

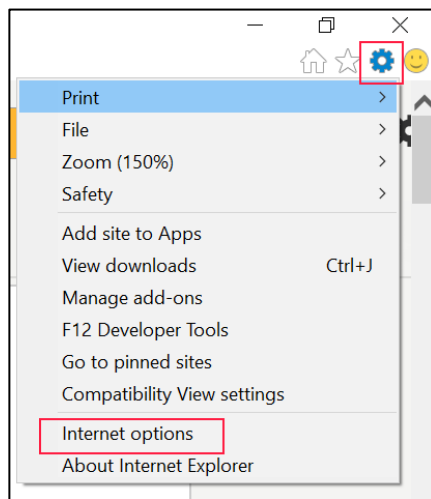


## Below are the steps to clear cookies and cache on IE Internet Explorer Browser

Our Nutritionist Pro Online application sometimes needs browser history cleared to see the new features—Follow these steps below if you are using an **IE Internet Explorer** browser to clear your history

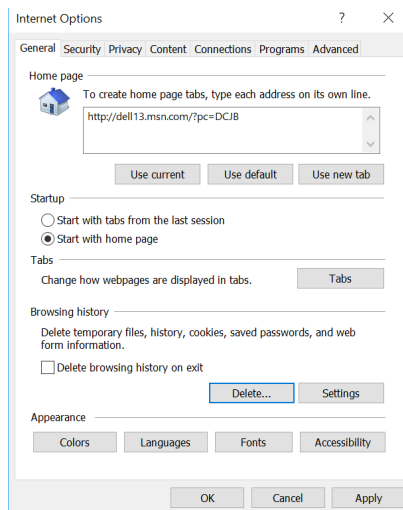
1. Open your IE browser
2. On the right-top of the window, click on the settings icon as shown in below image, and select “internet options” from drop down menu.

Figure 1 select internet options

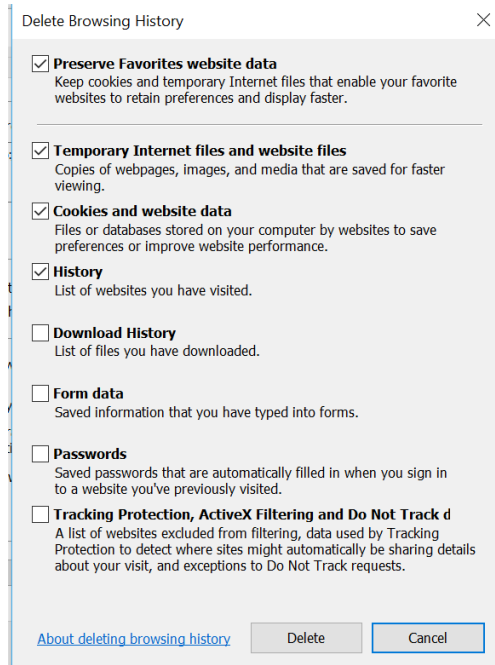


3. On the settings window then select Clear Browsing Data

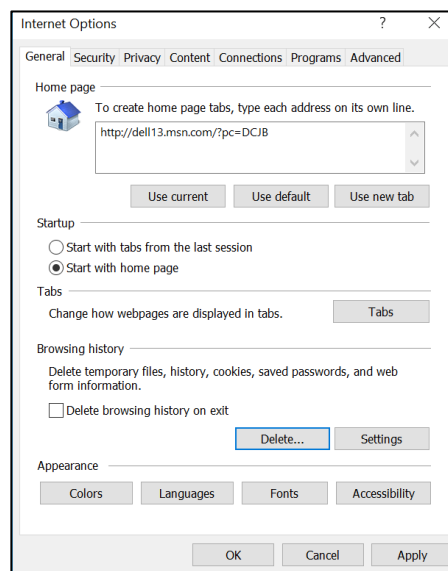
Figure 2 select delete for Browsing history



4. Select these options shown and clear data Figure 3 select these options shown and clear history



5. After delete hit apply and ok



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