



Oxford Medical Instruments

PEMF MAT USER MANUAL

Pulsed Electromagnetic Field Therapy



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Introduction

Thank you for choosing the OMI PEMF Mat. The OMI Mat is one of the most effective pulsed electromagnetic devices currently available in the world.

Product Description

The OMI PEMF Mat is sold in a box that also includes a wall adaptor, a controller, and the user manual. When the Mat is not being used, keep it in its box to protect it from potential physical damage. Using a sheet over the mat will help to protect the Mat from wear and tear.

Important Information about PEMF Therapy

WHO SHOULD USE PEMF DEVICES?

People who are: Experiencing painful conditions, desiring improvement and maintenance of overall health or if you are recovering from an injury. Please consult with your physician if you are pregnant.

WHO SHOULD NOT USE PEMF DEVICES?

The use of a PEMF product is contraindicated in people with pacemakers or other electronic implants, cochlear implants or mechanical heart valves. PEMF products are also contraindicated during pregnancy, and in people with epilepsy or bleeding. PEMF therapy is also contraindicated for: organ transplant recipients or those on immunosuppressive therapy, and those with non-MRI safe IUD's.

Minor reactions to low intensity PEMF therapy may occur in some individuals and is part of the detoxification and healing process. Because PEMF therapy results in many activities within the body, some people may experience some slight discomfort, especially when using it for the first time. Lower frequencies from 1-12 Hz

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Setting up the OMI PEMF Mat

Important Information, continued.

are least likely to cause a negative reaction and are optimal for general wellness.

PEMF therapy side-effects are usually either non-existent, or very minor and temporary but they may be observed in users who are hyper sensitive to electromagnetic fields. Most of the time, changing the frequencies used on the PEMF device will help to resolve any issues. It is very important to drink at least 8-10 ounces of pure water before and after a PEMF session.

People who have severe chronic pain or other physiological concerns, it is suggested to start PEMF therapy at a low frequency levels (such as 1,2,3, 4 or 5 Hz) then increase up to 12 Hz.

Proper nutritional support and supplements are also helpful in conjunction with PEMF Therapy. Few side effects have emerged after PEMF therapy has been used over a period of time. How much time will vary for each individual.

USE OF THE OMI PEMF MAT

The PEMF Therapy Mat will arrive in its own re-usable storage box.

Important note: The electromagnetic pulses emitted by the Mat are from the top of the Mat and provide direct nerve and cell stimulation for the whole body. The OMI PEMF Therapy Mat is designed for whole body use. For head, neck, joints or extremities, we recommend the OMI PEMF Therapy Ring.

IDENTIFY THE CONTROLLER

Note: The controller must be securely attached to your Mat. If this connection is not secure, an error message will display on the controller.

The controller is lightweight and easy to use. The controller has an AC adapter that you will plug into the most convenient outlet. Now you can select your Program, Frequency and Time.

The controller will always return to the last program that was used. You will use the Arrow Up or Arrow Down buttons when you want to change the Program, Frequency or Time. Press the Start/OK button after selecting each function. If you do not want to listen to the beep, which indicates each minute and the end of the set time, you may press the Sound/Mute Button to turn the beep on or off.

Setting the Controller

FIRST - SET YOUR PROGRAM

The OMI Mat allows you to take control of your therapy. The controller offers program settings: P1, P2, and P3. The Program Light on the left side of the controller will be lit up for each function – Program, Frequency and Time. To select a Program, press the Arrow Up or Arrow Down on the right-hand side of the controller. Then press the Start/OK button on the bottom right hand side of the controller to select the program.

SECOND - SET YOUR FREQUENCY

Programs P1 or P2

These programs each have a preset frequency. P1 has a range of frequencies between 12 – 22 Hz. It pulses on each frequency for 7 seconds as it goes up to 22 Hz and back down to 12 Hz. There is an 8 second pause before starting over again. This is a good setting to use in the morning or during the day. P2 has a range of frequencies between 8 – 12 Hz. It pulses on each frequency for 7 seconds as it goes up to 12 Hz and back down to 8 Hz. There is an 8 second pause before starting over again. This is a good option for early evening or to relax.

