

HOW TO TAKE CLEAR IRIS PHOTOS

STEP-BY-STEP GUIDE FOR IPHONE & ANDROID (SAMSUNG)
SUBMIT CLEAR PHOTOS OF BOTH EYES (RIGHT & LEFT)
AT LEAST 48 HOURS BEFORE YOUR SESSION



STEP

What you will need:

- A smartphone (iPhone or Samsung/Android)
- A well-lit room or flashlight
- A helper (recommended!)
- Clean hands & camera lens
- Patience - you may need a few tries!



STEP

Photo Requirement:

- 1 close-up photo of each eye (right & left)
- Eye should be wide open and looking straight ahead
- Iris (colored part) must be sharp, with visible fibers and no blur
- Avoid heavy glare, red-eye, or shadows across the iris
- No filters or edits - natural is best!



STEP

Lighting Tips:

Option A: With Flash (recommended for sharpness)

- Use the rear camera (not selfie)
- Turn on the flash
- A helper can gently lift the upper eyelid and lower the bottom lid if needed
- Hold the phone 4-6 inches away from the eye
- Zoom in if needed and ensure the iris fills most of the frame



STEP

Option B: Without Flash (if flash creates glare)

Sit near a large window or soft daylight

- Use a small LED flashlight or second phone's flashlight
- Angle the light at 45 degrees to avoid direct reflection into the pupil
- Zoom in slightly and take multiple shots



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iPhone Users:

- Use the default Camera app, rear-facing camera
- Tap on the iris on-screen to lock focus
- Use Macro Mode if you have iPhone 13 Pro / 14 / 15 models:
- Get close to the eye (approx. 2-4 cm), the camera will auto-switch to Macro
- A yellow flower icon appears when macro is active
- Use burst mode (hold the shutter) to capture many frames
- Choose the sharpest photo of each eye afterward



STEP

Samsung / Android Users:

- Use the main camera (rear-facing)
- Tap the iris to focus; wait for it to adjust before taking the shot
- If your phone has Macro Mode (usually found in Pro or More options):
- Enable it for high-detail close-ups
- Hold phone 2-4 cm from the eye and gently zoom if needed
- In Pro Mode, adjust focus manually if possible
- Try 1.5x-2x zoom and take several shots for best clarity



STEP

Bonus Tips:

- Remove glasses or contact lenses
- Try multiple angles and lighting setups
- Clean your camera lens with a soft cloth
- Choose the clearest, most focused image of each eye



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STEP

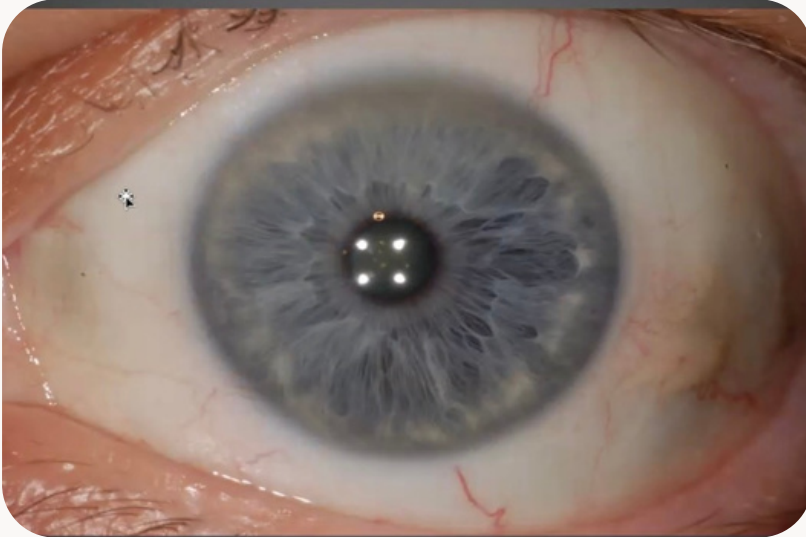
How to Submit:

- Send 1 clear photo of each eye (left + right)
- Email to: info@yes2nutrition.com at least 48 hours before your Zoom session
- Or upload during your intake form if that's available

