

*Instructions for SOTA Bio Tuner
Model BT7 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.

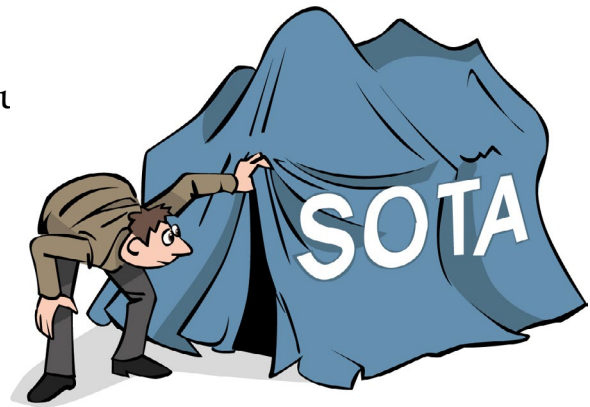
The SOTA Bio Tuner is built to give you many years of trouble-free use.

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) Arm Band with Clip
- One (1) 9-Volt Alkaline Battery
- One (1) Carrying Case
- 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

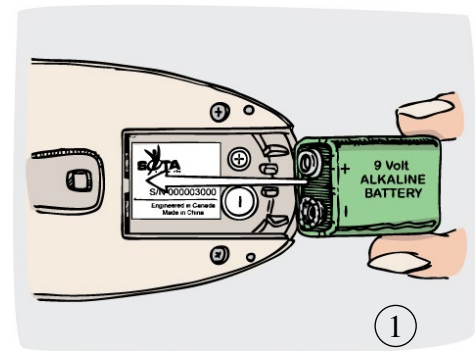
GREEN: Indicates which Mode is selected.

RED: Indicates the battery is low and will soon need replacing.

YELLOW: Indicates the Bio Tuner is in operation and the current is flowing through the Headset.

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. Position the 9-Volt Alkaline battery so the positive (+) and negative (-) terminals line up as in image 1.

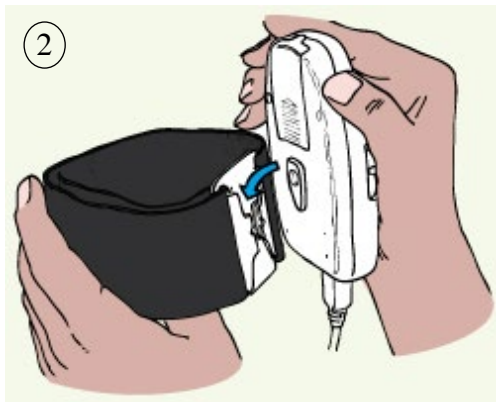


Note: The smaller circle on the battery matches the smaller circle in the case ...



the larger battery circle matches the larger circle in the case.

- 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. Slide the clip on the back of the Bio Tuner into the holding clip on the Arm Band as in image 2.

4. Insert the Headset Cord into the jack on the unit. The flat side of the plug should be facing up. When the plug is positioned correctly, it will slide in gently. Do not force.

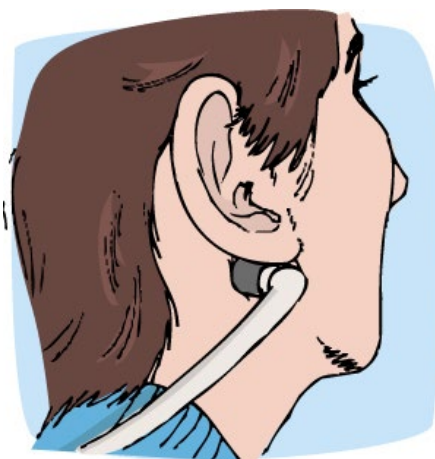
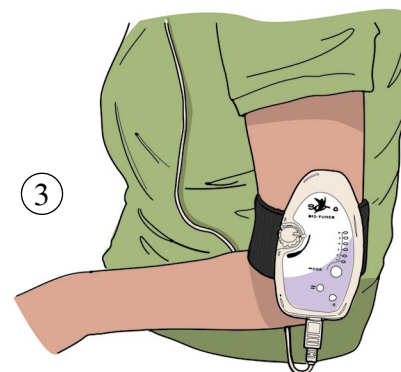
5. Slide the Arm Band, with the unit and cord, up the arm to a comfortable position. Tighten the band to secure in place as in image 3.

