

vitodotstudio

How to locate
measuring points

Hand

Vitastiq tracks the general trend of the following vitamins and minerals using 10 measuring points located on your hand (left or right).

- | | |
|----------------|----------------|
| 1. BIOTIN | 6. ZINC |
| 2. VITAMIN C | 7. SELENIUM |
| 3. MAGNESIUM | 8. VITAMIN B-6 |
| 4. VITAMIN B-1 | 9. VITAMIN E |
| 5. VITAMIN B-2 | 10. FOLIC ACID |



Place the tip of the device a few millimeters (approx. one tip's width) below the fingernail as shown on the screen. If necessary, slightly move the tip to find the highest value as this shows the correct point position (at the exact acupuncture point you should get the highest value). Do not touch the nail root because this can affect the accuracy of the readings.



Foot

Vitastiq tracks the general trend of the following vitamins and minerals using 10 measuring points located on your foot (left or right).

- | | |
|-----------------|----------------|
| 1. CHROMIUM | 6. VITAMIN B-3 |
| 2. VITAMIN A | 7. OMEGA 3-6 |
| 3. GLUCOSAMINE | 8. VITAMIN B-5 |
| 4. VITAMIN B-12 | 9. VITAMIN D |
| 5. MANGANESE | 10. CALCIUM |

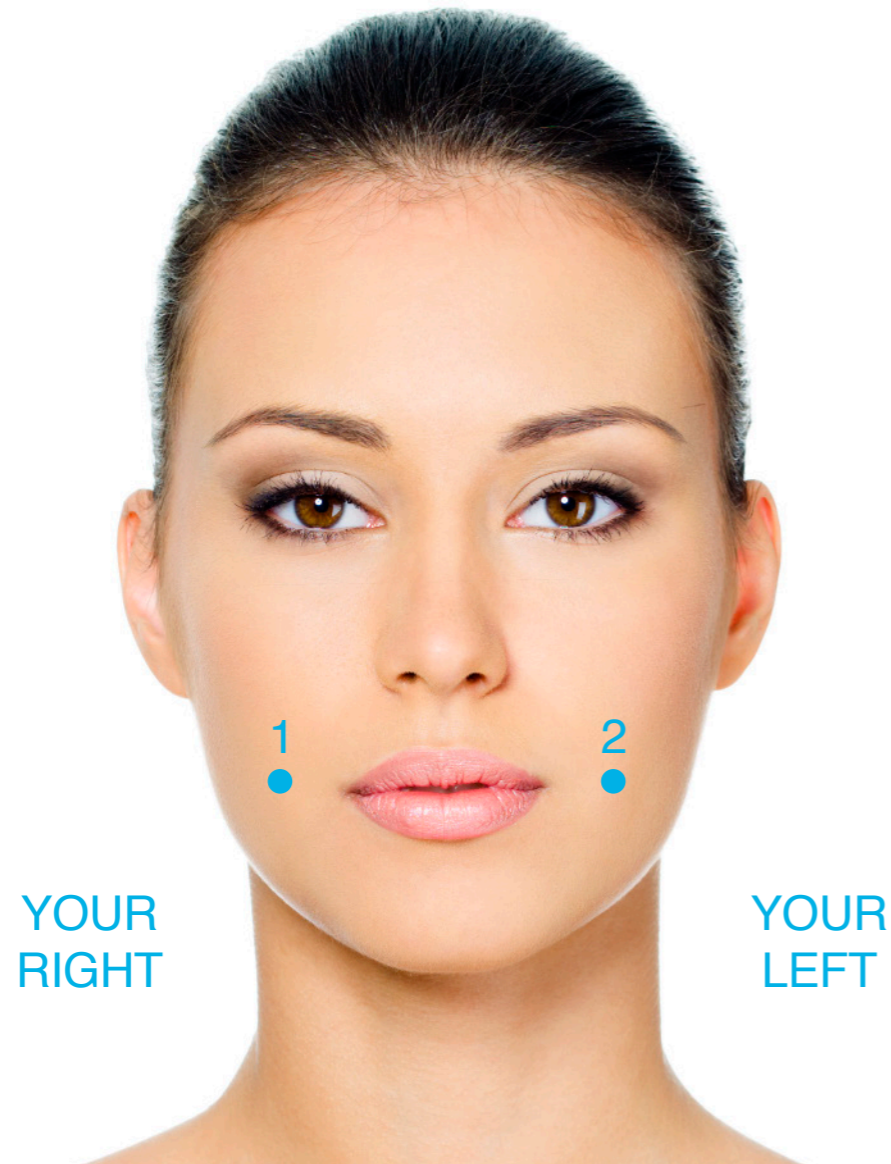


Place the tip of the device a few millimeters (approx. one tip's width) below the toenail as shown on the screen. If necessary, slightly move the tip to find the highest value as this shows the correct point position (at the exact acupuncture point you should get the highest value). Do not touch the nail root because this can affect the accuracy of the readings.



Head

Vitastiq tracks the general trend of potassium and sodium using 2 measuring points located on your head.



1. POTASSIUM

Right side of your cheek: place the tip of the device two fingers' width away from the right corner of your mouth.

