



The Zapper

Model ZHC5 Manual

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WELCOME TO SOTA

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

The Zapper 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 Zapper outputs a choice of harmonic frequencies that work with the body's natural electricity for more energy, general health and well-being.

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

With proper care, your Zapper 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 Zapper.

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 contact us at info@sota.com.

LEARN MORE

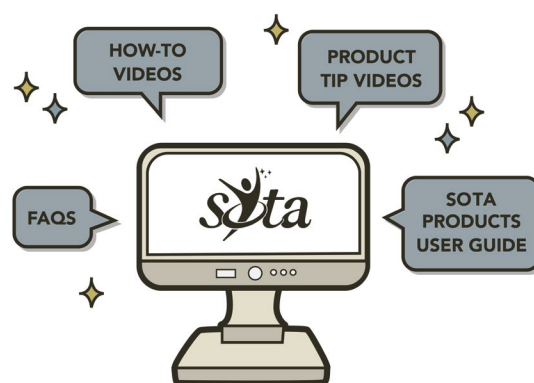
To learn more about the SOTA Products we invite you to visit the SOTA website:

www.sota.com

The website offers Videos, Frequently Asked Questions, *The SOTA Products User Guide*, SOTA News ... and more.

COMPLETE UNIT INCLUDES

- One (1) Zapper Unit
- Two (2) Conductive Wrist Straps
- One (1) Cord with Dome Snaps
- 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.
 - 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.

CAUTIONS

1. 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

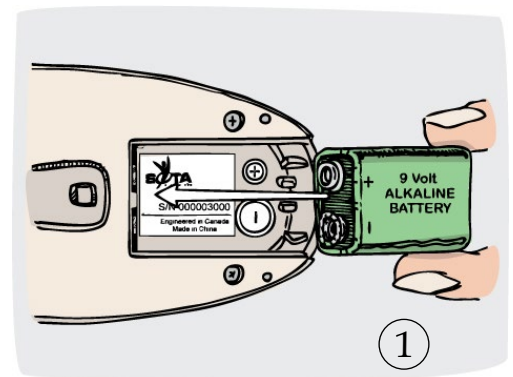
GREEN: Indicates which Mode is selected.

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

YELLOW: Indicates the unit is on and the current is flowing through the Wrist Straps.

HOW TO USE THE ZAPPER

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.

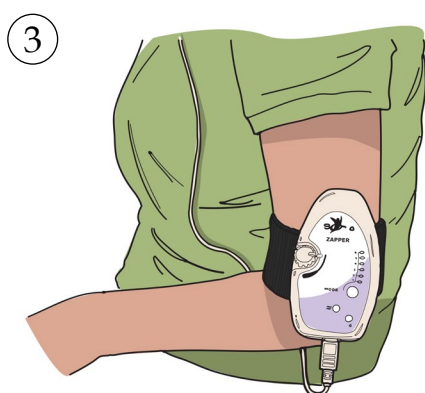
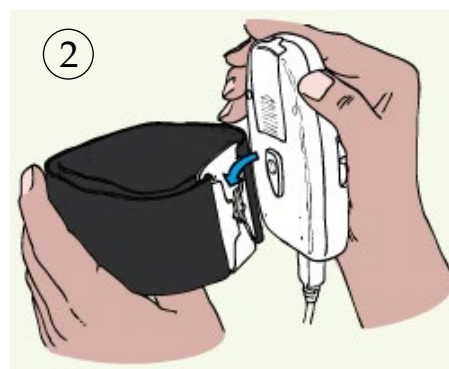


2. Clean both wrists to eliminate skin oils. This will allow for better conductivity.
3. Insert the Dome Cord into the unit, ensuring the flat side of the plug is facing up. When the plug is positioned correctly, it will slide in gently. Do not force.

4. Slide the clip on the back of the Zapper into the holding clip on the Arm Band as in image 2.
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 Conductive Wrist Straps with water.



