

**Shipping and Delivery:**

- Third Party Courier:
  - All Supanutrition.com deliveries are facilitated by “The Courier Guy”.
- Can I change my delivery address?
  - Due to order volumes, we unfortunately can’t make changes to your delivery address once payment has been received and you have received your Payment Confirmation email.
- What are my delivery options?
  - We deliver directly to your home or office throughout South Africa. All delivery and tracking details will be emailed to you on completion of check-out.
- When do I get it?

I live in a Main Centre	I live in a Regional Area	I live in a Remote Area
On average delivered within 2 working days	On average delivered within 3 working days	On average delivered within 4 working days

- Does Supernutrition.com ship internationally?
  - We do not, unfortunately, ship outside of SA borders currently.
  - Please contact us on [info@supanutrition.com](mailto:info@supanutrition.com)
- What happens if an item is missing from my shipment?
  - Contact us by E-mail at [info@supanutrition.com](mailto:info@supanutrition.com) within 24 hours of the delivery having taken place. Please have your invoice number ready.
- How do I track my order online?
  - All orders can be traced online at [http://thecourierguy.co.za/tracking\\_home.php](http://thecourierguy.co.za/tracking_home.php)