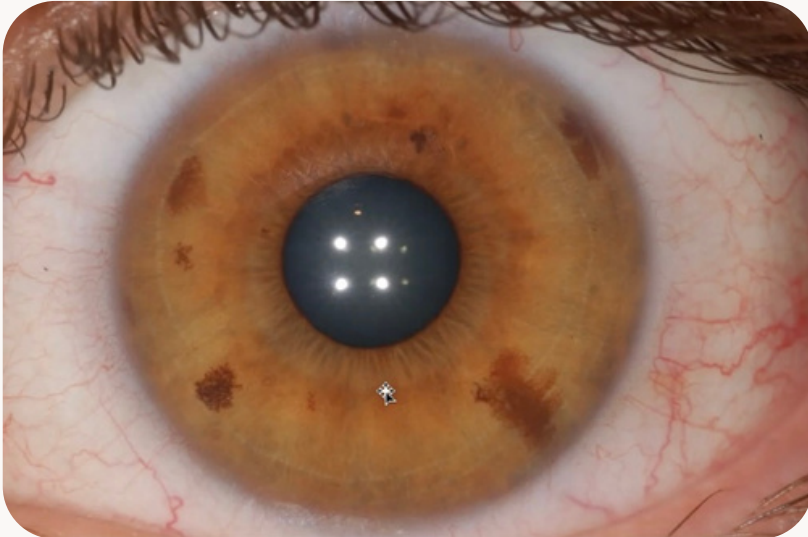


HOW TO TAKE CLEAR IRIS PHOTOS

Examples of Acceptable Iris Photos



Accepted: Clear, centered, high quality iris photo with sclera

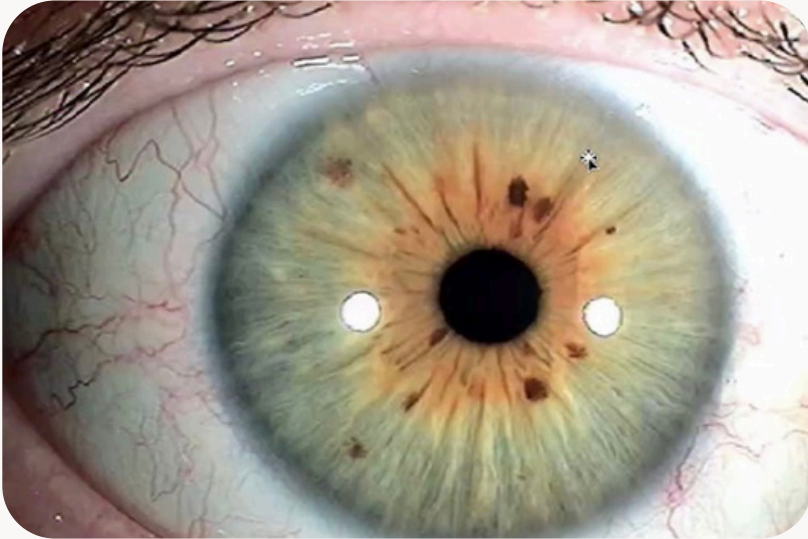


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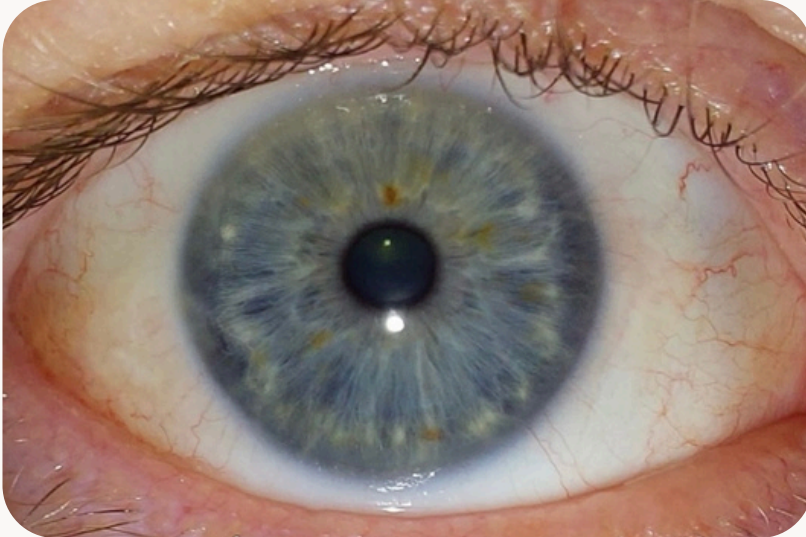


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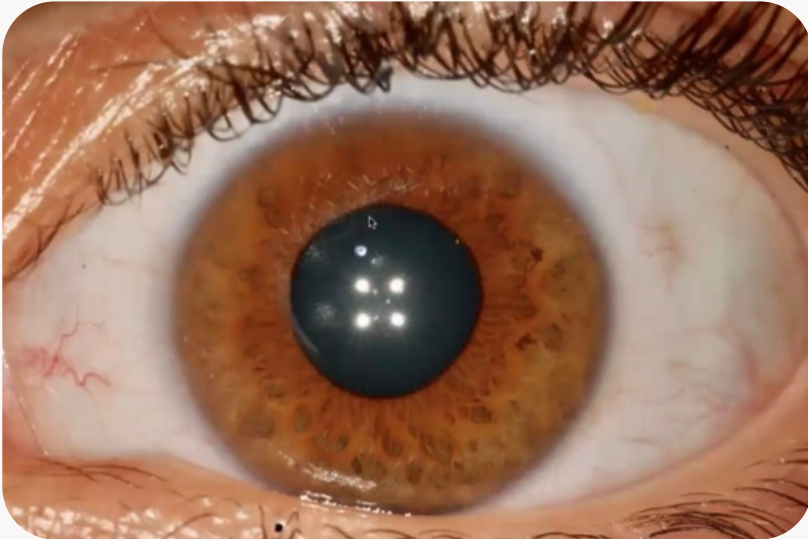


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