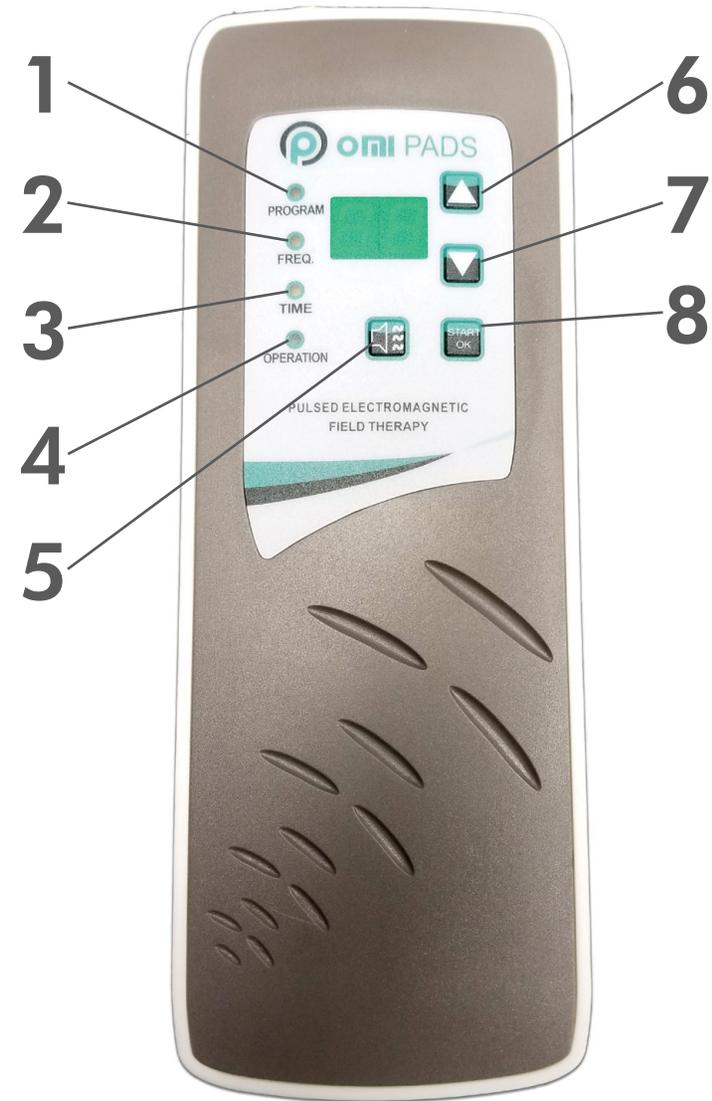
Program P3

P3 offers the option of customizing time and frequency. You will have an additional step to select the desired frequency. Press: Arrow Up or Arrow Down to select your frequency from 1-30 Hz. Then press: Start/OK.

LASTLY - SET YOUR TIME

Now that you have selected the program and the frequency you wish to use, you may now set the length of time you wish to use the Mat. You may adjust the minutes by simply pushing the Arrow Up or Arrow Down button on your controller. Once you set the time, Press: Start/OK and your session will begin and is indicated by the "Operation" light.

The controller will automatically power off if it is not used for 5 minutes.



- | | |
|-------------------------------|-----------------------|
| 1 - PROGRAM LIGHT INDICATOR | 5 - SOUND ON/OFF |
| 2 - FREQUENCY LIGHT INDICATOR | 6 - UP |
| 3 - TIME LIGHT INDICATOR | 7 - DOWN |
| 4 - OPERATION LIGHT INDICATOR | 8 - START/OK (ON/OFF) |

How to Use the Mat Most Effectively

Avoid excessive physical impact to the Mat. The manufacturer does not take responsibility for devices damaged by improper use. After use, disconnect the adapter from the controller unit by the plug.

RECOMMENDATIONS

1. For general wellness, it is recommended that you use your Mat 2x/day for a minimum of 8-12 minutes each time. This helps to recharge your cells to their optimal state.
2. You are advised not to smoke or drink caffeinated beverages immediately before or after using the Mat because caffeine and nicotine narrow the blood vessels. It is also not recommended to drink alcohol immediately before or after using the Mat because that can increase dehydration.
3. It is recommended to drink enough pure water (at least 8-10 8-ounce cups or 2 liters/day) and at least one 8-ounce cup of pure water before your PEMF Therapy sessions and immediately afterward. This helps to facilitate the natural release of toxins.
4. Eat a healthy diet free of chemicals and pesticides, refined foods and sugar. It is recommended to consume a lot of nutrient rich green vegetables.
5. Remove jewelry and watches as they can absorb some of the beneficial PEMFs.

Benefits of Regular Use of Your PEMF Mat

- Pain Reduction and accelerated healing
- Promotes cellular health to improve wellness
- Enhances the body's self-healing abilities and quality of life
- Boosts energy and athletic performance
- Improves circulation, oxygenation and immunity
- Improves detoxification and elimination
- Improves sleep, stress reduction and cognitive function
- Modulates inflammatory response, reduces oxidative stress, promotes cellular rejuvenation
- Non-toxic

Cleaning

Clean the Mat with warm water, mild detergent using a damp cloth. Do not clean with chemicals. It is recommended to cover the Mat with a sheet or towel to keep it clean.

