

UGC Testimonial Filming Guide

Everything you need to film a great testimonial with just your phone.

Thank you for being part of the NatureLife community. This guide will help you film a great video — clear, authentic, and ready for approval — using just your smartphone.

BEFORE YOU FILM

• Clean your lens A quick wipe makes a noticeable difference.	• Charge your phone Enough battery for a few takes.
• Find a quiet space Turn off fans and TVs. Close windows. Background noise is the top rejection reason.	• Face a window Natural daylight is ideal. Don't have a bright light or window behind you.
• Hold phone upright Portrait (vertical) format only — optimised for social media.	• Plan your key point One or two things that genuinely stood out. No script needed.

WHAT TO SAY

Keep it to **15–30 seconds**. Speak naturally — three beats is all you need:

1	Introduce Yourself <i>"Hi, I'm [name] and I've been using [product] for [time]..."</i>
2	Share Your Experience <i>"I started using it because... What I've noticed is... I feel..."</i>
3	Close Naturally <i>"I'm really happy with it." "It's become part of my routine."</i>

FILMING TIPS

• Look at the lens Not your face on screen — it creates real eye contact with the viewer.	• Speak at a natural pace Relax. Pauses are fine — they can be edited out.
• Film multiple takes Pick your favourite. You only need to send one.	• Hold the product Optional, but it adds great visual context.

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WHAT TO AVOID

Please avoid saying:

- ✗ It cured... / It healed... / It treats...
- ✗ Guaranteed results for everyone
- ✗ Medical claims or diagnoses
- ✗ Mentioning other products or brands

Keep it honest. Keep it simple. Keep it real.

Results may vary. Testimonials represent individual experiences only.

HOW TO SUBMIT

Your video file will be too large to email. Please share it via **WeTransfer** (wetransfer.co.za) — it's free and takes about a minute.

1. **Sign the Consent & Release form** and have it ready to upload alongside your video.
2. **Go to wetransfer.co.za** and add your video file plus the signed consent form.
3. **Send to: webmaster@naturelife.co.za**
4. **Subject / message:** *NatureLife Testimonial – [Your Name] – [Product Name]*
5. **We'll confirm receipt** and review your submission within **3–5 business days**.
6. **Once approved**, you'll receive a coupon code to redeem your **free 6-month product supply** on naturelife.co.za.

Questions? Just reply to the email you received and we'll assist you right away.