iReliev®

Pain Relief System
Dual Channel TENS Device

MODEL NO. ET-1313

Instruction Manual

CE 0120

INDICATIONS AND CONTRAINDICATIONS

Read instruction manual before operation. Be sure to comply with all "CAUTIONS" and "WARNINGS" in the manual. Failure to follow instructions can cause harm to the user or device.
The device is intended for over-the-counter use. However, you may consult your physician and observe your physician's precise instructions and let them show you where to apply the electrodes pads.

What is TENS

TENS stands for transcutaneous electrical nerve stimulator and is used to apply an electrical current to electrode pads on a patient's skin to relieve pain associated with sore or aching muscles.

Indications for Use

The Pain Relief System is a digital electrical stimulator for active treatment as per the following intended use:

-for temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities. (Choose TENS Modes P1 through P7)
-for temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities. (Choose TENS Modes P1 through P7)
-for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis. (Choose TENS Mode P8)

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Contraindications

- Do not use this device if you have a cardiac pacemaker, implanted defibrillator or any other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference or death.
- Do not use this device if you have undiagnosed chronic pain.
- Do not use this device if you are pregnant. The safety of TENS over a pregnant uterus has not been determined or established.
- Do not use this device if you have cancer. The effects of electronic stimulation on cancerous tissue is unknown.
- Do not use this device if you are under medical supervision for cognitive dysfunction as you may not be able to comply with safety and operating instructions.
- Do not use this device if it is in close proximity to shortwave or microwave diathermy equipment.
- Do not wear the device or place electrode pads over areas where drugs/medicines are administered (short-term or long-term) by injection (e.g. hormone treatment).
- Do not use if you have epilepsy.
- Do not use if you have recently undergone a surgical procedure.
- Do not use following acute trauma or fracture in case of critical ischemia of the limbs.

WARNINGS AND PRECAUTIONS

⚠ Warnings

- If you are under the care of a Physician, consult with your Physician before using this system.
- The long-term effects of this system are not known.
- Do not place the electrode pads on or close to your heart.
- Do not place the electrode pads and apply stimulation around or close to your neck, throat area or carotid arteries. Severe spasm of the muscles may occur and the contractions may be strong enough to close the throat or cause difficulty in breathing. Stimulation over the throat could also have an adverse effect on hearing or blood pressure.

- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart.
- Do not place electrode pads on or around your head. The effects of stimulation of the brain are unknown.
- Do not use the electrode pads over or close to sores on the skin.
- Do not place the electrode pads on the front or sides of the neck, or across the heart (one electrode pad on the front of the chest and one on the back). Do not place on the genital region or on the head as such risk is considered inappropriate muscles, organs or areas of the body.
- Do not place the electrode pads over any recent scars, broken or inflamed areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any part of the body where feeling is limited.
- Do not place the electrode pads over areas of injury or restricted movement (e.g. fractures or sprains).
- Do not use this system while sleeping.
- Do not use if you feel numbness.
- Do not use this system in or close to water.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal.
- Do not use electrode pads over or close to cancerous lesions.
- Use the electrode pads only on normal, healthy, clean and dry skin. Do not use the electrode pads on open wounds, rashes or over swollen, red, infected or inflamed skin.
- If you have ever had back surgery, consult your Physician before using this system.
- Electronic monitoring equipment (such as ECG and ECG alarms) may not operate properly when electrical stimulation is in use.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the electrode pads over metal implants.
- Do not use in the bath/shower or in an environment of elevated humidity (e.g. sauna, hydrotherapy, etc).

- Do not use the device in an environment where flammable or explosive fumes may exist.
- User should never operate potentially dangerous machinery such as power saws, automobiles, etc. during electrical stimulation. It might result in burs at the site of the stimulator electrode pads and possible damage to the stimulator if you connect to high frequency equipment.
- Application of electrodes pads near the thorax may increase the risk of cardiac fibrillation.

Wait Before Using the Unit:

- At least 6 weeks after the birth of your baby (you must consult your doctor before use).
- One month after an IUD contraceptive device (e.g. coil) has been fitted (you must consult your doctor before use).
- At least 3 months after having a cesarean section (you must consult your doctor before use).
- Until the heavy days of your period have finished. Vigorous abdominal exercise or muscle stimulation is not recommended during this time.

