The SP Lite

Model SPL1 Manual

CONTENTS

WELCOME TO SOTA 2
BEFORE USING 2
LEARN MORE 2
COMPLETE UNIT INCLUDES 3
DO NOT USE 3
MICROPULSING CAUTIONS 3
IONIC~COLLOIDAL SILVER CAUTIONS 4
GENERAL CAUTION 4
SUMMARY OF LIGHTS 4
HOW TO USE THE MICROPULSING FUNCTION 4
- How Micropulsing Should Feel 7
- Sensitive Skin 7
- Typical Use 7

HOW TO USE THE IONIC~COLLOIDAL SILVER FUNCTION 8
- How to Make Ionic~Colloidal Silver 8
- Typical Use 10

ELECTRICAL SPECIFICATIONS 10
REPLACEMENT ACCESSORIES 11
WARRANTY 11
REPAIRS 11

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WELCOME TO SOTA

Thank you for allowing us to be a part of your Wellness Team.

The Silver Pulser 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 Silver Pulser Lite has two functions – Micropulsing and making Ionic~Colloidal Silver. Micropulsing offers gentle microcurrents that work with the body's natural electricity for more energy, general health and well-being. Ionic~Colloidal Silver is one of nature's gifts and can be made easily and inexpensively at home.

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

With proper care, your Silver Pulser 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 Silver Pulser Lite.

We have 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 Silver Pulser 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.

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COMPLETE UNIT INCLUDES

- One (1) Silver Pulser Lite Unit
- One (1) 9-Volt Alkaline Battery
- One (1) Product Manual

FOR MICROPULSING APPLICATION

- One (1) Micropulsing Cord
- Two (2) Pair Cotton Sleeves
- One (1) Neoprene® Velcro® Wrist Strap

FOR MAKING IONIC~COLLOIDAL SILVER

- One (1) Cord with Alligator Clips
- Two (2) Silver Wires of .9999 (4 Nine) Purity
- One (1) Green Scrub Pad

DO NOT USE

1. Do not use in the following situations as safety has not been explored using the Micropulsing function:
   a. In the case of pregnancy.
   b. With an active 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.

MICROPULSING CAUTIONS

1. Do not place the Micropulsing electrodes over skin lesions, abrasions, new scars, cuts, eruptions or sunburn.
2. Discontinue use if the Micropulsing suddenly feels different or prickly **and** the GREEN light stops flashing. Turn the unit OFF and contact SOTA.
3. Caution is advised if using potentially harmful substances such as recreational and prescription drugs, as it is not known if microcurrents will interact or if individual reactions may occur.
4. Caution is required in the following situations as a burn may occur, which could scar:
   a. Do not apply the bare metal pins to the skin.

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b. Do not allow the Cotton Sleeves to dry out while Micropulsing.

c. Do not Micropulse while sleeping, as the Cotton Sleeves may dry out.

IONIC~COLLOIDAL SILVER CAUTIONS

We recommend taking occasional breaks from consuming Ionic~Colloidal Silver for the following reason:

A handful of people have experienced argyria after drinking large amounts of Ionic~Colloidal Silver daily, over a long period of time. Argyria is a bluish tinge of the skin. This occurs when excess silver is eliminated through the skin and exposed to light. Darkening of the moons of the finger nails is usually an early sign.

The risk of argyria is considered greater for those who are ingesting incorrectly made Ionic~Colloidal Silver and to a lesser degree, those who are deficient in selenium or vitamin E.

When making and drinking Ionic~Colloidal Silver as currently recommended by SOTA, the risk of argyria is extremely rare.

