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How to locate
measuring points

Hand

Vitastiq measures status of these vitamins and minerals on 10 points located on your hand (you can measure on both hands).

- | | |
|----------------|----------------|
| 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 |



Centre the tip of the device a few millimetres (approx. a tip's width) below the nail of a finger, shown on a 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 (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.



Foot

Vitastiq measures status of these vitamins and minerals on 10 points located on your foot (you can measure on both feet).

- | | |
|-----------------|----------------|
| 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 |



Centre the tip of the device a few millimetres (approx. a tip's width) below the nail of a toe, shown on a 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 (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.



Head

Vitastiq measures status of these vitamins and minerals on 3 points located on your head.



1. POTASSIUM

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

2. SODIUM

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

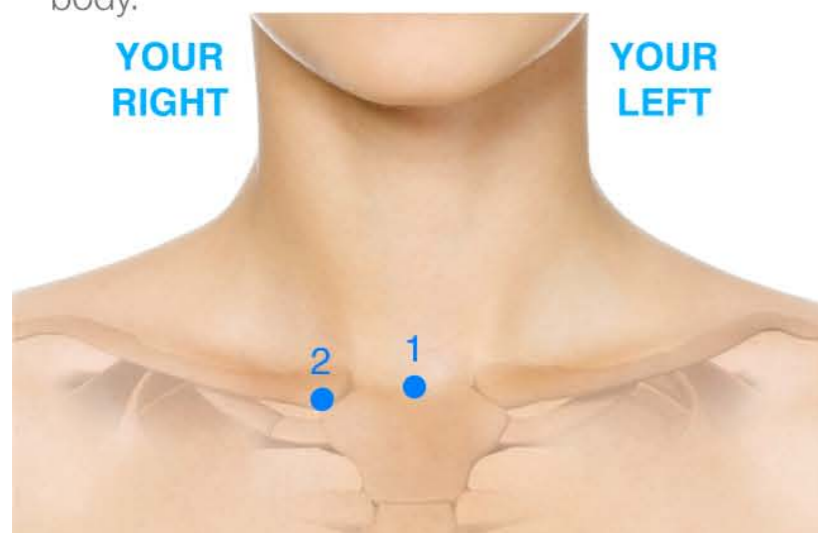
3. PROTEINS

Top of the head, center: centre the tip of the device exactly above the border of your hair-line (above the beginning of your hair growth towards your scalp).

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). Apply extra water moisture.

Body

Vitastiq measures status of these vitamins and minerals on 7 points located on your body.

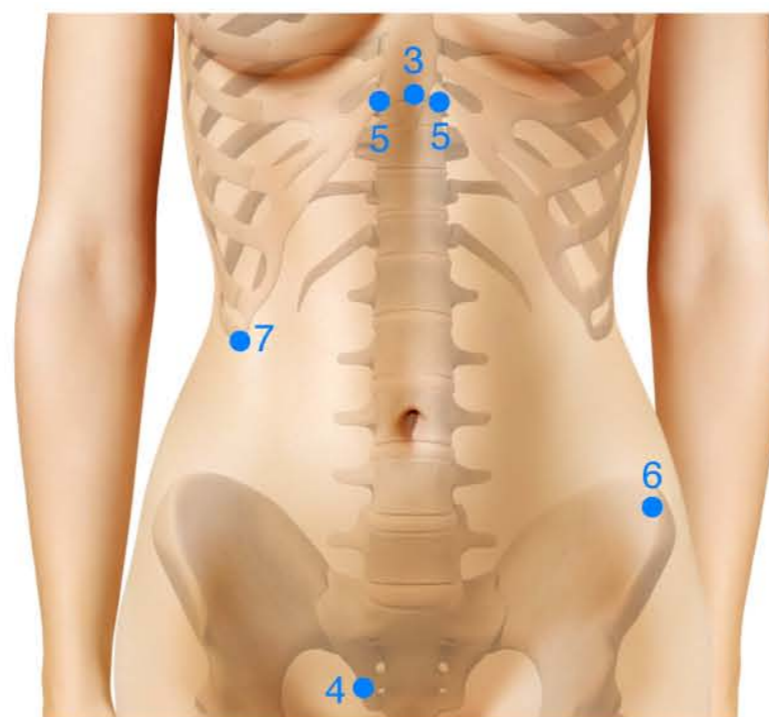


1. IODINE

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

2. HAEMOGLOBIN

Right side of a body: centre the tip of the device on the lower edge of the sternum on the right towards the neck.



3. COENZYME Q 10

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

4. IRON

Right side of a body: centre the tip of the device two thumbs' width on the right from the middle of your pubic bone.

5. PEPSIN

Both sides of a body (there are two spots where you can measure pepsin): touch the point between two ribs in the middle of the chest and then centre the tip of the device on the spot where the ribs start to separate from each (right at the edge of the right or the left rib).

6. COPPER

Left side of a body: centre the tip of the device on the top of the pelvic bone on the left.

7. BILE ACID

Right side of a body: centre the tip of the device on the top of the last (lowest) rib on the right.

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). Apply extra water moisture.

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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