Precautions

- Read user manual before using this system for the first time.
- Keep this manual available whenever you use this system.
- The system is intended for personal use on healthy adults only.
- The safety of using the system during pregnancy or birth has not been established.
- The effectiveness of the system depends greatly on a person's individual physical condition. It may not always be effective for every user.
- The safety of neuromuscular stimulation during pregnancy has not been established.
- Use caution when and/or if:
  - Sensory nerve damage is present by a loss of normal skin sensation.
  - Use caution prior to using this device on patients suspected of having heart disease.
  - Use caution for patients with suspected or diagnosed with epilepsy when using this device.
  - Use caution following recent surgical procedures when muscle contraction may disrupt

the healing process.
- Use caution when there is a tendency to hemorrhage, such as following acute trauma or fracture.
- Over a menstruating or pregnant uterus.
- User experiences skin irritation due to electrical stimulation or the electrical conductive medium used to remove the electrode pads. Discontinue stimulation and consult a clinician. Irritation may be reduced by an alternative conductive medium or an alternative electrode pad placement. Isolated cases of skin irritation may occur at the site of electrode pad placement following long-term application.

- This unit should not be used while driving, operating machinery or during any activity in which involuntary muscle contractions may place the user at undue risk of injury.
- Some users may experience skin irritation or hypersensitivity due to the electrical stimulation or the conductive medium.
- Keep this device out of reach of children. If the user is a child, make sure he/she is properly supervised during electrical stimulation.
- Application of moderate heat (thermal wrap) to muscles as well as moistening skin prior to treatment improves treatment efficacy and the use of cold packs on treated muscles after treatment is likewise recommended.
- This unit should only be used with iReliev® brand electrode pads and accessories.
- The device is not intended for medical use, for the treatment of any medical condition or for any permanent physical changes.
- Contact ExcelHealth Inc. or an authorized reseller if your unit is not working correctly. Do not use in the meantime.
- An effective session should not cause discomfort.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin in a seated position with low stimulation intensity settings to familiarize yourself with the sensation before progressing to higher intensity settings.
- The electrode pads must not be connected to other objects.

- Do not overexert yourself while using muscle stimulation. Any workout should be at a comfortable level for you.
- Do not place electrode pads over jewelry or body piercings.

⚠ Use Caution and consult your Physician before using this system if any of the following conditions apply to you:

- You have any serious illness, diagnosis or injury not mentioned in this guide.
- You have recently undergone a surgical procedure.
- You take insulin for diabetes.
- You use the unit as part of a rehabilitation program.
- If you suspect or have been diagnosed with a heart problem.
- If you suspect or have been diagnosed with epilepsy.
- If you have a tendency to bleed internally following an injury.
- If you recently have had surgery or have ever had surgery on your back.
- If areas of skin lack normal sensations, such as skin that tingles or is numb.
- During menstruation or during pregnancy.
- Some people may feel skin irritation or experience a very sensitive feeling in the skin due to electrical stimulation. If this occurs, stop using your system and consult your Physician.
- If skin under one or more electrode pads feels irritated after using the stimulator for a long period of time, use the stimulator for a shorter period of time.
- Minor redness at stimulation placement is a normal skin reaction. It is not considered a skin irritation, and it will normally disappear within 30 minutes after the electrode pads are removed. If the redness does not disappear after 30 minutes from the removal of electrode pads, do not use the stimulator again until excessive redness has disappeared.
- Turn off the stimulator if the stimulation feels unpleasant or does not provide pain relief.
- Keep your system out of the reach of children.
- Use your stimulator only with iReliev® brand electrode pads and accessories.
- Do not use this system when driving, operating machinery, or when swimming.

- Before removing the electrode pads, be sure to power off device to avoid unpleasant stimulation.

After Strenuous Exercises or Exertion:

- Always use lower intensity to avoid muscle fatigue.