Option: If preferred, the unit can be placed in a pocket.

6. Wet the cotton sleeves with water and place them over the Headset electrodes.

7. Position the Headset electrodes in the hollow behind the ears as in image 4.

8. Turn the unit ON by turning the ON/OFF switch clockwise.



4. All the lights will flash once, before starting the unit in Mode 1. If the lights do not come on, the battery may not be placed correctly.

9. 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 6.

10. Change modes by pushing the Mode button. The GREEN light indicates which Mode is



selected and that the timing has started. See Mode information on page 7.

11. After the 20-minute timed session, the unit will automatically cycle into Sleep Mode and the GREEN Mode light will flash every 2 seconds.
12. While in Sleep Mode the battery is still being used. Either reset to continue or turn the unit OFF.
 - a. To reset, push the Mode button for another timed session. Before resetting for a second timed cycle, wet the cotton sleeves again.
 - b. 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.

13. Unplug the Headset. Do not store the unit with the Headset plugged in as this can damage the Headset.

Notes:

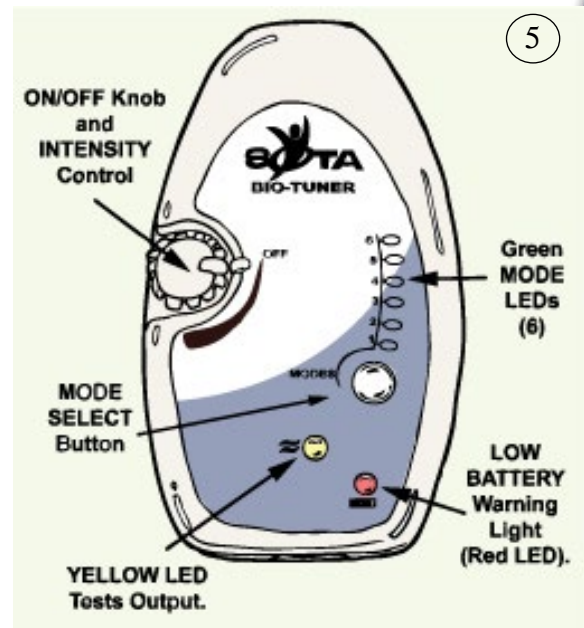
Headset: The Headset may feel more comfortable with the use of either conductive gel or aloe vera gel rather than water.

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

Output: The YELLOW light is used to check the output of the unit. During normal operation, when the unit is turned on and the Headset is positioned correctly, the light may or may not come on, even when the unit is turned up to maximum intensity. As long as the current is felt, the unit is operating correctly, regardless of the YELLOW light. It is not, however, necessary to operate the unit at a high intensity.

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

Replacement Batteries: When purchasing replacement 9-Volt batteries, take the Bio Tuner with you to ensure a proper fit, as 9-Volt batteries vary in size.





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 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.

TROUBLESHOOTING

If the YELLOW light does not come on when the rubber electrodes are touched together and intensity is turned up full, check as follows:

1. Ensure the conductive rubber electrodes are clean:
 - a. Remove each rubber electrode from the Headset.
 - b. Clean with a soft cloth and toothpick or similar object.
 - c. Place the rubber electrodes back onto the Headset.
 - d. Ensure the pin on the Headset is fully inserted into the rubber electrode.
2. Turn the unit ON to maximum intensity and touch the electrodes together. The YELLOW light should come on.

If the YELLOW light still does not come on, the Headset may need replacing.

For further Troubleshooting, visit www.sota.com.

COUNTRIES THAT PARTICIPATE IN MANUFACTURING

The manufacturing of the SOTA Products is a global collaboration. The following countries have participated in the making of the Bio Tuner (listed in alphabetical order): **Canada, China, Hong Kong, Malaysia, Morocco, Taiwan and Thailand.**



REPLACEMENT ACCESSORIES

To replace your accessories, contact your supplier.

WARRANTY

The Bio Tuner, model BT7 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



Made in China. Designed and Engineered in Canada.

• 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 •

