

The logo for VITCO•STIQ is positioned on the left side of the page. It features the brand name in a light grey, lowercase, sans-serif font. The text is partially enclosed by a large, multi-colored arc that starts at the top left, curves around the text, and ends at the bottom left. The arc is composed of several distinct color segments: teal at the top, green, yellow-green, yellow, orange, and red at the bottom. The background behind the logo is a light grey square.

vitco•stiq

Hello

Quick Start Guide



Vitastiq – Your smart device for vital device.

In order to begin using your Vitastiq device, please download the free Vitastiq smartphone application from vitastiq.com or visit the Apple store.

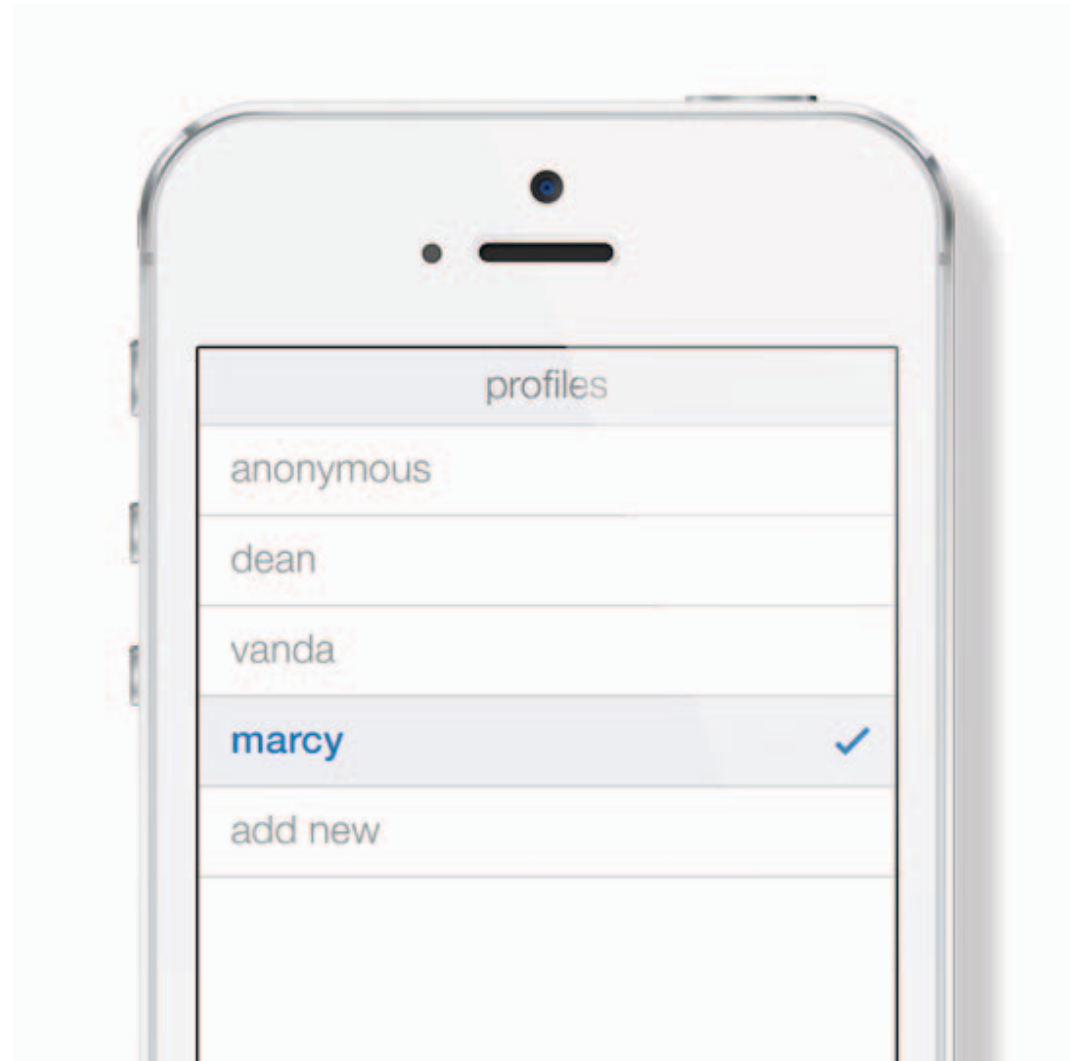


Connect the Vitastiq device to your smartphone.

