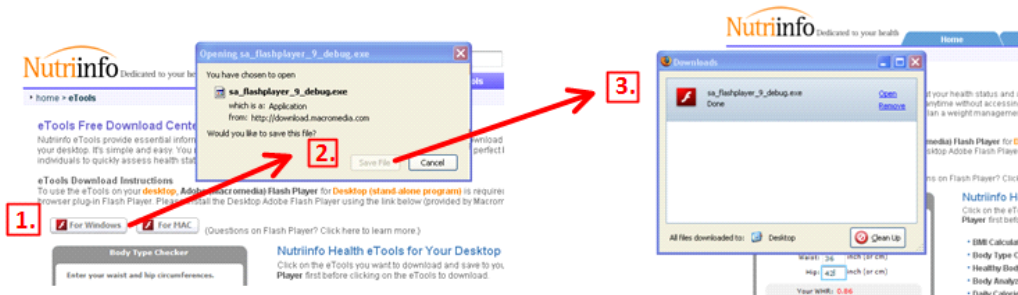


To use Nutriinfo Health eTools on your Desktop, **Adobe (Macromedia) Flash Player 9** (Stand Alone Program) is required. Stand-alone Flash Player is different from Web browser plug-in Flash Player. Please install the Desktop Adobe Flash Player before downloading the eTools. Download instructions vary depending on your browser. Below are instructions for downloading the Flash Player and eTools using Mozilla Firefox and Internet Explorer.

## Download Instructions Using Firefox

### One Time Installation of Adobe Flash Player

1. Click the button "for Windows" or "for MAC".
2. A pop-up window will appear. The "Save File" function may appear grey and disabled, but by clicking on it you will enable the button.
3. After you click "Save File", the pop-up Downloads window will appear. You do not have to open the file to execute it. Installation of Flash Player has been completed when this window appears.



### Download of eTools

You may now begin selecting the eTool you would like to download first.

1. Choose "Save to Disk" in the pop-up window and click "OK" (the default setting automatically sends files to your desktop). Note: You will not be able to save the tool by opening it from here.
2. After clicking "OK", the Download window will appear. You may click "Open" to immediately begin using your New eTool or locate it on your desktop or where you saved it to.



## Download Instructions Using Internet Explorer

### Installation of Adobe Flash Player

1. Click the button "for Windows" or "for MAC."
2. A pop-up window will appear. Click on "Run" to install the program.
3. Explorer may not recognize the publisher and another pop-up window will appear. Click "Run" in this window to continue installing.
4. Once installed, an empty pop-up window will appear. You may close this window.



### Download of eTools

You may now begin selecting the eTool you would like to download first.

1. The File Download will appear after you select an eTool. Click "Save." Note: You will not be able to save the eTool file by opening it from here.
2. Save the eTool file to your desktop for convenient access. Files are already named. Just click "Save."
3. Open to immediately begin using your New eTool or find it on your desktop or where you have it saved and use it from there.

