



## VITASTIQ INSTALLATION

- Download the free Vitastiq app by scanning this QR code, or visit the App Store or Google Play

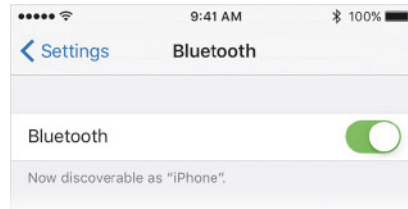


- Log in with Google, Facebook or e-mail
- Set up your app profile

## QUICK START GUIDE

## CONNECT YOUR VITASTIQ DEVICE TO YOUR SMARTPHONE

- Enable **Bluetooth** on your smartphone. The app will automatically ask you to do that.



- Press the tip of the Vitastiq device to activate it. Vitastiq will automatically deactivate after 1 minute if left on standby.
- Choose **settings > select device** to connect your Vitastiq device, or simply press **start** and select your Vitastiq device on the screen.
- Register your Vitastiq device by scanning or entering the code found inside the box or received via e-mail.

## HAVE QUESTIONS?

Contact our customer support at [support@vitastiq.com](mailto:support@vitastiq.com) or visit [vitastiq.com/support](http://vitastiq.com/support)



## START USING VITASTIQ

Take the time to get familiar with the whole process as this will increase the precision of the readings. Practice makes perfect!

### 1. Prepare

- Take off all your jewelry.
- Make sure that your skin is clean.
- Do not use any body or hand lotion.
- Dampen the tip of the device using a wet cotton pad. Repeat for each measuring point.



### 2. Calibrate

Carefully determine the reference point. Hold the device as you would hold a pen. Move the tip of the device as shown on the calibration screen. Press the tip so it retracts completely. The hand holding the Vitastiq device should not be touching the rest of your body. Tap the 'i' icon on the screen to see detailed instructions. Tap the 'play' icon to watch the video tutorial. Tap the '?' icon to get the information about the measuring points.



### 3. Get the readings

Be precise when placing the tip of the device on the measuring point: please pay close attention to the exact position of each point.

Press the tip so it retracts completely. If necessary, move the tip just a little bit to find the highest value. The highest value means that you have located the exact measuring point. Do not touch the nail root as this can affect the accuracy of the readings. Tap the 'i' icon on the screen to get precise instructions on how to find the exact point. Tap the 'play' icon to watch the video tutorial.



## TIPS & TRICKS

- If the readings show unusually high or unusually low vitamin or mineral levels, please review the tutorials and try again. There is a possibility that your reference point has not been determined correctly or that you applied too little or too much pressure to the reference point. Maintain the same pressure during the calibration and on all other measuring points.
- To take another reading at the same measuring point, simply tap the vitamin or mineral name on the screen.
- Do not hold the smartphone in your hand. You shouldn't be in contact with your phone while using Vitastiq.
- Do not use on a metal surface as this can interfere with electrical conductivity.
- You won't be able to use Vitastiq while the charging cable is connected to it.
- Check the Bluetooth connection on your smartphone. Make sure that Vitastiq has been activated.
- Vitastiq tracks the general trend in the user's nutrient status. With the regular use over the course of several weeks, Vitastiq can help indicate your general vitamin and mineral trend. Always try to use Vitastiq in similar circumstances as the readings can be affected by different factors, such as food intake, fitness activities, stress, etc.