

Instructions for SOTA Bio Tuner Model BT6pro with Headset



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INTRODUCTION

Thank you for allowing us to be a part of your wellness team. The Bio Tuner is a consumer product designed to complement a healthy lifestyle.

This unit outputs a broad range of harmonic frequencies in each pulse.

Please understand that results will vary. Healthy lifestyle choices are important.

Please read this manual carefully before using the Bio Tuner. The information in this manual is subject to change. For the most up-to-date manual, please visit www.sota.com. We encourage you to become well-informed about the use of frequencies.

The SOTA Bio Tuner is built to give you many years of trouble-free use.

• The SOTA units are consumer products designed for relaxation, well-being and to complement a healthy lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units, has not been approved by any government agency • Please consult a health practitioner for any medical or health condition. • Results using the SOTA Products will vary for each person. • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •





LEARN MORE

To learn more about the Bio Tuner we invite you to visit the SOTA website:

www.sota.com

The website offers How to Videos, Frequently Asked Questions, a Guide to Using the SOTA Units, SOTA News ... and more.

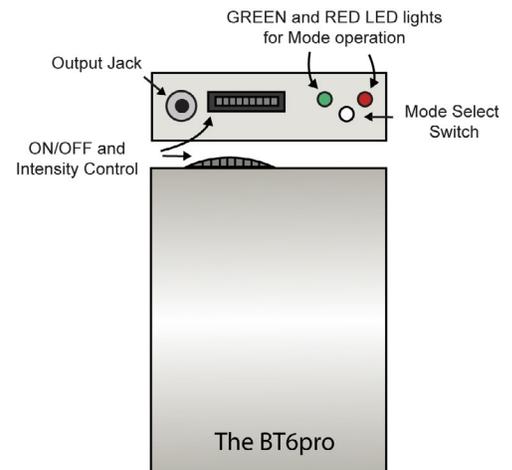


COMPLETE UNIT INCLUDES

- One (1) Bio Tuner Unit
- One (1) Headset
- Six (6) Cotton Sleeves
- One (1) 9-Volt Alkaline Battery
- One (1) Product Manual

DO NOT USE

1. Do not use in the following situations as safety has not been explored:
 - a. In the case of pregnancy, nursing or trying to get pregnant.
 - b. With an implanted device such as a pacemaker, shunt etc.
 - c. With seizures or psychotic conditions.
 - d. With Neuropathy or other nerve-ending related issues.
2. Do not use if:
 - a. You experience headaches or pain when using the unit.
 - b. You are prone to tinnitus.
 - c. You experience a ringing in your ears when using the unit.
3. As with all electrical products do not use:
 - a. Near water
 - b. When driving a car
 - c. When operating heavy equipment





4. Do not:

- a. Suddenly increase the intensity to the maximum level. The intensity level should be increased gradually to a comfortable level to ensure safety.

CAUTIONS

1. If you are on psychiatric medication, please consult your health care provider prior to using the Bio Tuner.
2. In very rare instances, individuals have reported the onset of tinnitus after using the unit.

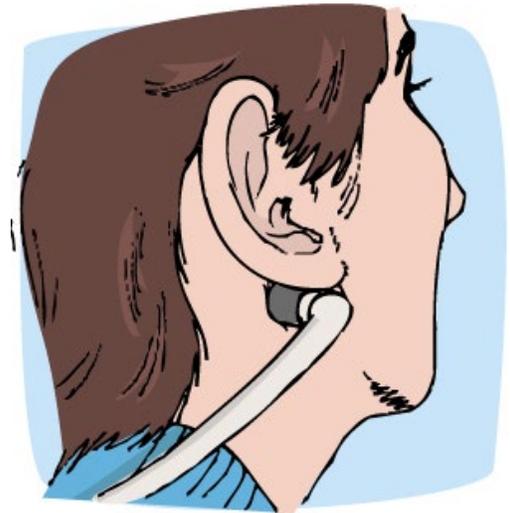
SUMMARY OF LIGHTS

GREEN: Indicates the Bio Tuner is in operation and the current is flowing through the Headset. Also indicates Modes 1 through 3.

RED: Indicates the battery is low and will soon need replacing. Also indicates Modes 4 through 6.

HOW TO USE THE BIO TUNER

1. Place the 9-Volt Alkaline battery in the unit.
 - a. On the back of the unit, slide off the battery cover.
 - b. Clip the battery connections in the battery compartment to the 9-Volt Alkaline battery terminals.
 - c. Slide the 9-Volt Alkaline battery into the case and push down. Slide the cover back onto the unit.
2. Clean the area behind each ear to eliminate skin oils. This will allow for better conductivity.
3. Wet the cotton sleeves with water and place them over the Headset electrodes.
4. Insert the Headset Cord into the jack on the unit.
5. Position the Headset electrodes in the hollow behind the ears.
6. Turn the unit ON by turning the ON/OFF switch clockwise.



The **GREEN** light on the end panel will begin to flash alternately once every second, indicating the unit is in Mode 1. If the lights do not come on, the battery may not be properly connected.

7. Gradually turn up the intensity to a comfortable level. The current may or may



not be felt. If felt, the intensity should be comfortable. See 'How It Should Feel' on page 5.

8. Place the unit in a pocket.

9. Change Modes by pushing the Mode Select button. The table below indicates how to identify each Mode. For more information on the Modes, see Output of Six Modes on page 5.