GENERAL CAUTION

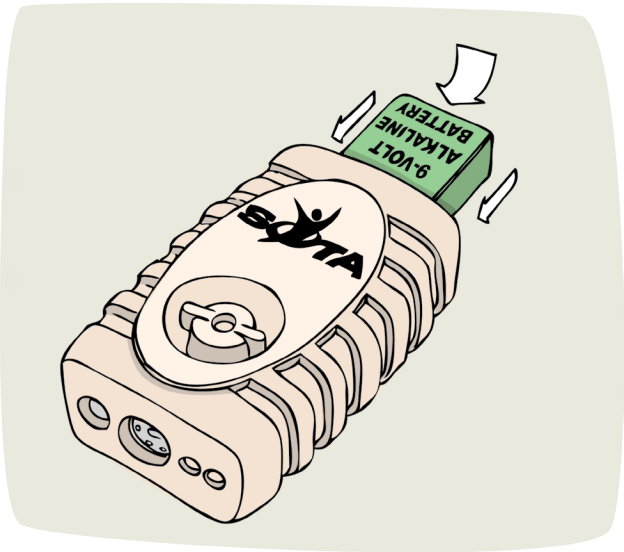
While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the SOTA Products constitutes your agreement that you are responsible for your decision to use the technology and that you hold SOTA harmless for any injuries or damage believed to arise from using the SOTA Products.

SUMMARY OF LIGHTS

GREEN Solid: Indicates the unit is on.

GREEN Flashing: Indicates the Micropulsing function is in operation.

ORANGE: Indicates the Ionic~Colloidal Silver function is in operation.



HOW TO USE THE MICROPULSING FUNCTION

1. Place the 9-Volt Alkaline battery in the unit by inserting it into the cavity at the top end of the unit.

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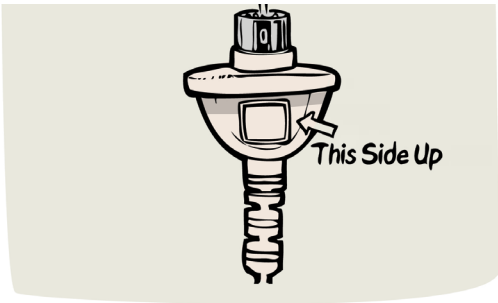
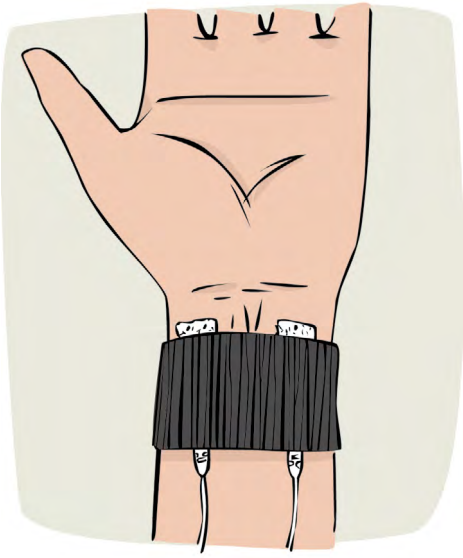
a. Position the 9-Volt Alkaline battery so the positive (+) and negative (-) terminals line up.



2. Clean the wrist area to remove oils from the skin. This will allow for better conductivity.
3. Insert the Micropulsing Cord into the jack on the unit. The indented square on the DIN plug should be facing up. When the plug is positioned correctly, it will slide in gently. Do not force.
4. Insert one electrode from the Micropulsing Cord into the open end of each Cotton Sleeve. Use a gentle twisting motion to work the probe into the Cotton Sleeve.
5. Wet the Cotton Sleeves with water.
6. Put the Wrist Strap on.
7. Position one of the electrodes with Cotton Sleeve over the pulse point on the thumb side of the wrist, under the Wrist Strap.
8. Place the other electrode with Cotton Sleeve in line with the pulse point on the little finger side of the wrist. This pulse point is usually harder to feel. It is located in the soft hollow on the wrist, in line with the little finger.



9. Turn the unit ON by rotating the ON/OFF switch clockwise. Turn the switch slowly until you feel the current. If you do not feel the current, see Notes on page 6.
   a. The solid GREEN light on the side of the unit indicates the unit is ON. If the light does not come on, the battery may not be placed correctly.
   b. The flashing GREEN light should come on and get brighter as the intensity is turned up. If the flashing GREEN light does not come on, the electrical path has not been established.
10. Place the unit in a pocket.

