The Bio Tuner Lite

Model BTL1 Manual

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WELCOME TO SOTA

Thank you for allowing us to be a part of your wellness team.

The Bio Tuner Lite is a consumer product designed to be used as part of a Wellness Lifestyle. A commitment to healthy lifestyle choices is an important factor in the journey to Wellness.

The SOTA Bio Tuner Lite supports the mind-body connection by offering harmonic frequencies that help create an inner sense of calm, balance and tranquility.

The Bio Tuner Lite is designed to be used independently, but can also be used together with any of the SOTA Products.

With proper care, your Bio Tuner Lite should provide you many years of trouble-free use.

Please understand that results will vary.

BEFORE USING

Please read the manual thoroughly before using your Bio Tuner Lite.

We've made every effort to ensure the information in your manual is up-to-date at the time of printing ... since that time however, new information may have become available. For the most up-to-date manual, please visit our website **www.sota.com/manuals**.

LEARN MORE

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

www.sota.com

The website offers Videos, Frequently Asked Questions, *The SOTA Wellness Program Guide*, SOTA News ... and more.

COMPLETE UNIT INCLUDES

- One (1) Bio Tuner Lite Unit
- One (1) Pair of Ear Clips with Conductive Rubber Electrodes
- One (1) Pair Conductive Rubber Electrodes
- One (1) Cord
- One (1) Product Manual

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DO NOT USE

1. Do not use in the following situations as safety has not been explored:
   a. In the case of pregnancy.
   b. With an implanted device such as a pacemaker, etc.
2. As with all electrical products do not use near water, when driving a car or when operating heavy equipment.
3. Do not suddenly increase the intensity to the maximum level. The intensity should be increased gradually to a comfortable level to ensure safety.
4. Do not connect the Bio Tuner Lite Cord to any other USB outlet, such as a computer or power supply.
5. Do not plug any other USB connections into the Bio Tuner Lite, other than the Bio Tuner Lite Cord.

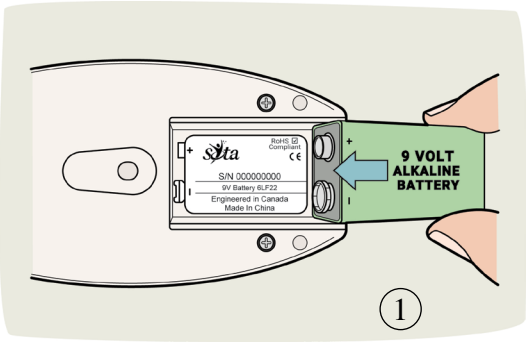
CAUTIONS

1. If you are on psychiatric medication, have a neurological condition or seizures, please consult your health care provider prior to using the Bio Tuner Lite.
2. If you experience an increase in tinnitus or ringing in the ears, please discontinue use.
6. If you experience headaches or nerve pain you may want to consider the Bio Tuner (not the Lite version) as it has multiple Modes for a gentler output - otherwise please discontinue use.
7. While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the SOTA Products constitutes your agreement that you are responsible for your decision to use the technology and that you hold SOTA harmless for any injuries or damage believed to arise from using the SOTA Products.

SUMMARY OF LIGHTS

GREEN: Indicates the unit is ON.

YELLOW: Used for testing to ensure the flow of current through the Unit, Cord and Ear Clips.



HOW TO USE THE BIO TUNER LITE

1. Place a 9-Volt Alkaline battery in the unit.
   a. On the back of the unit, slide off the battery cover.

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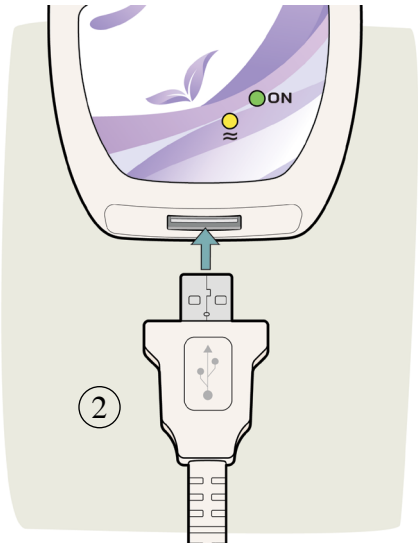
b. Position the 9-Volt Alkaline battery so the positive (+) and negative (-) terminals line up as in Image 1.

c. Slide the 9-Volt Alkaline battery into the case and push down.