Important:

- Effectiveness is highly dependent upon user's selection of therapy program. Please refer to a clinician qualified in the management of pain or rehabilitation.
- Do not use this system at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Stop using your unit if you are feeling light-headed or faint. Consult a doctor if this happens.
- Do not touch the electrode pads or metal studs while the unit is switched on.
- Do not use this system if you are wearing a belly button ring. Remove ring before session.
- Use the device with only the leads and electrode pads provided for use by iReliev® with your device. Any others may not be compatible with your unit and could degrade the minimum safety levels. Use only the electrode pad placements and stimulation settings prescribed by your practitioner.
- This device is for external use only.
- Choking may result from a child swallowing a small part that has become detached from the device.

▲Note: If you have any doubts or have medical questions about using this system, please consult your doctor.

Electrode Pad Precautions

- To reposition the electrode pads during a session, always pause the program currently running, reposition the electrode pads, and then restart the program.
- The electrode pads are for single person use only.

- Do not plunge the electrode pads into water.
- Do not apply solvents of any kind to the electrode pads.
- Always ensure the unit is OFF before removing the electrode pads.
- Apply the whole surface of the electrode pads firmly to the skin. Do not use electrode pads that do not adhere properly to the skin.
- If your skin is red under the electrode pad after a session, do not start another session in the same area until your redness has completely disappeared.

Adverse Reactions

- You may experience skin irritation and/or minor burns due to prolonged exposure of the stimulation electrode pads applied to your skin.
- You may experience potential allergic reactions to accessible materials used in the electrode pads.
- Do not apply electrode pads to your head or face. You may experience headaches and other painful sensations during or following the application of electrical stimulation near your eyes, head, and face.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

Conditions That May Affect Your System

Since the stimulator is a battery-operated electronic system, its output performance and safety may be affected greatly in extreme humidity. Therefore, it is very important to keep the system device(s) dry to ensure the safety and performance of the stimulator.

- User of this system must be at least 16 years old.
- This system is for indoor home-use.
- This system may be used daily with no operation time limit but it is recommended to not exceed 60 minutes per day.
- If there is any other problem, please consult ExcelHealth or return the device to an authorized

iReliev® reseller. Do not try to repair a defective device.

- WARNING: No modification of this system is allowed.
- WARNING: Use of non-iReliev® brand accessories may negatively affect the system's performance.
- WARNING: Do not stack and store this system close to other equipment.

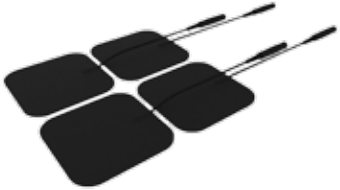
GENERAL INFORMATION

Package Content

1. iReliev® TENS Device x 1
2. Belt Clip & Holster x 1
3. 2" x 2" Electrode Pads x 4
4. AAA Batteries x 3
5. Lead Wires x 2
6. Tote Bag x 1

1.

2.



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STEP BY STEP OPERATION GUIDE FOR TREATMENT

1	Power off/adjust/decrease key
2	Power on/adjust/increase key
3	CH 1 (Channel 1) Key
4	CH 2 (Channel 2) Key
5	Mode (Therapy time & Program selection)
6	CH 1 intensity level (0-25)
7	CH 2 intensity level (0-25)
8	Lock status indicator
9	Battery status indicator
10	Program Mode (P1-P8)
11	Therapy time remaining
12	Therapy Type (TENS)

Install Batteries

The battery compartment is located on the back of the device. Open the battery compartment by pushing the battery cover marked “Open” downward (this area features raised marks for easy identification).

Insert 3 AAA (1.5 V) batteries in the battery compartment; match up the symbols (+/-). Place 2 outside batteries + side up and 1 center battery + side down.

Close the battery cover by carefully placing the stud into the slot in the rear area and sliding it upward, applying slight pressure.

Follow the same procedure when replacing the batteries.
▲Note: Important precautions regarding the batteries:
Keep away from children. Do not recharge. Do not short-circuit. Do not throw into a fire. Please recycle old batteries.

Low Battery Status Indicator

The low battery status indicator will be visible whenever the battery is low. This means that you will soon have to replace the batteries.

The batteries should last between 30 and 60 applications depending on stimulation times, frequencies, intensities and use of single or dual channels.

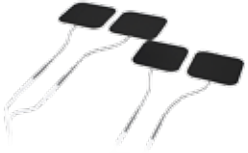
Connect Lead Wire(s) to CH1 or CH2

Insert 1 or 2 lead wires into respective channel.

