50 words) that may or may not be used at the beginning of the article.
12. Guest Post writers will be allowed to have one link to their website within the author acknowledgement. This may not be an affiliate link or point to an affiliate site. If the writer does



not have a website, one link will be provided to either Facebook or Twitter. If there is not an appropriate profile for linking, only a name will be provided. VPX reserves the right to remove the author acknowledgement link within VPX's sole discretion.

13. Guest Post writers may provide a photo that may or may not be used.
14. A separate bio page for Guest Post writers will not be created.
15. We do not pay for submissions. If you decide to submit a post to our site, you do so with the knowledge that you shall not be entitled to any compensation for writing the post or for any other compensation related to the post.
16. VPX welcomes images and/or video to accompany your guest post as long as they meet the following requirements:
 - a. The Guest Post writer must be the copyright holder of the image/video OR the image/video must be licensed under an appropriate creative commons license or in the public domain. Proof must be submitted along with any image/video showing that it does not infringe on copyright laws.
 - b. VPX reserves the right to change/edit the image/video if necessary.
 - c. If people are included in the image/video, then the Guest Post writer must provide a written release allowing use of likeness.
 - d. Video/image submissions must be relevant to the post.
 - e. VPX reserves the right to deny or remove any image/video it deems inappropriate or contrary to the values of the VPX company and brand.
17. VPX will share and promote the Guest Post on a variety of social media networks, but does not guarantee any particular site or audience reach.
18. Links to any third-party site must be relevant to the topic and approved by VPX.
19. All search engine optimization ("SEO") information, such as anchor text or alt tags, will be reviewed and subject to inclusion at the discretion of VPX.
20. Excessive links or links that appear to be affiliated or spam related will be removed at the discretion of VPX.
21. All Guest Posts are reviewed and approved by VPX prior to posting.
22. VPX reserves the right to edit Guest Posts where necessary.



23. VPX reserves the right to refuse publication of remove a Guest post without prior notice to the Guest Post writer.
24. By providing a Guest Post to VPX, you agree that you are in no way becoming a part of the website or company, nor shall you hold yourself out to be a member of the VPX website or company.
25. If a Guest Post submission is inappropriate or needs improvements, a VPX representative will let you know and offer suggestions so that it may be published at a later time. VPX will review your submissions in a timely manner. VPX reserves the right to refuse publication of any Guest Post.

By submitting a Guest Post to VPX, you agree than you have read and understand this agreement and agree to be bound by it.