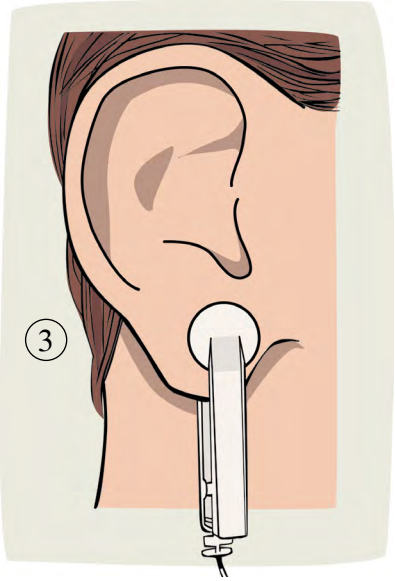
d. Slide the cover back onto the unit.



2. Clean ear lobes to remove oils from the skin. This will allow for better conductivity.

3. Insert the Cord into the jack on the unit as in Image 2. The USB symbol on the plug should be facing up. When the plug is positioned correctly, it will slide in gently. Do not force.

4. Insert the pins on the cord into the Ear Clips.



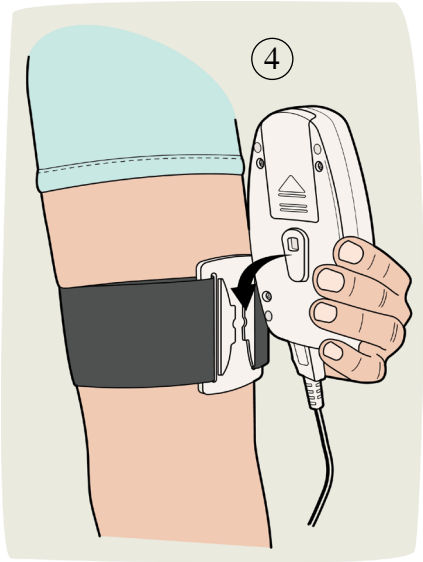
5. Wet the conductive rubber on the Ear Clips with water or conductive gel.

6. Place one Ear Clip on each ear lobe, positioning the Ear Clip with the conductive rubber at the back of the ear lobe and close to the jaw as in Image 3.

7. Turn the unit ON by rotating the ON/OFF switch clockwise.

If the GREEN power light does not come on, the battery may not be placed correctly.

8. Gradually turn up the intensity to a comfortable level. See 'How It Should Feel' on page 5.



9. The unit can be placed in a pocket during use. An Arm Band & Clip is available as an optional accessory as shown in Image 4.

10. When the 20-minute timed session has ended the unit will automatically cycle into Sleep Mode and the GREEN power light will flash every 2 seconds.

While in Sleep Mode, the battery is still being used. To save your battery, turn the unit OFF.

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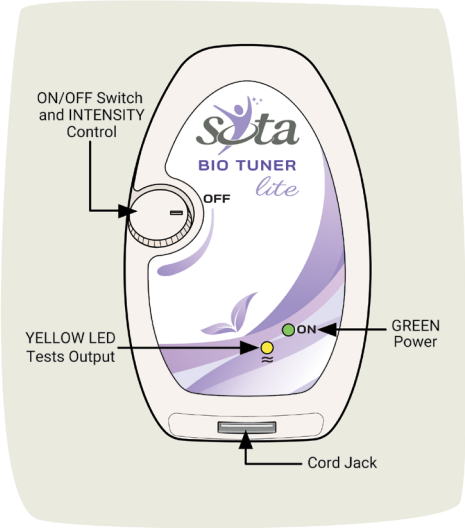
11. To turn the unit OFF, rotate the ON/OFF switch counter clockwise until it clicks. Do not force the ON/OFF switch past its natural stopping point.
12. To do additional sessions, the unit will need to be turned OFF and restarted as per step 7. Wet the Ear Clips between each timed cycle.
13. When finished, unplug the Cord. Do not store the unit with the Cord plugged in as this can damage the Cord.