    Option: If preferred, the unit can be placed in an Arm Strap and held in place on the arm. A short Micropulsing Cord is best for this option.

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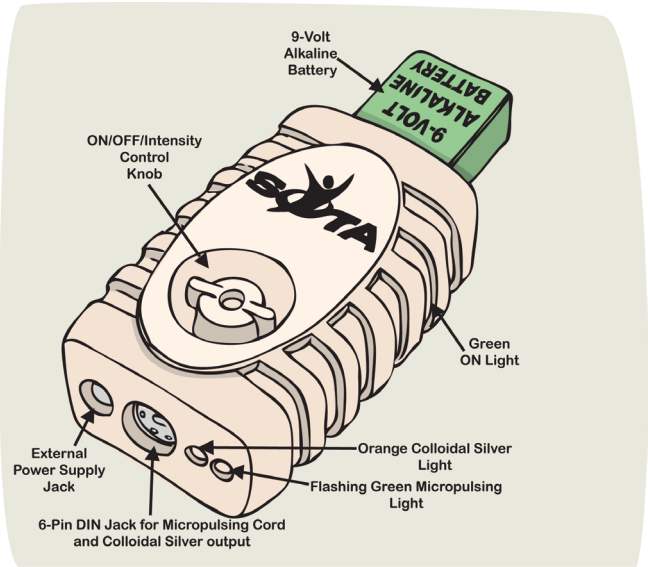
11. When finished, turn the unit OFF by rotating the ON/OFF switch counter clockwise until it clicks. Do not force the ON/OFF switch past its natural stopping point.
12. Unplug the Micropulsing Cord. Do not store the unit with the Micropulsing Cord plugged in as this can damage the Cord.
13. Clean the wrist and apply a healing lotion to avoid irritation.

Notes:

Suggestions for Feeling the Current: If the current is not felt with wet Cotton Sleeves, prepare a mild salt solution to wet the sleeves. Add a few grains of salt to the water in a dropper bottle.

Ensure there is no excess moisture between the Cotton Sleeves as that will prevent the current from being delivered to the pulse points.

Drink enough water to keep the body well hydrated. Hydration can affect the ability to feel the current.



Care of Micropulsing Cord: Discoloration of electrodes is normal. Buff occasionally to remove stains to ensure good electrical contact.

Care of Cotton Sleeves: Wash or rinse sleeves occasionally. Periodically discard and replace Cotton Sleeves.

Alternatives to Cotton Sleeves:

a. Sponge Sleeves: available from SOTA.
b. Cotton Sleeves with Velcro® used with a Velcro® Wrist Strap: available from SOTA.
c. Unbleached Paper Towel: Cut a small square of paper towel large enough to wrap around the probe 2 or 3 times.
d. Cotton Flannel: Cut a small square of cotton flannel and wrap around the probe. Secure it in place with thread.

Power Supply: When Micropulsing, as a safety feature, the unit can only be powered by a 9-Volt Alkaline battery.

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

HOW MICROPULSING SHOULD FEEL

1. The sensation is a gentle pulsing. While the microcurrents should be felt, it is not necessary to turn the intensity control up to an uncomfortable level.
2. With repeated use, the ability to feel the microcurrents may change. It may be necessary to increase the intensity in order to feel the microcurrents.
3. Twitching of the fingers is normal at a higher intensity.
4. During the first weeks of use, the skin may become irritated. Over time, irritation usually decreases or disappears. Alternate wrists each session to minimize the potential for irritation.

SENSITIVE SKIN

Some individuals may be particularly sensitive to microcurrents and the irritation may continue. To minimize irritation:

1. Use Sponge Sleeves - available from SOTA.
2. Wash wrists thoroughly after each session and apply a healing gel or lotion such as aloe vera, vitamin E or MSM cream.
3. Micropulse for shorter periods of time until the irritation disappears.
4. Wet the Cotton Sleeves with distilled water, Ionic~Colloidal Silver or conductive gel. If unable to feel the current, try a commercial saline solution for the eyes. This is gentler than adding salt to the water.
5. Users with sensitive skin have reported less or no skin irritation when switching to Conductive Pads. We recommend Premium Reusable Conductive Pads (for 2mm PIN connectors), cut to 1/4″ (6.35 mm) wide and 1 ½″ (38 mm) to 2″ (50 mm) long. Refer to the *SOTA Wellness Program Guide* for instructions.

