



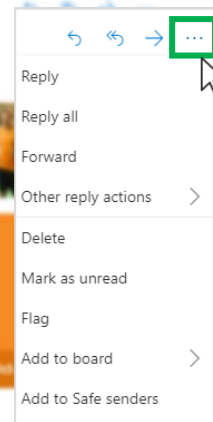
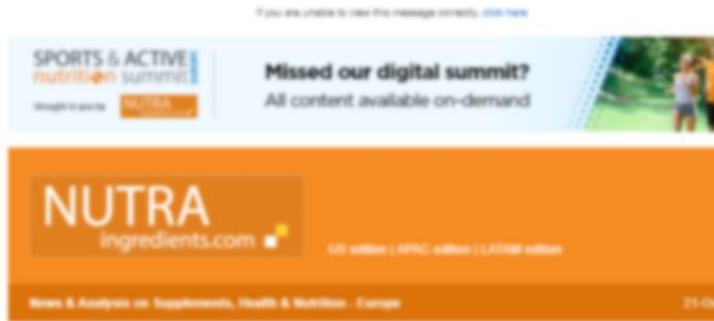
Outlook.com or Windows Live Mail

Method one

1 Click on the three dots on the right hand side of the email

Bio-amplification used to boost probiotic count in nuts / Omega-3 has "no significant effect" on self-regulation in preschoolers / Athlete-led startup reveals rugby partnership / +more!

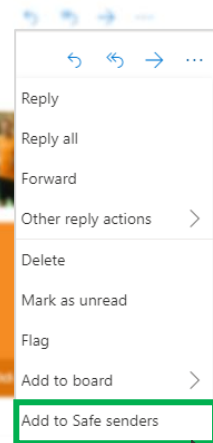
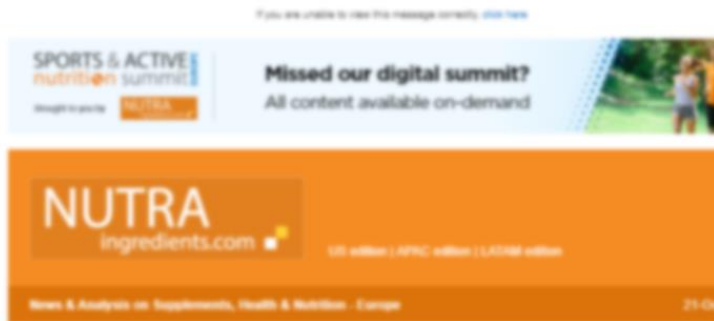
Nutraingredients <newsletter@nutraingredients.com>
Thu 21/10/2021 12:40



2 Select 'Add to safe senders'

Bio-amplification used to boost probiotic count in nuts / Omega-3 has "no significant effect" on self-regulation in preschoolers / Athlete-led startup reveals rugby partnership / +more!

Nutraingredients <newsletter@nutraingredients.com>
Thu 21/10/2021 12:40



3 Click 'OK' on pop up

Add
newsletter@nutraingredients.com
to the safe senders list?

Messages from
newsletter@nutraingredients.com will not be
marked as junk.