Notes:

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

Rubber Electrodes: Over time, the Rubber Electrodes will lose their conductivity and need replacing. Refer to the BTL1 Troubleshooting Guide for instructions on how to test the Rubber Electrodes.

Output: The YELLOW light is used to test the output of the unit. During normal operation, when the unit is turned ON and the Ear Clips are positioned correctly, the YELLOW light may or may not come on. As long as the current is felt, the unit is operating correctly, regardless of the YELLOW light.

Care of Bio Tuner Lite Cord and Ear Clips: Occasionally, remove the conductive rubber from the Ear Clips to clean in a mild soap solution. Rinse thoroughly. If necessary, gently wipe the metal pins of the Bio Tuner Lite Cord.

Batteries: When purchasing 9-Volt batteries, take the Bio Tuner Lite with you to ensure a proper fit, as 9-Volt batteries vary in size. Alkaline or rechargeable batteries are recommended.

HOW IT SHOULD FEEL

1. The sensation is a pleasant buzzing. It is not necessary to turn the intensity up to an uncomfortable level. If it feels prickly or unpleasant, try the following:
   a. Wet the conductive rubber of the Ear Clips again.
   b. Apply conductive gel or aloe vera gel to the ear lobes.
   c. Clean the Conductive Rubber Electrodes.
   d. Replace the Conductive Rubber Electrodes.

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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.
4. In rare instances, some individuals may not feel the current.

TYPICAL USE

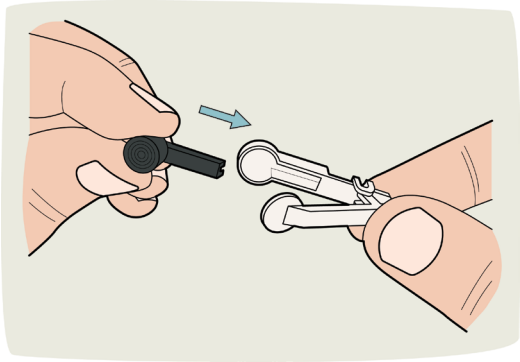
Wellness Program: To use as part of the *SOTA Wellness Program* the Guide is available at: **www.sota.com/wellness**

General Use:

- **Length of Session:** Start with 1 cycle (20 minutes) per day for 3-4 days. Then increase to 2 cycles (40 minutes) per day. If deeper relaxation is desired, gradually increase to 4-6 cycles or more, spaced throughout the day.
- **Length of Use:** We suggest following the SOTA Wellness Program for 6 to 12 months. It may take a minimum of 30 days daily use to notice results.
- **Intensity Level:** The intensity should always be set to a comfortable level.

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

REPLACING THE CONDUCTIVE RUBBER ELECTRODES



1. Remove the Ear Clips from the Cord.
2. Gently pull the black Conductive Rubber Electrodes out of the Ear Clips.
3. Insert the new Conductive Rubber Electrodes into the Ear Clips. Press the Electrode into place.
4. Place the Ear Clips back onto the Cord.

ELECTRICAL SPECIFICATIONS

POWER REQUIREMENTS

Use a 9–Volt Alkaline battery for optimal operation.

OPTIONAL POWER INPUT

The Bio Tuner Lite 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.

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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%). There is also a broad range of harmonic frequencies delivered in each pulse as observed on a frequency domain spectrum analyzer.

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

TROUBLESHOOTING

A Troubleshooting Guide for the Bio Tuner Lite is available at **www.sota.com/manuals**. This Guide is a great tool to check if you are experiencing any issues with your unit.

COUNTRIES THAT PARTICIPATE IN MANUFACTURING

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

REPLACEMENT ACCESSORIES

To replace your accessories, contact your supplier.

WARRANTY

The Bio Tuner Lite Model BTL1 is covered by a one (1) year parts and labor warranty on all internally mounted components. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence.

REPAIRS

Please contact your supplier for return instructions. For information about your closest repair depot, contact repairs@sota.com or call 1.250.770.2023 or 1.800.224.0242 (toll-free in Canada & USA).

CE FC RoHS Compliant

Made in China. Designed and Engineered in Canada.

• The SOTA units are consumer products designed to be used as part of a Wellness 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 •

FCC Statement: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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