Nutritionist Pro™ Standalone Upgrade Steps

Steps on how to upgrade the Standalone version

Follow the steps below to upgrade successfully.

As promised, we are enclosing the scheduled **version ___** update for Nutritionist Pro™. **The previous version was ___.** Please read over the instructions below before beginning your software update, and make sure to allot about 20 minutes for the data back-up and software update process.

Steps for installing and upgrading to Version ---

1. **Very important step so your custom data is not lost -- make a backup of the database.** For backup steps click here
2. **For hardware requirements click here.** **Please review them if needed to determine hardware, software requirements.**
3. If you want to install on a MAC see steps here

4. **Download the file and double click. It will self-extract and start installing.**

   a. A window will indicate that a backup of the database will be made during installation. Click "OK" to continue.
   b. Next, the first screen of the installation utility will appear indicating that Nutritionist Pro™ Setup is preparing InstallShield Wizard. Complete the screens that follow.
   c. After the InstallShield utility completes the installation process, click "FINISH," and the **data update** will begin automatically. During this process, it will update your current database and transfer it into the new version. This process can take up to 20 minutes based on how much custom data you have stored. Please avoid clicking the mouse during this process.
   d. A message will appear that the update is complete. Click "Close." **You are now ready to use Nutritionist Pro™ Version ---!**

IF for any reason you need to license the application the licensing steps are available here

<u>PLEASE NOTE -</u> Sometimes for some International clients the regional language settings will need to be changed to English during installation and data update. If you are experiencing any issues and your regional language of your OS is set to something other than English please change it to English and then proceed. You can change your language back to its original after you are done installing and upgrading

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