

# Welcome to the start of your feel-good journey.

At Vitable, we understand the challenge of trying to keep up with a healthy and balanced diet when life gets demanding.

We believe that you deserve to be at your best at all times, with no compromises. With your personalised daily vitamin pack, you are taking today a first step towards feeling good everyday.



vitable



# Let's get started.

You've made a great decision to start investing in your health and wellbeing. We're so excited for you to see how our vitamins will change the way you feel.

So how does it work? Simply, that is.

1	<b>WHAT'S IN MY ORDER?</b> Enclosed in your order is your information booklet outlining each of your vitamins. It's jam-packed full of interesting facts about what's in your vitamins.
2	<b>ONE PACK A DAY</b> Use one pack per day. We suggest you take your vitamins with food and water, like with your breakfast or lunch, every day. Establishing your routine early will help you remember to take them.
3	<b>WHAT HAPPENS NEXT</b> Each month you will get a delivery to your door with your daily sachets, it's that easy. Remember, you can pause at any time. If your diet or lifestyle is changing, remember to retake the quiz to update your pack.
4	<b>WE ARE HERE TO HELP</b> Vitable is backed by scientific research, and our customer care team is always ready to answer any questions you might have about your subscription.

We also want you to know that we are here to help you on your journey, so get in touch with us if you have any questions, or if you just want to say hi.

**Larah & Ilyas, Vitable co-founders**

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