TYPICAL USE

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

General Use:

- **Alternate wrists daily.**

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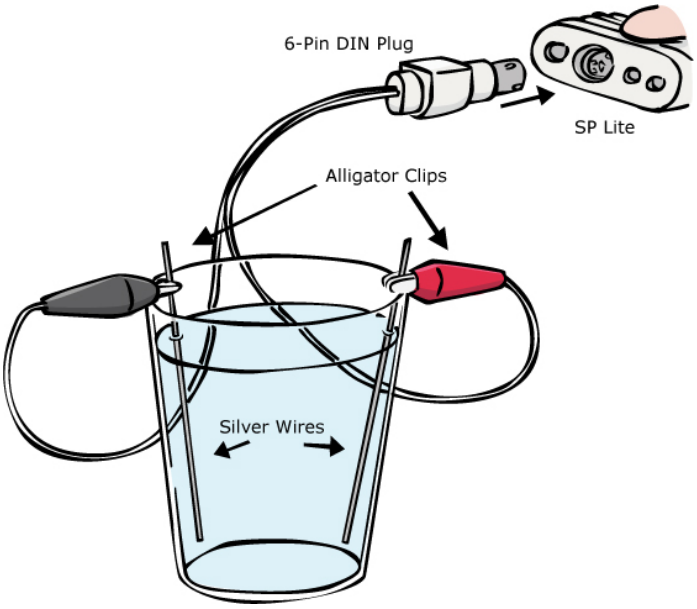
- **Length of Session:** Build up time gradually. Start with 10 minutes a day for the first 3 to 4 days. Add 20 minutes every 3 to 4 days until you reach a minimum of 2 hours per day.
- **Length of Use:** We suggest following the *SOTA Wellness Program* for 6 to 12 months. Once completed, setting a schedule for ongoing use is beneficial.

Drink Plenty of Water: It is 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. If using more than one SOTA unit, it is suggested to stop only one unit at a time.

HOW TO USE THE IONIC~COLLOIDAL SILVER FUNCTION

HOW TO MAKE IONIC~COLLOIDAL SILVER



The SP Lite provides a constant current output, making it easy to produce a high quality Ionic~Colloidal Silver as room temperature water can be used.

1. Attach one alligator clip to each Silver Wire.
2. Plug the Alligator Cord into the SP Lite.
3. Pour 2 cups (16 ounces or 500 ml) of room temperature distilled water into a tall glass container. Do not use a metal or plastic container.
4. Place the Silver Wires in the glass container immersing <u>at least</u> 70% of the Silver Wires into the water. Keep them at least 1 inch (25 mm) from the bottom of the container and 1 inch (25 mm) between the wires.
5. Turn the unit ON by rotating the ON/OFF switch clockwise until it clicks. It is not necessary to turn up the intensity.

   The ORANGE light will brighten as the current increases up to the 1.0 mA limit.
6. Stir occasionally with a non-metal utensil. Occasionally, wipe off the grey or black silver oxide that builds up on the Silver Wires.
7. Brewing 2 cups (16 ounces or 500 ml) for 2 hours will produce a 5 to 8 ppm batch of

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Ionic~Colloidal Silver, depending on the brand of distilled water. The concentration of silver is measured in parts per million or ppm.

8. When finished, wipe the Silver Wires with paper towel to remove residue. Buff lightly when needed to keep them free of sediment. Excessive buffing will wear away the silver faster.

Notes:

Color: Ionic~Colloidal Silver remains colorless to about 5 or 6 ppm. At a slightly higher ppm it will be a pale gold color. Do not drink if it is darker than pale gold or if it is dark grey as this indicates a higher level of impurities or larger particle sizes.

Clarity: The silver electrolyte should be clear. Do not drink if it is cloudy.