Please connect the cable to the Vitastiq device with an enclosed cable to your smartphone (insert the connector into the headphone mini jack socket on your smartphone).

Notice while using smartphone.

In order to answer an incoming call on your smartphone while using Vitastiq, the device has to be unplugged.



Set up your user profile.

Create your profile within the application and adjust all settings to your preferences. You can log in on one of the following platforms: Google, Facebook or by e-mail.

Multiple users can use one device.

The Vitastiq app provides as many users and profiles

as you wish. In order to receive the personalized measurement and individual measuring history, you will need to create your own personal profile. Vitastiq saves your personal measuring data so you can monitor your vitamin and mineral status through any given period.



Before your measurement.

Follow these simple steps:

1. Take off all our jewelery.
2. Make sure that your skin is clean. Do not use any body or hand lotion.

3. Connect the Vitastiq device with the enclosed cable to your smartphone and start the application.
4. Set up your profile.



The importance of skin moisture.

Human skin conducts the electrical circuit. The moisture levels of your skin correlate with the precision of the readings. To ensure your readings are valid, we recommend that you clean and

moisture the measuring points on your skin. This is particularly important for the measuring on your body and feet because the skin is much thicker in these areas.



The importance of setting the reference point.

Gently move the tip of the device on the outer side of your thumb between the two joints following the line where the two skin types meet (between the palm and the upper part of the hand). In order to determine the precise reference point, move the tip of the device

exactly as shown on the screen during the calibration. Ensure that the hand holding the Vitastiq device does not touch the rest of your body.



Start measuring your vitamin and mineral levels.

Press the tip slightly upon the measuring point on your body and hold the device firmly in place until the measuring is finished. Try to use the same pressure on each of the measuring points (to achieve consistent accuracy, press the tip so that it retracts all the way in). The application will inform you when the measuring has been completed.

Determinating the precise measuring point positions.

When measuring hand or foot points, centre the tip of

the device a few millimetres (approx. a tip's width) below the nail of the finger or the toe (shown on the screen while measuring) aligned with its right or left edge. If necessary, slightly move the tip to find the highest value as this shows the correct point position (i.e., at the exact acupuncture point you should get the highest value). Do not touch the nail root as this can affect the accuracy of the results. When measuring the points on the rest of your body, please visit [vitastiq.com](https://www.vitastiq.com) for detailed instructions or check the in-app tutorial.



The importance of proper Vitastiq usage.

In order to ensure valid results, it is important to use Vitastiq correctly. Take the time to learn the measuring process as this will increase the precision of the results. Practice makes perfect! Be precise when placing the device on the individual measuring points:

please pay close attention to the exact location of each measuring point. The tip of the device cannot touch your nails as this can affect the accuracy of the results.

