

Terms of Service

Version 1.2 · Effective 28 September 2026

These terms are the agreement between you and Mezo when you use the Mezo web app, its API or its MCP server. In short: Mezo is a free hobby project run by one person, you must be 16 or older, what you log stays yours, Mezo is a tracking tool and not medical advice, and you can leave at any time by deleting your account.

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1. Who we are

Mezo ("we", "us") provides the Mezo web app at <https://usemezo.app> and the API and MCP server behind it (together, "Mezo"). You can reach us at support@usemezo.app.

Mezo is a hobby project, built and run by one person in the Netherlands in their spare time. It is not a company. That changes nothing about your rights under these terms or under consumer law.

2. Agreeing to these terms

By creating an account or using Mezo you agree to these terms. If you do not agree, do not use Mezo. Our Privacy Policy explains what we do with your data and forms part of this agreement.

- You must be at least 16 years old.
- You must give us a working email address. It is how you sign in and how we reach you.
- You may use Mezo for yourself only. Businesses that want accounts for other people should write to us first.

3. Your account

There is no password. You sign in with a one-time code sent to your email address, so anyone who can read your email can get into your account. Keep that mailbox secure, and tell us as soon as you suspect someone else has used your account.

Everything done through your account, including by API keys you create and assistants you connect, counts as done by you. You can see and revoke that access in the developer settings.

4. Mezo is not medical advice

Mezo helps you record meals, workouts and body measurements and shows you what the numbers add up to. It is a tracking tool. It is not a doctor, a dietitian or a coach, and nothing in the app is medical, nutritional or fitness advice for your situation.

- Calorie, macro and other targets are general estimates from the figures you enter. They can be wrong for you.
- Talk to a qualified professional before changing your diet or training, especially if you are pregnant, under medical care, or have a history of disordered eating.
- Mezo is not for emergencies. If you feel unwell, seek medical help.

You decide what to do with what Mezo shows you, and you carry the responsibility for that decision.

5. What you log stays yours

The meals, workouts, measurements, notes, pictures and profile text you put into Mezo are yours. We claim no ownership of them.

So that Mezo can work, you allow us to store, process and display that content: to you, to the assistants and scripts you connect, and, for the fields on your public profile, to anyone who visits it. This permission ends when you delete the content or your account, except for backups, which are overwritten within thirty days.

You are responsible for what you post, on your public profile and in messages, comments and shared routines. Do not post anything you do not have the right to share, or that is unlawful, misleading or abusive.

6. Acceptable use

Use Mezo for its purpose and in a way that leaves it working for everyone else. In particular, do not:

- Access another person's account or data, or try to.
- Probe, scan or test the security of Mezo without our written permission. Write to us if you have found a vulnerability; we welcome that.
- Send traffic that is meant to overload Mezo, or work around a rate limit.
- Scrape public profiles at scale, or collect other users' data.
- Upload malware, or content that is illegal, harassing or sexually explicit.
- Resell access to Mezo, or offer it as your own service.
- Use Mezo in breach of the law that applies to you.

7. API keys and connected assistants

You can create API keys and authorise AI assistants (through MCP) to read and write your data. When you do:

- Treat a key like a password. It is shown once; if it leaks, delete it and create a new one.
- Keys and authorisations are limited to the scopes you grant and to the rate limits shown in the developer settings. We may lower a limit that is harming the service.
- The assistant or script is your choice. What it does with your data once it has read it is governed by its own terms, not ours.
- We may change the API and the MCP tools as Mezo develops. We will announce breaking changes in advance where we can.

8. What Mezo costs

Mezo is free. There are no paid plans, and we never ask for a payment method. If that ever changes, we will email every account holder at least 30 days before anything costs money, and nothing you use starts costing money without that notice.

9. Availability and changes to Mezo

We work to keep Mezo available and to fix problems quickly, but during early access we do not promise any particular uptime. We may add, change or remove features. If we remove something you rely on, or stop Mezo altogether, we will give you at least 30 days' notice by email, and send you a copy of your data if you ask for one before then.

10. Ending this agreement

You can end it at any time by deleting your account in the profile settings. Your data is removed as described in the Privacy Policy.

We can suspend or close your account if you break these terms, if the law requires it, or if the account is used in a way that harms Mezo or other users. Where it is reasonable to do so we will warn you first and give you a chance to put things right. Any remaining paid period is refunded unless the closure is for a serious breach.

11. Our software and your feedback

Mezo, its software, design and name belong to us or our licensors. These terms give you a personal right to use Mezo; they do not transfer anything else. Do not copy, modify or reverse engineer Mezo except where the law allows it.

If you send us ideas or feedback, we may use them without owing you anything. We will not use your name in connection with them without asking.

12. Warranties and liability

Mezo is provided as it is. We do not promise that it is error-free, that the figures it shows are accurate for you, or that it will always be available.

To the extent the law allows, our total liability to you for any claim connected with Mezo is limited to the amount you paid us in the twelve months before the claim, or 50 euros if you paid nothing. We are not liable for indirect loss, or for consequences of relying on Mezo's estimates instead of professional advice.

Nothing in these terms limits liability for death, personal injury, fraud, intent or gross negligence, or takes away rights that consumer law gives you and that cannot be waived.

13. Governing law and disputes

These terms are governed by the law of the Netherlands. If you are a consumer living elsewhere in the European Union, you also keep the protection of the mandatory rules of your own country, and you can bring a claim in your local courts.

If something goes wrong, write to support@usemezo.app first; most problems are quickest to solve that way.

14. Changes to these terms

We may update these terms as Mezo changes. For changes that affect your rights or what you pay, we email every account holder at least 30 days before they take effect. If you keep using Mezo after that date you accept the new terms; if you do not accept them, delete your account before then. The version and date at the top tell you which terms apply.

15. Contact

Mezo, support@usemezo.app, <https://usemezo.app>.