Technical Specifications

AC ADAPTER

MODEL

TQ-1701500 μ

INPUT

AC100 -240V – 50/60 Hz 0.5A

OUTPUT

17V DC - 1500mA

COIL TYPE

8 Pure Copper Coils

WAVEFORM

Square Wave

MAGNETIC FIELD STRENGTH

20-66 μ Tesla (0.2 - 0.66 Gauss)

FREQUENCY RANGE

1-30Hz

CLASS OF PROTECTION AGAINST ELECTRIC SHOCK HAZARD

II

POWER FACTOR

10 W

INGRESS PROTECTION

IP21

MAT MATERIAL

White Synthetic Leather

MAT SIZE

65"x25" (165 cm x 65cm)

MAT WEIGHT

5.1 lb (2.3 kg)

Manufacturer and Warranty Service

MANUFACTURER

Oxford Medical Instruments Limited
Vasút Sor 80, Budakalász HU-PU Hungary 2011

WARRANTY SERVICE

PEMF Supply – North American Distributor
Tel. 844-855-7363
Email. info@pemfsupply.com

There is a three-year warranty for the OMI-PEMF MAT starting on the day of purchase. However, it is not valid in the following cases:

- Failure or damage due to improper usage
- Damage and contamination of the mattress caused by improper protection
- If the controller or the adaptor has been opened during the warranty period

Disclaimer

OMI and its distributors offer low risk, general wellness products that promote a healthy lifestyle, help to maintain or encourage good health, or reduce the impact or risk of some chronic diseases and conditions where a healthy lifestyle has been shown to play an important role in improving quality of life and living well. These statements have not been evaluated by the FDA and products are not intended to diagnose, treat, cure or prevent any disease or medical condition. PEMF products are meant to address energetic elements that aid the body's natural healing abilities, and help to restore and maintain energetic balance. The therapeutic low intensity pulsed electromagnetic fields generated by these products use similar levels of energy as the natural vitalizing energy of the Earth. The use of a PEMF product is contraindicated in people with pacemakers or other electronic implants, cochlear implants or mechanical heart valves. PEMF products are also contraindicated during pregnancy, and in people with epilepsy or bleeding. PEMF therapy is also contraindicated for: organ transplant recipients or those on immunosuppressive therapy, and those with non-MRI safe IUD's. Patients should tell their doctors when they are thinking about using complementary therapies with conventional medical treatment. This information is not a substitute for professional medical advice. If you have or suspect a medical problem, please consult your health care provider.



Oxford Medical Instruments

WARRANTY Applicable to North America

Oxford Medical Instruments (OMI) warrants each new OMI PEMF Full Body Mat, OMI PEMF Ring, OMI PEMF Mini-Mat, and OMI PEMF PulsePad (exclusive of batteries) to be free from defects in materials and workmanship for a period of three (3) years after the sale of the OMI product to the original purchaser. The obligation of OMI under this warranty is expressly limited solely and exclusively to the repair or replacement of the unit or any parts thereof, which to OMI satisfaction, shall have become defective during the warranty period, and which shall have been returned to OMI within 5 business days after the discovery of the defect by the original purchaser. This warranty does not extend to any liability for medical expenses, or for any other defect or malfunction of the "OMI" product, except as herein provided, whether such damage claim shall be based on contract, tort, breach of warranty, or otherwise.

This warranty shall not apply to any "OMI" product which has been repaired, tampered with or altered by someone other than a duly authorized OMI representative, or which has been subjected to negligence, accident, mishandling, normal wear and tear or which has not been used in accordance with the enclosed instructions or for the stated purposes.

This warranty is expressly limited solely to the original purchaser (user) and does not extend to any transferee, assignee, or subsequent purchaser or user of the "OMI" product.

This warranty is the sole and exclusive warranty made or which may be deemed to have been made by OMI and is expressly in lieu of any and all other warranties, either expressed or implied, including any warranties of merchantability or fitness for a particular purpose. No person or entity has any authority to bind OMI to any warranty, guarantee or representation except as specifically set forth herein.

PRODUCT SERIAL NUMBER	ADAPTOR SERIAL NUMBER
ORDER NUMBER	DATE OF PURCHASE



PEMF Supply is the North American Supplier for OMI PEMF therapy products. We offer both retail and dealer sales of pulsed electromagnetic field therapy devices.

OUR STORE

Our store which is located in Central Pennsylvania also serves as our office, warehouse and shipping center.

PEMF SUPPLY

525 East Sunbury St
Millerstown, PA 17062

(844) 855-7363

HOURS

9AM to 4PM EST
Monday - Friday