▲Note: Fully insert lead wire(s) into Channel 1 (CH1) and/or Channel 2 (CH2) socket. This will ensure the safety feature intensity level reset is not activated.
▲Note: The system will by default auto-reset to "0" intensity on respective channel if lead wire(s) is not fully inserted.

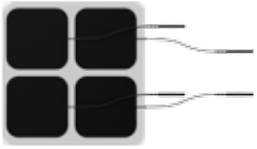
Connect Electrode Pads to Lead Wire(s)

Connect lead wire pins to 2 small electrode pads per channel, before applying to the skin. System requires that there is a minimum of 2 small electrode pads per lead wire.



▲Note: The system will by default auto-set to "0" intensity on respective channel if correct number of electrode pads are not attached to the lead wires and placed on your body.

Remove Electrode Pads from Plastic Film



▲Note: To preserve the integrity of the electrode pads, affix back onto film when your therapy has concluded.

▲Note: The electrode pads are disposable and use an adhesive gel that will dry after prolonged use or storage. Pads should be replaced when they lose their adhesive quality, or you sense a change in stimulation sensation. If you're in doubt about the integrity of the pads, replace with new electrode pads.

▲Note: The last treatment program you used will be stored and appear on the display when you turn on the device.

Place Electrode Pads on your Skin

Place electrode pads on your skin as per the diagram.

▲Note: For your system to work, be sure that 2 small electrode pads per channel are placed properly on your skin.

Turning On & Off the Device

Power ON by pressing and releasing "ON/+" button. The device turns off automatically after the therapy session time has elapsed.

Power OFF by pressing "OFF/" button for three (3) seconds. The display will go blank and the device will turn off.

▲Note: To prevent unpleasant electric shocks, never remove the electrode pads while it is still turned on.

Treatment Time

To select Treatment Time, press mode button see lower right quadrant of LCD screen blink. Press and release "ON/+" or "OFF/-" to increase or decrease treatment time from 5-60 minutes.

▲Note: The device offers 12 preset times: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 minutes.
▲Note: Time will countdown on the display in 1-minute increments for the duration of your session.
▲Note: The last treatment program you used will be stored and appear on the display when you turn on the device.

Select Therapy Modes (TENS P1-P8)

The device offers 8 pre-set treatment program modes (see table on page 17). Modes differ in varying pulse widths and frequencies.
To Select Therapy Mode: Press and release "MODE" button. On LCD, see lower right treatment time blink, press and release "MODE" button twice. Program Mode P1-P8 will blink. Press and release "ON/+" or "OFF/-" to navigate to preferred therapy mode.

▲Note: Always start with the lowest intensity gradually increasing until you feel a "tingling" sensation. Never increase the intensity to a level that causes additional pain. Stay under the point of discomfort. Start with short sessions of 5-10 minutes until you are comfortable with the stimulation.

For TENS programs:
When using any of the 8 programs for pain relief, always start with the lowest intensity and gradually increase the level of intensity until you feel a "tingling" sensation. All programs are different and therefore feel differently. You may try all 8 programs in the beginning and choose one that feels pleasant. Never increase the intensity to a level so that it hurts; always stay under the point of discomfort. Start with short sessions of 5 to 10 minutes until your body gets used to the stimulation.

Program/Mode	Benefits	You should feel
P1	-for temporary relief of pain associated with sore and/or aching muscles in the lower back due to strain from exercise or normal household and/or work activities. -for temporary relief of pain associated with sore and/or aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.	Continuous comfortable tingling. The underlying pain should decrease gradually after treatment.
P2		Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P3		Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P4		Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.
P5		Variable comfortable mild tingling sensation (sensation will appear to come in waves).
P6		Variable comfortable pulsing and pumping action (action will appear to come in waves).
P7		Variable comfortable tingling and pumping action (action should appear to come in waves).
P8	-for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.	Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.

Select Intensity

Intensity is adjustable according to the channel selected.

To Adjust Intensity: Select the channel by pressing CH1 or CH2. The "CH1" or "CH2" quadrant of the LCD will flash on the display. To increase or decrease the intensity, press "ON/+", to increase or "OFF/- " to decrease pressing until the desired intensity level flashes on the display. Press "MODE" to save your selection.

