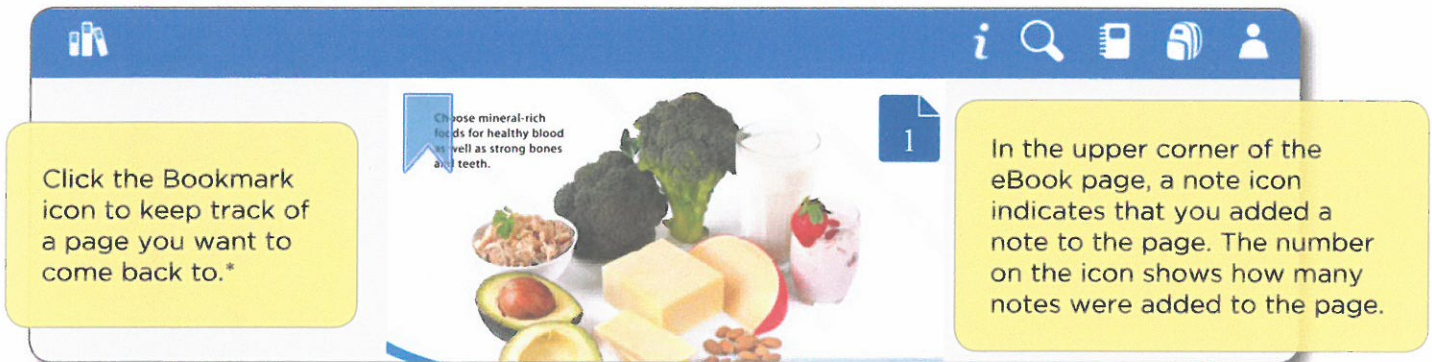


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\*Features currently not available in the Follett Enlight app.



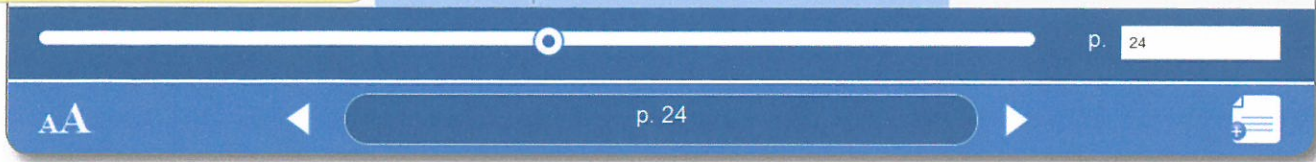
The Page Location Slider lets you move forward or backward in the eBook. Click and drag the circle to navigate to a particular place in the eBook.

can be good for you!

Minerals have a variety of jobs. Calcium helps build strong bones and teeth. Milk and cheese are rich in calcium. Potassium can fight cramps during exercise. It is found in bananas and leafy greens. Iron is good for the blood. It appears in meat, leafy greens, beans, and many breakfast cereals. All of these minerals help runners perform better.

Now, look at your menu again. Which choices do you think have the most minerals?

Enter a number in the page number field to go directly to that page.\*



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- Screen Color: Switch between a white screen for daytime reading and sepia or black for nighttime reading.\*

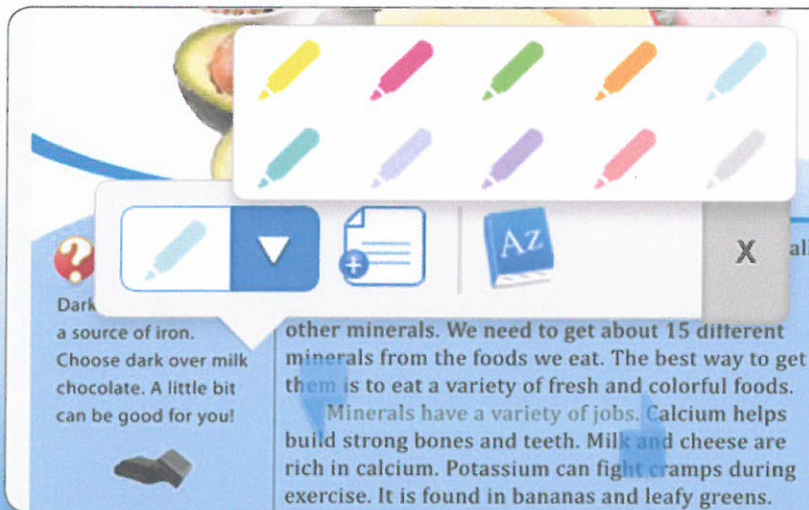


Turn the pages with the forward and back arrows.



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Click and hold to activate the highlighting tool. Once selected, additional options become available.

- Select a color to highlight a section.
- Select a note to add a note to a specific section.
- Click the dictionary to look up a word or phrase.
- Click the X to remove the highlighted section.