To Make Larger Quantities: The SP Lite can be used to make larger quantities of Ionic~Colloidal Silver. For a concentration between 5 to 8 ppm, use the following times as a guide:

- For 4 cups or 1 liter: 3 to 4 hours.
- For 1 gallon (16 cups) or 4 liters: 10 to 12 hours.

Storage: Pour the Ionic~Colloidal Silver into a dark glass bottle—never metal—and store in a dark, dry place. Over time, light will degrade Ionic~Colloidal Silver by turning the electrolyte grey or black. Discard if this occurs.

When made and stored properly, Ionic~Colloidal Silver retains freshness for many months. It is suggested, however, that you use as soon as possible. If settling occurs, it is losing potency. Do not drink any sediment.

Do not freeze, refrigerate, or expose Ionic~Colloidal Silver to extremes of temperatures as its potency may be affected.

Save on Batteries: When making Ionic~Colloidal Silver the unit can be powered by an AC-DC wall adaptor. See 'Optional Power Input' on page 10.

Switch Silver Wire Positions: The silver ions only come off the wire in the red clip, positive (+) or anode terminal into the water. To equalize the wearing of the Silver Wires, periodically exchange the position of the wires. If left in the same position, only one Silver Wire will gradually wear away.

Replacing the Silver Wires: The Silver Wires are of the highest grade .9999 or 99.99% or 4 Nine pure fine silver. When the SOTA pure Silver Wires wear too thin, do not replace with sterling silver, as it contains nickel, which can be toxic.

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TYPICAL USE

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

General Use:

- **Quantity:** Start with 4 ounces (125 ml) per day for the first week. After 1 week, increase to 8 ounces (250 ml) per day, 5 days per week.

  The daily amount can be taken all at once, divided into 2 amounts per day - morning and evening, or broken up into several smaller amounts throughout the day.

  It is best to drink Ionic~Colloidal Silver on an empty stomach.

- **Length of Use:** We suggest following the *SOTA Wellness Program* for 6 to 12 months.

  Once completed, when consumed on a regular basis it is best to drink 1 to 2 ounces (30 to 60 ml) at a time.

Strength: Laboratory testing indicates Ionic~Colloidal Silver is effective as low as 2 ppm. When ingesting on a regular basis, it is suggested to limit the strength to less than 10 ppm.

ELECTRICAL SPECIFICATIONS

POWER REQUIREMENTS

Use a 9–Volt Alkaline battery for optimal operation.

OPTIONAL POWER INPUT

Both functions of the SP 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.

To use a wall adaptor for making Ionic~Colloidal Silver the output should be from 6 to 12 Volts DC with a **Tip or Center Positive** pin and a minimum of 500 mA (milliamperes) of current. The wall adaptor that comes with other SOTA units can be used for making Ionic~Colloidal Silver.

> **Caution**: Exceeding the voltage rating or reverse connection may result in injury or unit failure. This will **void** the warranty.

To operate the Ionic~Colloidal Silver Function from a 12 Volt DC source, such as an automobile battery or an appropriate Solar Panel, purchase a Universal Power Cord with **Tip or Center Positive polarity**.

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OUTPUT SPECIFICATIONS

The output voltage is a nominal 31 Volts.

Micropulsing Application: Frequency through the electrodes is ~3.92 Hz or ½ of the Earth Schumann frequency of 7.83 Hz, (+/- 1 Hz) with a Bi-Phasic Square Wave @ 31 Volts (+/- 1 Volt) peak per cycle.

Maximum current through the electrodes is ~8 milliamperes into 1,000 ohms, ~12 milliamperes into a short circuit at 31 Volts peak per cycle.

Ionic~Colloidal Silver Application: The maximum current through the Silver Wires is 1.0 milliamperes (+/- 0.5 mA) at 31 VDC compliance voltage when the Silver Wires are touched together to short the circuit.

REPLACEMENT ACCESSORIES

To replace your accessories, please contact your supplier.

WARRANTY

The SP Lite Model SPL1 is covered by a six (6) month 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 Canada & USA).

CE

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 •

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