OK

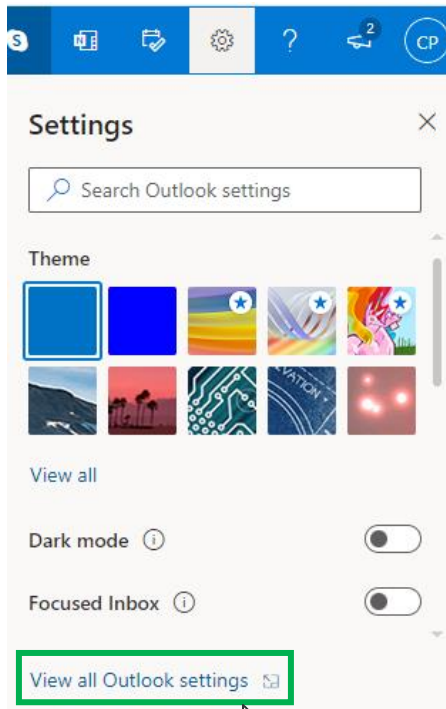
Cancel



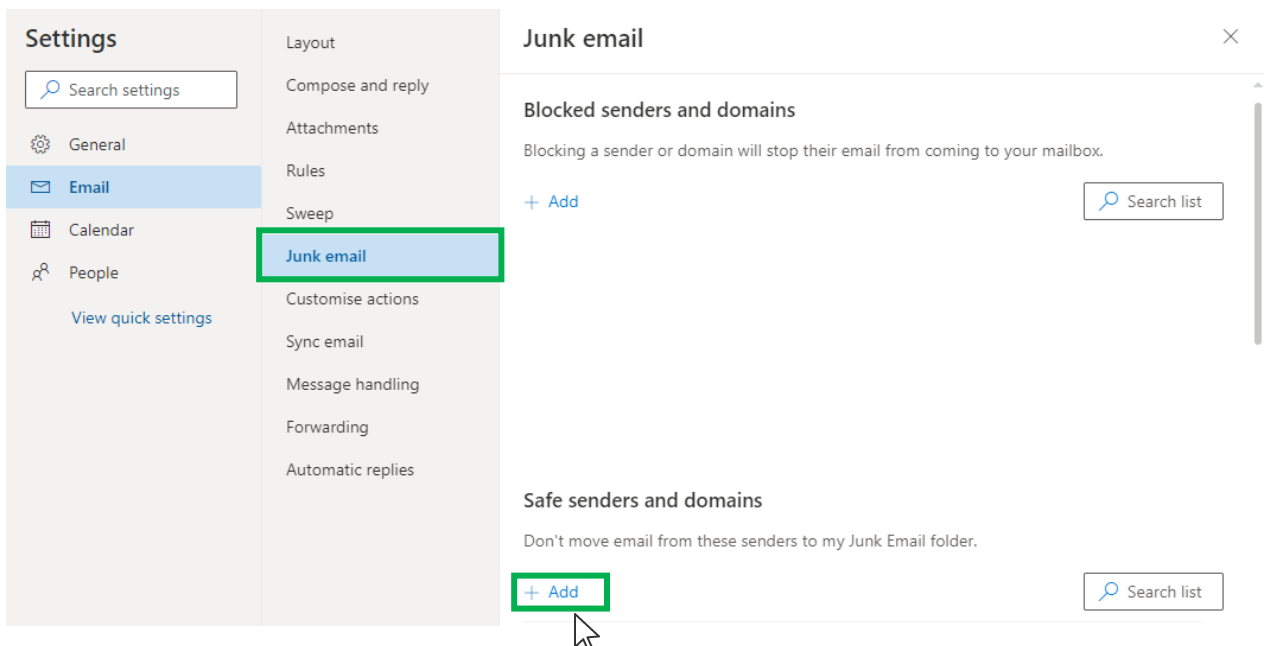
Outlook.com or Windows Live Mail

Method two

- 1 Click on the cog icon (Settings Menu) located on the top right and choose 'View all Outlook Settings'



- 2 On the menu located on the left hand side, select 'Junk email' (under Email) and click +Add under 'Safe senders and domains'





Outlook.com or Windows Live Mail

3

Type 'newsletter@nutraingredients.com' into the text box and click enter to add us to your safe senders list

The screenshot shows the Outlook settings interface. On the left, the 'Settings' pane is open to the 'Email' section, with 'Junk email' selected. The main area is titled 'Junk email' and contains a 'Safe senders and domains' section. Below the heading 'Safe senders and domains' is the instruction 'Don't move email from these senders to my Junk Email folder.' There is an '+ Add' button and a search box labeled 'Search list'. The email address 'newsletter@nutraingredients.com' is entered in the text box below the search box. At the bottom right of the 'Junk email' pane, there are 'Save' and 'Discard' buttons.

4

Press 'Save' at the bottom of the page to complete the process

This screenshot is identical to the previous one, showing the Outlook settings for 'Junk email' with 'newsletter@nutraingredients.com' in the 'Safe senders and domains' list. The 'Save' button at the bottom right is now highlighted in green, and a mouse cursor is pointing at it, indicating the final step of the process.