**USER INSTRUCTIONS**

How to use the calendar pack

1. **Set the day reminder**
   Turn the inner disc to set the day of the week opposite the little plastic tab.

2. **Take the first day’s tablet**
   Break the plastic tab and tip out the first tablet.

3. **Move the dial every day**
   On the next day simply move the transparent dial clockwise one space as indicated by the arrow. Tip out the next tablet. Remember to take only one tablet once a day.
   You can only turn the transparent dial after the tablet in the opening has been removed.