MODE	INDICATED BY
Mode 1	Green light flashes once (1) per second.
Mode 2	Green light flashes twice (2) times per second.
Mode 3	Green light flashes three (3) times per second.
Mode 4	Red light flashes once (1) per second.
Mode 5	Red light flashes twice (2) times per second.
Mode 6	Red light flashes three (3) times per second.

10. After the 20-minute timed session, the unit will automatically cycle into Sleep Mode and both the GREEN and the RED lights will stop flashing and come on steady.

11. While in Sleep Mode the battery is still being used.

- a. To turn the unit OFF, rotate the ON/OFF switch counter clockwise until it clicks. Do not force the ON/OFF switch past its natural stopping point.
- b. To continue with another session, turn the unit ON again and choose your desired Mode. Before starting a second timed cycle, wet the cotton sleeves again.

Notes:

Headset: The Headset may feel more comfortable with the use of either a conductive gel or aloe vera gel rather than water.

Changing Modes: When the Mode is changed during a timed session, the timing starts again for a new 20 minute session.

Low Battery Warning: The RED light comes on when the battery is low. This means the battery will soon need to be replaced.



HOW IT SHOULD FEEL

1. The sensation may be a pleasant buzzing or the current may not be felt at all. It is not necessary to turn the control up to an uncomfortable level. If it feels prickly or unpleasant, check the following:
 - a. Wet the cotton sleeves again.
 - b. Apply conductive gel or aloe vera gel to the hollow behind the ears.
2. With repeated use, the buzzing sensation may not be felt as much. The intensity may be turned up if desired.
3. You may feel a sensation on one side more than the other.

TYPICAL USE

Length of session: The Bio Tuner is timed for 20-minutes (+/- 1 minute depending on the number of Modes chosen during a session).

Research indicates that if used longer than 40 minutes at a time, the benefits may be reduced. The unit can be used for more than one 40-minute session per day by spacing the sessions throughout the day.

Length of use: The unit should be used daily for at least 4 weeks.

Intensity Level: It is best to start the unit at a lower intensity level for the first few sessions. The intensity should always be set to a comfortable level.

With Extended Use: It is recommended to vary the Mode from time to time.

Drink plenty of water: It's important to drink enough water when using the unit. Drinking ozonated water is especially helpful.

Stop Gradually: Reduce the amount of time each day for the last week of use.

Maintenance schedule: Ongoing use may be beneficial. Suggestions for a maintenance schedule are a) once or twice weekly, b) one week per month, or c) 4 weeks every six months.

OUTPUT OF SIX MODES

The Bio Tuner provides six different Modes with which to experiment and discover what feels or works best. Try different Modes to determine which feels most comfortable. With extended use, it is recommended to vary the Mode from time to time, as your body can become acclimatized.

One Mode is not considered more beneficial than another.



In all Modes, the base frequency of 1,000 Hz pulse-modulated by 111.11 Hz is present. Modes 4, 5, and 6 may have a more gentle feel.

See table of Modes on below.

BIO TUNER MODES
MODE 1-3 (550US PULSE WIDTH)
Mode 1: 1,000 Hz modulated by 111.11 Hz, Output = Continuous
Mode 2: 1,000 Hz modulated by 111.11 Hz, Output = 1 Second ON, 1 Second OFF (0.5 Hz)
Mode 3: 1,000 Hz modulated by 111.11 Hz, Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave
MODE 4-6 (220US PULSE WIDTH)
Mode 4: 1,000 Hz modulated by 111.11 Hz, Output = Continuous
Mode 5: 1,000 Hz modulated by 111.11 Hz, Output = 1 Second ON, 1 Second OFF (0.5 Hz)
Mode 6: 1,000 Hz modulated by 111.11 Hz, Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave

ELECTRICAL SPECIFICATIONS

POWER REQUIREMENTS

Use a 9-Volt Alkaline battery for proper operation.

OPTIONAL POWER INPUT

The Bio Tuner can also be operated using NiMH rechargeable batteries. When purchasing rechargeable batteries, it is suggested to take the unit with you to ensure the batteries will fit the enclosure.

OUTPUT SPECIFICATIONS

Maximum <1.5mA Peak ~40 Volts Peak-Peak into typical 4k ohm load. Minimum



<~10uA, 10 Volt Peak-Peak at lowest setting. Output impedance ~20k ohm.
1,000 Hz (+/- 1%) pulse-modulated by 111.11 Hz (+/- 1%). Waveforms are Quartz Crystal-Controlled for precise frequency output. There are also a broad range of harmonic frequencies delivered in each pulse as observed on a frequency domain spectrum analyzer.

Pulses are Bi-Phasic (AC) with no direct current (DC) or offset bias. Output is transformer coupled so that no DC can appear at electrodes.

REPLACEMENT ACCESSORIES

To replace your accessories, contact your supplier.

WARRANTY

The Bio Tuner, BT6pro is covered by a three (3) year limited warranty. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence. SOTA reserves the right to make changes to the Bio Tuner without notification.

REPAIRS

Please contact your supplier for return instructions. Or, for information about your closest repair depot, contact:

repairs@sota.com
Tel: 1.250.770.2023
Fax: 1.250.770.1999

Designed, Engineered and Made in Canada.