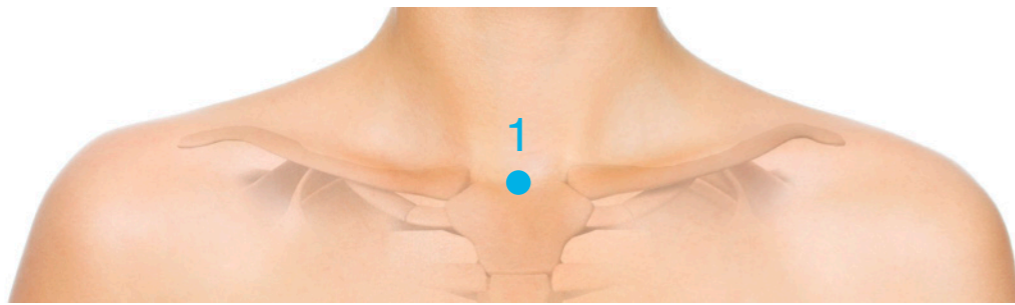
2. SODIUM

Left side of your cheek: place the tip of the device two fingers' width away from the left corner of your mouth.

If necessary, slightly move the tip to find the highest value as this shows the correct point position (at the exact acupuncture point you should get the highest value).

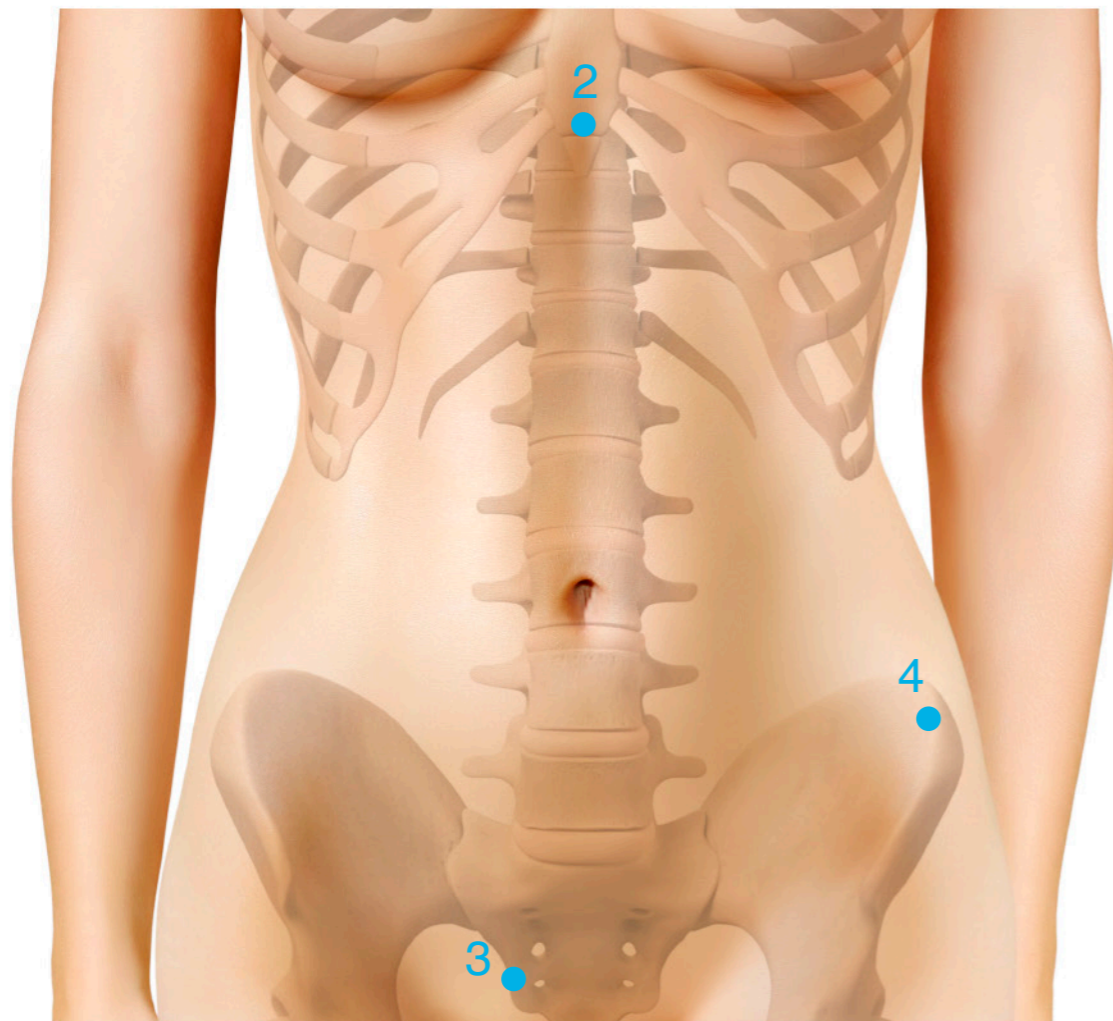
Body

Vitastiq tracks the general trend of the following vitamins and minerals using 4 measuring points located on your body.



YOUR
RIGHT

YOUR
LEFT



1. IODINE

Center of the body: place the tip of the device one centimeter above the upper edge of the sternum.

2. COENZYME Q 10

Center of the body: place the tip of the device on the lower edge of the sternum (the point at which the ribs separate from the sternum).

3. IRON

Right side of the body: place the tip of the device two thumbs' width to the right from the middle of your pubic bone.

4. COPPER

Left side of the body: place the tip of the device on the top of the pelvic bone.

If necessary, slightly move the tip to find the highest value as this shows the correct point position (at the exact acupuncture point you should get the highest value).

Learn more about the Vitastiq device and how to use it at vitastiq.com.
For detailed instructions, safety and handling information visit vitastiq.com.
For additional assistance contact support@vitastiq.com.

[Vitastiq Inc.](#)

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How to locate measuring points, V 2.0. / December 21, 2016

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