7. Attach the snap ends of the Dome Cord to each wrist strap.
8. Slide each Wrist Strap over the hand and into place on the wrist. Tighten each Wrist Strap to fit snugly.
9. Turn the unit ON by rotating the ON/OFF switch clockwise.
 - a. All the GREEN 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.
 - b. The YELLOW light should come on and get brighter as the intensity is turned up. If the YELLOW light does not come on, the electrical path has not been established. Check the connection between the wrist straps and the dome cord as well as the connection between the dome cord and the unit.
10. Gradually turn up the intensity.
11. Change modes by pushing the Mode button. The GREEN light indicates which Mode is selected. See Mode information on page 6.
12. The timer will automatically cycle the unit into Sleep Mode after the specified time for each Mode. While in Sleep Mode, the GREEN mode light will flash.
13. 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 second timed cycle, wet the Conductive Wrist Straps 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.

Notes:

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

Most individuals will not feel any sensation while using the Zapper.

Sensitive skin: During the first weeks of use, the skin may become irritated. Over time, irritation usually decreases or disappears. Apply a healing lotion after use if the wrists become irritated.

TYPICAL USE

Length of session: It is best to build up the length of time slowly. Daily use varies from a single session to multiple sessions per day. See Mode and Timing Information on page 6.

Length of use: Frequencies are most effective if applied daily or twice daily. Daily use for many weeks is more important for results than using occasionally for a longer period.

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

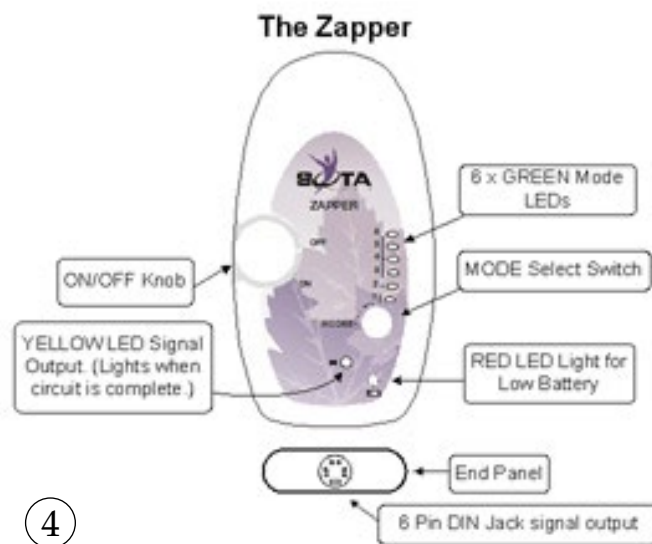
Maintenance schedule: Ongoing use may be beneficial. Suggestions for a maintenance schedule are a) once or twice weekly, b) one week per month, or c) 4 weeks every six months.

OUTPUT AND TIMING OF SIX MODES

The Zapper provides six different Modes with which to experiment and discover what works best.

One Mode is not considered more beneficial than another. With extended use, it is recommended to vary the Mode from time to time, as your body can become acclimatized. Mode 1 is the standard Zapper setting.

See Table of Modes below.



Zapper Modes and Timing

Mode	Frequency KiloHertz (KHz)	Pulse Rate	Time
1	30	Continuous	Three - 7 minutes ON cycles. Two - 20 minute OFF periods between ON cycles for a total time of 61 minutes. ¹
2	30	Continuous	2 hours
3	30	1 Second ON/ 1 Second OFF	2 hours
4	2.5 ²	1 Second ON/ 1 Second OFF	2 hours
5	1	1 Second ON/ 1 Second OFF	2 hours
6	783 Hz	1 Second ON/ 1 Second OFF	2 hours

¹ In the 20 minute OFF period, the mode select is disabled. To change modes, turn the unit OFF and then ON again to select a different mode.

² Based on measurement with an ammeter, the amount of microcurrent peaks at this frequency.

ELECTRICAL SPECIFICATIONS

POWER REQUIREMENTS

Use a 9-Volt Alkaline battery for proper operation.

OPTIONAL POWER INPUT

The Zapper 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

The output voltage is 12 Volts DC peak.

Maximum current through a short circuit is 12 mA.

Waveform is a 50% Duty Cycle Square Wave. Waveforms are Quartz Crystal-Controlled for precise frequency output.

REPLACEMENT ACCESSORIES

To replace your accessories, please contact your supplier.

WARRANTY

The Zapper Model ZHC5 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 Zapper without obligation.

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).

Made in China. Designed and Engineered in Canada.