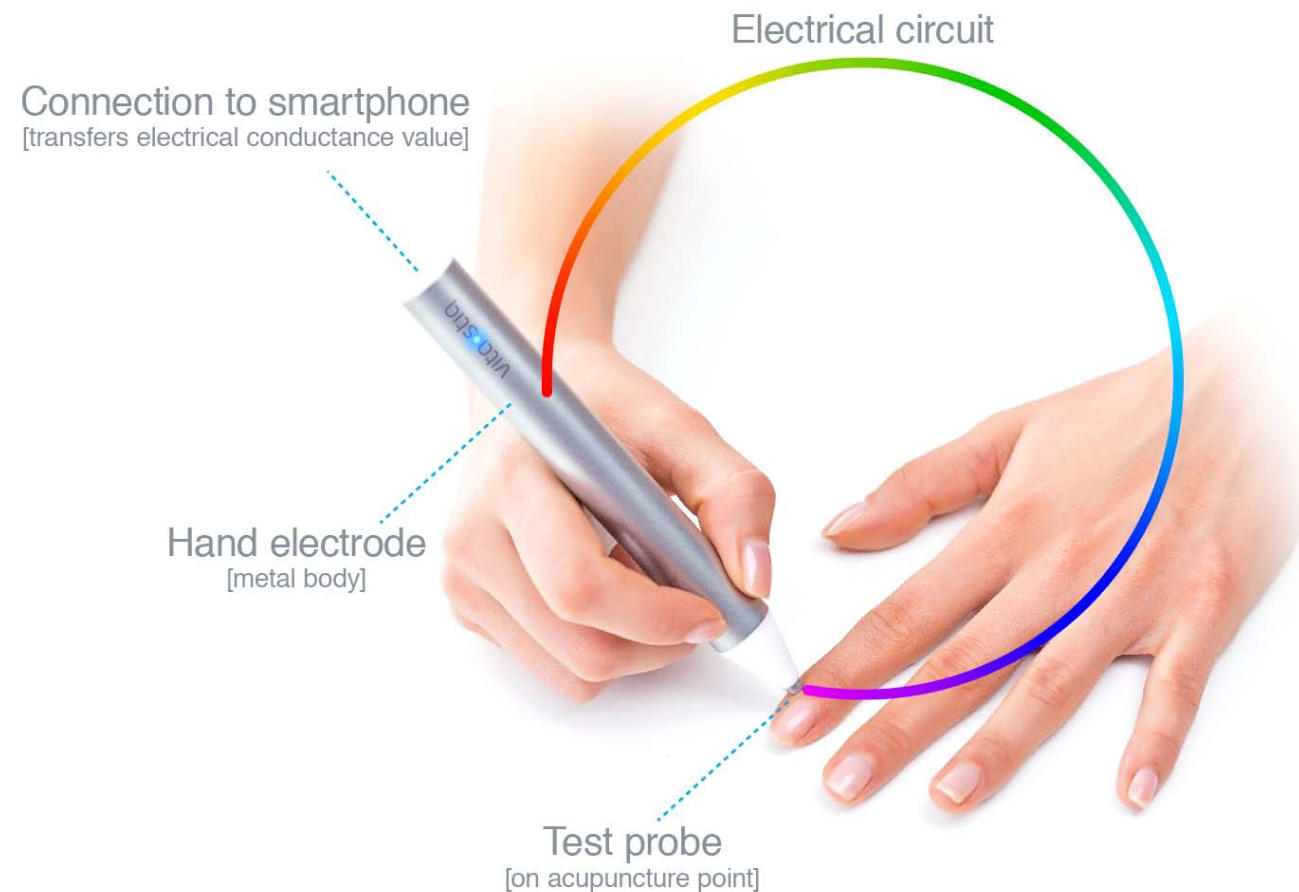


Measuring vitamins and minerals.

Once you have selected the set of measuring points on the measuring template, you can start measuring your vitamin and mineral status. The measuring principle is identical to the explanation provided in the previous step.

Check your status regularly.

By clicking the HISTORY tab in the Vitastiq application, you can easily check and track your vitamin and mineral levels. Monitor your health status by checking every vitamin and mineral measured.



Self-check measuring notice.

The device measures the electrical conductivity values of certain acupuncture points of the hands and feet, thus the person using the device represents a closed electrical circuit. This explains why the Vitastiq device is intended for personal measuring only.

