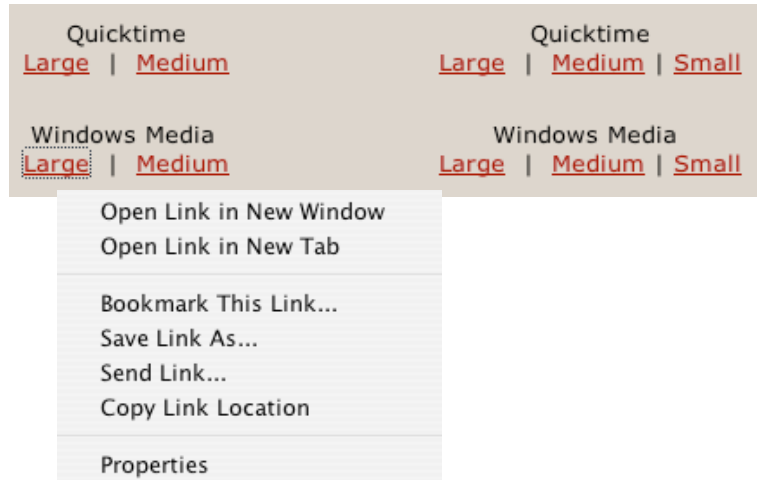


Instructions on how to download Dr. Smoothie videos

After connecting to the Internet, go to our website at www.drsmoothie.com and when prompted, click the enter button to access our home page. (Alternatively you can go directly to our video download page by typing in the address www.drsmoothie.com/download_media.html)

On the download_media page choose which size video and what format you would like to download (we have files in both popular formats – QuickTime or Windows Media)

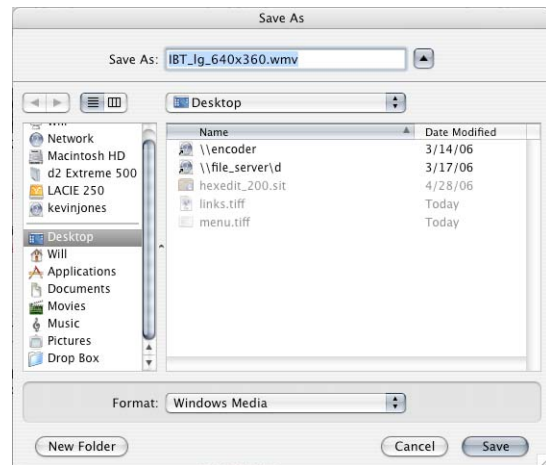
Right-Click on the link in red (Large | Medium | Small) and choose the option “save target as” (windows) or “save link as” (macintosh).



A dialog box will appear. This is where you choose where you would like to save the file on your system.

Saving to your desktop is recommended, as the movie will be easy to find.

Once the file has completed downloading, simply find the video file you downloaded and double click the file to view it.



If you are having problems downloading our videos and would like further assistance, feel free to either send us an email at video@drsmoothie.com or give us a call at 714-449-9787 and ask for extension 141.

Thank you,

Dr. Smoothie Video Productions