▲Note: You will feel the intensity increase or decrease as you select the intensity level. You can use this as a guide to select a level that is comfortable for you.

SPECIAL FEATURES

Lock Function

Press and hold "ON/+" and "OFF/-" keys simultaneously for 3 seconds to lock/unlock the device. The lock function prevents accidental setting changes. This feature is particularly helpful when placing the device inside your pocket, purse or wearing on your belt clip.

Intensity Level Reset

For your safety, the intensity level will default to "0" and will not increase past "1" if the device is not set up properly. Please follow the necessary steps 1-9. Be sure to have quality electrode pads firmly affixed according to placement guide on the following pages.

Intensity level reset will occur in the following instances:

- After the therapy session has elapsed.
- If electrode pads are not affixed firmly or setup procedure is not followed.
- If therapy type or program has been changed.

System Defaults & Features

- AUTOMATIC SHUT-OFF: The device turns off automatically when the therapy time has elapsed or when no button is pressed for 60 seconds.

- MEMORY: The most recently set therapy time is stored. If you change the program mode during your therapy, the previous therapy time won't restart, unless you reset it. The last treatment program you used will appear on the display, when you turn on the device.

- Press MODE to save your selection. The program selected will appear on the display the next time you turn on the device.

CARE & MAINTENANCE

Device & Lead Wires

To clean exterior of system, please lightly wipe with a clean, wet cloth. Do not submerge the device in liquids or expose it to large amounts of water.

- If the user's area has any pets or pests, the system device(s) should be cleaned each time before use and kept safe away in a drawer or somewhere pets and children won't be able to reach.
- Never use aggressive cleaning products or stiff brushes to clean the device.
- Remove the battery before cleaning the device.
- Do not use the device until it is completely dry.
- Do not expose the device to direct sunlight and protect it from dirt and moisture.
- Store the system in a clean, dry place.
- Do not dispose of the device(s) in a fire.
- Disconnect the lead wires from the device and electrodes.
- Do not pull on the lead wires, only on the connectors attached to the ends of the lead wires.

Electrode Pads

The electrode pads are disposable and use an adhesive that will dry after prolonged usage or storage. Electrode pads should be replaced when they lose their adhesive quality or when you sense a change in stimulation sensation effectiveness.

If you're in doubt about the integrity of the electrode pads or if you want to order fresh electrode pads, please order online at www.iReliev.com or contact authorized reseller(s).

How to Store Your System

1. Store your system at room temperature in a dry place, out of the reach of children.
2. Please store in a low humidity, low temperature environment.
3. If the device will not be used for more than a week, remove the battery from the device.

TROUBLESHOOTING

Always check the unit and accessories before use to prevent damage and defects.

If this happens...	Cause	Try this solution...
Device doesn't turn on	No batteries are detected or are expired.	Replace batteries.
The device turns on and then off again.	Battery not inserted or life expired.	• Re-insert batteries according to instructions • Or replace batteries.
The device turns on, but intensity cannot be increased beyond "1" for extended period. Will default to "0." Auto intensity reset safety feature is initiated.	System not set-up properly or resistance to pads not detected by device.	• Connect lead wires to device, electrodes to lead wires, **and place on body part.** 2 small electrode pads per channel is required. • Replace used electrode pads. The quality of the gel may be diminished.
The device turns on, but does not generate electric pulses.	• Lead wires or electrode pads are broken or disconnected. • Treatment time expired.	• Replace/reconnect lead wires. • Ensure lead wires are properly seated in CH1/CH2. • Switch the device to the OFF position and then power ON.
The device doesn't turn on even though new batteries are installed.		Contact ExcelHealth at 855-723-2582 or visit us at www.iReliev.com. We want your iReliev experience to be great.

TECHNICAL SPECIFICATIONS

Channel: Dual channel, isolated channels.
Pulse Amplitude: Adjustable 0-80mA peak into 500Ω load per channel.
Pulse Rate: As pre-programmed, in operation mode.
Pulse Width: As pre-programmed, in operation mode.
Timer: 5-60 min. adjustable.
LCD: Shows modes, pulse rate, pulse width, timer, CH1/CH2, intensity level.
Wave Form: Symmetrical bi-phasic square pulse.
Max Charge per Pulse: 20.8 microcoulombs maximum.
Essential Performance: The stimulation output as defined in the following specification table for TENS.