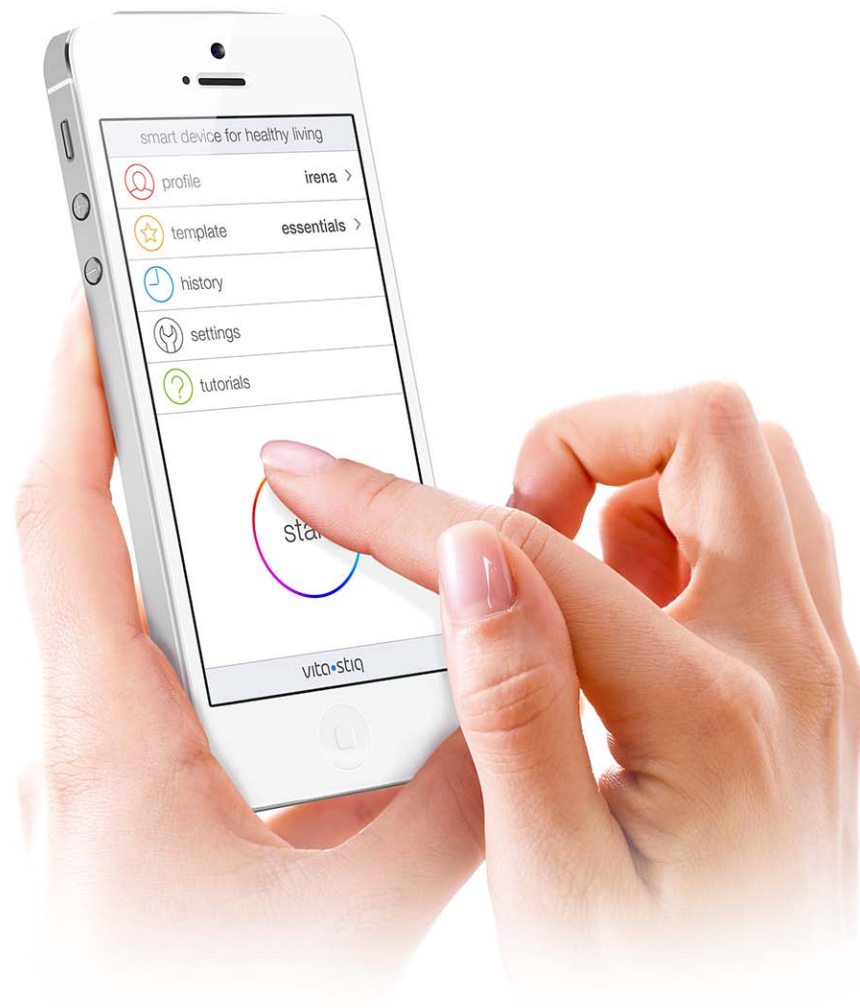
Frequency of Vitastiq usage.

We recommend that you measure your vitamin and

mineral status weekly in order to establish and maintain a healthy lifestyle through the data provided by Vitastiq.

There are no age limits for usage.

Vitastiq may be used by everyone. However, as Vitastiq is a self-measuring device, it is designed for individual, independent use only.



Remeasuring requirement.

If your measuring results are showing unusually high or low levels in a week to week comparison, review the proper Vitastiq usage directions: there is a possibility that your reference point was not measured correctly or that you are applying too much or too little pressure to the reference point. When a single measuring point is treated several times in succession over a very short period of time, the intrinsic nerve/

meridian impedance to electrical treatment may slightly affect the accuracy of the results. In order to protect against false positive or negative results, when using Vitastiq it is essential to apply the correct amount of pressure at the measuring point indicated. For further details on user experience, please visit vitastiq.com.



Vitastiq disclaimer.

The data provided by the Vitastiq device and app must only be regarded as reference values of your vitamin and mineral status and should not be confused with medical opinion. We advise you to consult your physician before beginning supplement therapy or any medical activity.

Vitastiq as a monitoring/reading device.

Vitastiq cannot affect your vitamin and mineral levels; rather, it provides an insight into your current vitamin

and mineral status based on the EAV methodology of Dr. Voll.

Measuring results during pregnancy.

It is safe to use Vitastiq during pregnancy and while breastfeeding. However, as there is a strong likelihood that the measuring results will not be accurate, the use of Vitastiq is not advised during pregnancy or while breastfeeding.



Vitastiq maintenance.

To keep your device functioning properly, clean with a damp cloth. Do not use detergents and keep Vitastiq away from direct contact with water or heat sources. Such contact will irreversibly damage the electrode used to measure your vitamin and mineral status. Due to a potential electrical hazard, the device should not be dismantled. Any dismantling will result in breach of warranty.

The device contains a battery and should be disposed and stored accordingly.

Storing your Vitastiq device.

In order to prevent any significant damage, please keep your device in a dry, safe place. The box in which you purchased Vitastiq can be used for storage of the device.

Learn more.

Learn more about the Vitastiq device and its application at vitastiq.com.

For detailed instructions, safety and handling information, visit vitastiq.com.

Get support on support@vitastiq.com.

Vitastiq Inc.

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Quick Start Guide, V 1.0. / March 30, 2015

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