# Below are the steps to clear cookies and cache
on Google Chrome Browser

Our Nutritionist Pro Online application sometimes needs browser history cleared to see the new features—Follow these steps below if you are using a Chrome browser to clear your history
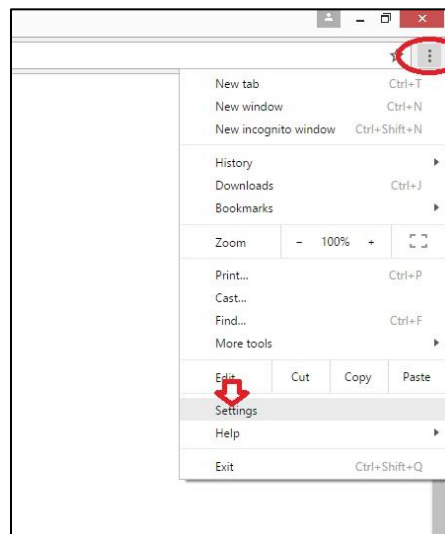
1. Open your Chrome bowser by right clicking and selecting from the desktop run as administrator so your cache clearing is accepted by the computer.

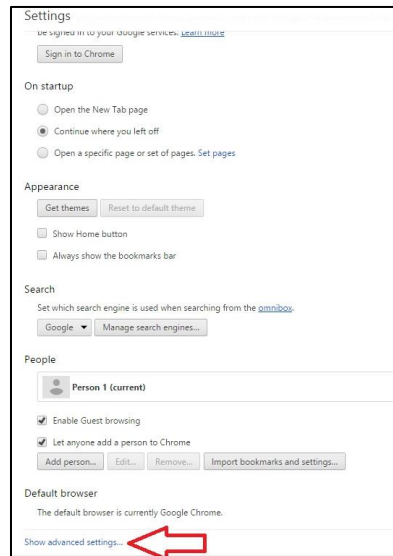*Figure 1 -- run chrome as administrator*
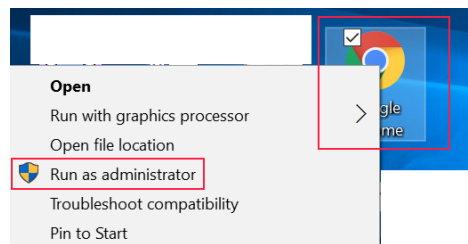
2. On the right-top of the window, click on the three dots button as shown in below image, and select "Settings" from drop down menu.

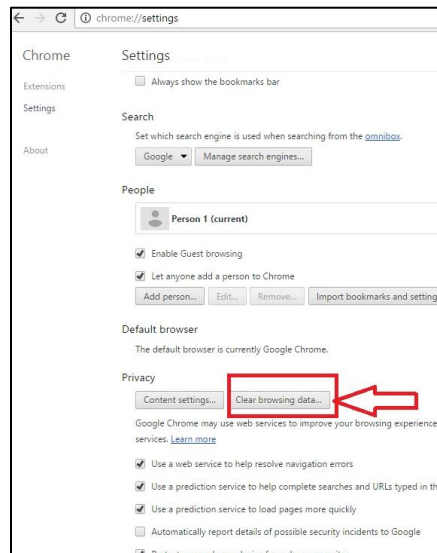*Figure 2 select internet settings*

3. On the settings window, click on the "Show advance menu".
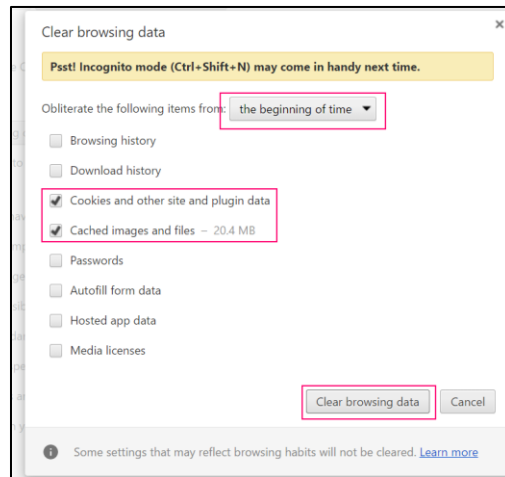
Figure 3 select Advanced Settings

4. Go into the Privacy section and click on the "Clear Browsing Data".

Figure 4 select privacy and clear browsing data

5. You will see "Clear Browsing Data" window. Here tick the appropriate options as shown in the picture below to clear your cookies and cache.

Figure 5 select browsing to clear cache

6. **Close all the browser windows**
7. **Now reboot and restart your machine**
8. Wait a few minutes and see the online app the new features should be available to see
9. If you still don't see them please know sometimes your ISP internet provider might hold on to browser history and not clear it right away so it is recommended to wait a few hours if you think that might the case