TENS Programs :

Program	Pulse width(uS)	Frequency(Hz)	Function Mode
P1	260	15	Constant
P2	260	60	Burst
P3	260	60	Constant
P4	260~156	2~60	Modulation
P5	260~156	60	Modulation
P6	260	7~60	Modulation
P7	260~156	60	Modulation
P8	210	2.45~245	Cycle

**All electrical specifications are ±10% at 500Ω load.

Power Source: 3 x AAA/1.5 Volt Batteries
Weight & Dimension: Device Weight: 75 grams or 2.64 ounces (battery included)
Device Dimensions: 3.54" (H) x 2" (W) x 0.76" (D)
Operating Conditions: +50°F (10°C) to +104°F (40°C), 40-90% max. Relative humidity
Transport and Storage Conditions: +14°F (-10°C) to +140° (60°C), 30-95% max. Relative humidity
Operation Altitude: 3000m.
Operating Atmospheric Pressure Range: 700~1013 hPa
Transport and Storage Atmospheric Pressure Range: 500~1060 hPa
(i) There are a number of technical symbols on your system, explained as follows on next page.

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.

"Harmful interference" is defined by FCC as follows:

Any emission, radiation, or induction that endangers the functioning of a radio-navigation service or of other safety services or seriously degrades, obstructs, or repeatedly interrupts a radiocommunication service operating in accordance with FCC rules.

This symbol means "Serial number" on the back of the device.

This symbols means "Attention, consult the accompanying documents."

This symbol means "Manufacturer."

This symbol means type BF equipment; this device offers protection against electrical shock by standard compliance to leakage currents of electrode pad.

(ii) There is a label on the package explained as:
This symbol means "use before", represented as "YYYY-MM"
(for year and month).

Information About Electromagnetic Compatibility (EMC)

- The iReliev® Pain Relief System is designed to be used in typical approved environments in accordance with the safety standard EMC EN60601-1-2.
- The iReliev® Pain Relief System is designed to support anticipated disturbances originating from electrostatic discharge, magnetic fields for the power supply, or radio frequency emitters.
- However it is not possible to guarantee that the stimulator will not be affected by powerful RF field (radio frequency) originating from other sources.

ELECTROMAGNETIC COMPATIBILITY

- The device complies with current specifications with regards to electromagnetic compatibility and is suitable for use in all premises, including those designated for private residential purposes. The radio frequency emissions of the device are extremely low and in all probability do not cause any interference with other devices in the proximity.
- It is recommended that you do not place the device on top of or close to other electronic devices. Should you notice any interference with other electrical devices, move the device as radio equipment may affect the operation of this device.

ELECTROMAGNETIC COMPATIBILITY INFORMATION

Table 1 Recommended separation distances between portable and mobile RF communications equipment and the ME equipment
The iReliev® Pain Relief System is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the system can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the iReliev® Pain Relief System as recommended on next page, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz d= 1.2 $\sqrt{P}$	80 MHz to 800 MHz d= 1.2 $\sqrt{P}$	800 MHz to 2.5 GHz d= 2.3 $\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

Declaration - electromagnetic emissions and immunity for EQUIPMENT and SYSTEMS that are not LIFESUPPORTING and are specified for use only in a shielded location.

Table 2 The iReliev® Pain Relief System declaration - electromagnetic immunity			
The iReliev® Pain Relief System is intended for use in the electromagnetic environment specified below. The customer or the user of the iReliev® Pain Relief System should assure that it is used in such an environment.			
Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment - guidance**
Conducted RF IEC 61000-4-6	V/m 80 MHz to 2.5 GHz	3 V/m	Portable and mobile RF communications equipment should be used no closer to any part of the EQUIPMENT or SYSTEM including lead wires, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Interference may occur in the vicinity of equipment marked with the following symbol:
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	

Table 3 Declaration - electromagnetic immunity			
The iReliev® Pain Relief System is intended for use in the electromagnetic environment specified below. The customer or the user should assure that it is used in such an environment.			
Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment guidance**
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV differential mode ±2 kV common mode	±1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % U_T (>95 % dip in U_T) for 0 , 5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles and 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T	<5 % U_T (>95 % dip in U_T) for 0 , 5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles and 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EQUIPMENT or SYSTEM requires continued operation during power mains interruptions, it is recommended that the EQUIPMENT or SYSTEM be powered from an uninterruptible power supply or a battery.

Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment. The magnetic field from common appliances are not expected to affect the device.

▲NOTE: U_T is the a.c. main voltage prior to application of the test level.

Table 4 Declaration - electromagnetic emissions		
The iReliev® Pain Relief System is intended for use in the electromagnetic environment specified below. The customer or the user of the system should assure that it is used in such an environment.		
Emissions test	**Compliance**	**Electromagnetic environment guidance**
RF emissions CISPR11	Group 1	The iReliev® Pain Relief System uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR11	Class B	The iReliev® Pain Relief System is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class C	
Voltage fluctuations/ Flicker emissions IEC 61000-3-3	Complies	

FCC INFORMATION

The Federal Communication Commission Radio Frequency Interference statement includes the following paragraph:

The equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communication. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

--Reorient or relocate the receiving antenna.
--Consult the dealer or an experienced radio/TV technician for help.

The user should not modify or change this equipment without written approval from ExcelHealth Inc. Modification could void authority to use this equipment.

▲Note: The changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

▲Note: Important Note:
To comply with the FCC RF exposure compliance requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirements and void user's authority to operate the device.

WARRANTY

This iReliev® Pain Relief System carries a one-year warranty from the date of purchase.

The warranty applies to the main device and necessary parts and labor.

Consumable items like batteries, lead wires, electrode pads, and other accessories are guaranteed to be free from defects in workmanship and materials at the time of delivery.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.

ExcelHealth reserves the right to replace or repair the unit at their discretion.
US Tel no. 855-723-2582

ExcelHealth Inc.
1603 Hart Street
Southlake, TX 76092
www.iReliev.com

THANK YOU FOR PURCHASING

Your new iReliev® product is one of the best in the industry, and in many ways, leads the industry, particularly in the warranty coverage and customer satisfaction. Customer satisfaction is a key factor in every iReliev® transaction.

We are a company with a passion for affordable and effective electrotherapy products. At iReliev®, word-of-mouth recommendations result in a large percentage of our business. This is a testament to our excellent product value and customer satisfaction.

YOU MAY ALSO LIKE THESE OTHER IRELIEV® PRODUCTS:

Conductive Back Wrap Accessory

The iReliev® Conductive Back Wrap Accessory helps to relieve acute and chronic pain of the lumbar or lower back with the use of soft compression and electrical stimulation. Powered by the iReliev® Device, the Conductive Back Wrap delivers harmless electrical impulses where you need it most.

Mini Wireless TENS Unit

The iReliev® Pain Relief Patch is a wireless mini TENS unit that is designed to block the pain signal you feel. Highly portable, yet powerful, this simple to use Pain Relief Patch delivers harmless, massage-like pulses.

REGISTER YOUR DEVICE

You may register your device online or mail in the registration form on page 33. Completion of the form within 14 days of purchase will entitle you to 1 additional year of device warranty as well as free gifts and discounts.

Please go to https://www.iReliev.com/registration

When registering, flip your device as shown to reveal the serial number. You may also find serial number on the underside of the retail box. Enter serial number on the warranty registration form or complete warranty registration card on page 33.

REGISTRATION CARD

Send this copy to: iReliev® Products 1603 Hart St. Southlake, TX 76092

Product Model Name: _____

Date of Purchase: _____ Where Purchased: _____

Serial Number: _____

Print Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Country: _____

Email: _____

Phone Number: _____

How did you hear about iReliev? _____

Please mail registration card in a stamped envelope within 14 days from date of purchase to receive free gifts and discounts.

ExcelHealth Inc.
www.iReliev.com
1603 Hart Street
Southlake, TX 76092

If you have any questions whatsoever regarding your
iReliev® Pain Relief System
Model # ET-1313, contact your reseller or ExcelHealth Inc. at:
855-723-2582 or visit www.iReliev.com