

Not All VPNs Protect You

A 2025 study of 800 free VPN apps found serious security issues:

6%
of free iOS VPNs request
deep system access

25%
lack a valid privacy manifest
(you can't see what data
they collect)

The Problem:

If the VPN is free, **you're the product**. Free VPNs often log your data and sell it to advertisers or worse.

Better Options:

-  iCloud Private Relay - Built into iPhone with iCloud+
-  Trusted paid VPNs - Norton, ExpressVPN, NordVPN
-  Research first - Check independent reviews before downloading

The Privacy Paradox

- The Art of Invisibility by Kevin Mitnick

"Sometimes your protections themselves can become part of your fingerprint."

Too many unique privacy tools can make you MORE identifiable, not less.

The Balance: Use common, well-tested privacy tools rather than obscure or highly customized configurations.