



VASINDUX®

# VASINDUX HOME USER MANUAL

Pulsed Electromagnetic Field Therapy



# Vasindux Home Series User Manual

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## Introduction

Thank you for choosing Pulsed Electromagnetic Field (PEMF) Therapy. The Vasindux Home products are one of the most up-to-date pulsed electromagnetic devices for in home use. This device has innovative features designed to improve overall general health, well-being and improve your quality of life.

This user manual is designed to help you use the Vasindux Home unit safely and effectively to achieve the best results.

## Included with Your Purchase

Controller, AC Adapter, Applicator, and Instruction Manual

## Application Tips for Best Results

People with severe chronic pain or other physiological concerns are advised to start PEMF therapy at low frequency levels and then increase gradually over time as desired. Side-effects from PEMF therapy are usually minor and temporary if at all. In some cases users experience dizziness or tingling due to hyper sensitive to electromagnetic fields. In most cases, changing the frequencies used and lowering the power level on the PEMF device will resolve these issues.

- Drinking caffeinated beverages and smoking is not recommended immediately before and after use of the device as nicotine and caffeine restricts blood vessels.
- It is recommended to stay properly hydrated. Drink a glass of water before and after your therapy session.
- Avoid unhealthy diets. Be sure to eat a nutritious diet with fresh fruits and vegetables. For maximum efficiency, use the device regularly.

## 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.

### 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, unless approved by the device manufacturer. PEMF products are also contraindicated during pregnancy, and in people with epilepsy or bleeding. PEMF therapy is contraindicated for organ transplant recipients, those on immunosuppressive therapy, and for individuals with non MRI safe IUDs.

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 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 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.

# Vasindux Home Quick Start

The Home controller is designed to start the primary **Energy**, **Relax** and **Sleep** programs quickly. By selecting the **I**, **II** or **III** shortcuts, the programs are started immediately.

Press the "Power" button to power on the device. The Vasindux Logo will appear briefly on the display.



Once PR1 (Program 1) is shown on the display, you may select any of the 3 presets to start the program immediately. Relax and enjoy your wellness session!



**I (Energy)**, **II (Relax)** or **III (Sleep)**

During operation, the controller displays the program that you have selected, the time remaining for your session and the waveform. The simulation indicates if the program selected uses the sine or square wave.

To set the default controller settings, push and hold the Left - Right Arrows simultaneously. The settings area allows you to select the default sound, contrast, intensity and time. Once you set each category, those settings will be used as the default settings when you start a program.

**I - Energy** program gives your mind and body stimulation that helps to boost your energy and mood.

**II - Relax** program provides a calming set of earth based frequencies to relax your mind and nerves while providing cellular stimulation.

**III - Sleep** program helps to prepare your mind and body for deep sleep while gently recharging your cells.

Power

I, II & III

OK



Press the OK button during operation to pause the session. To continue the session, press the OK button once more. You may press the power button at any time to end the session. You may push and hold the power button to turn off the controller.

At the end of the session, a brief double beep will be emitted. (if the sound option is on) The word STOP will appear on the display. If the controller is not in use for five minutes, it will automatically power off.

# Vasindux Home Setup and Use

The controller is lightweight and easy to use. Plug the AC adapter into your outlet. Make sure the AC adapter and the applicator are securely connected to the controller.

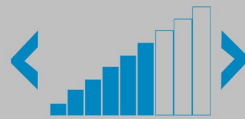
Press the "Power" button to power on the device. The Vasindux Logo will appear briefly on the display.



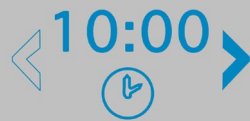
Once PR1 (Program 1) is shown on the display, use the right and left arrow buttons (2) to scroll through the 13 program options. Press the OK (3) button to confirm your selection. (press and hold to adjust the time or intensity if different from the default settings)



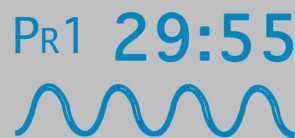
When the image resembling a bar graph is displayed, use the right arrow to increase the intensity or the left arrow to decrease the intensity. Then press OK.



After you have selected the desired intensity, you can customize the time. When the image with the clock symbol appears, you may scroll right and left using the arrow buttons to choose the time. Press OK to begin the session.



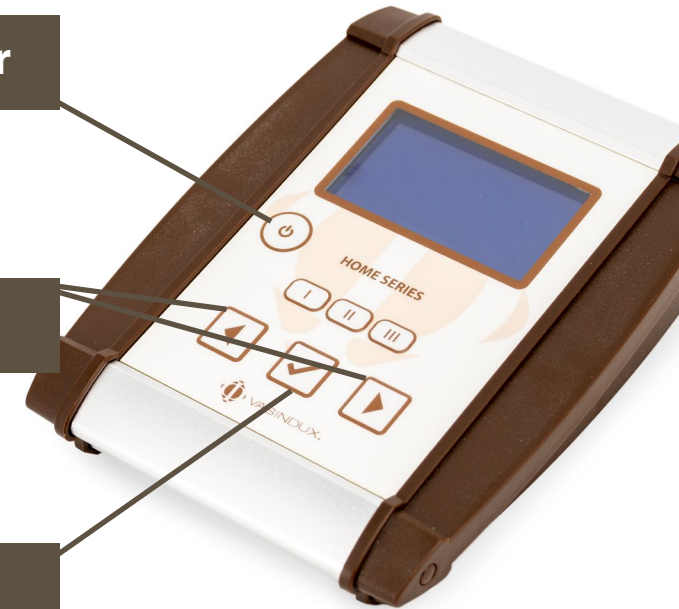
During operation, the controller displays the program that you have selected, the time remaining for your session and the waveform. The curved line indicates the program selected uses the sine wave. Programs using the square wave will display an animated square wave.



1 - Power

2 - L + R

3 - OK



Press the OK button during operation to pause the session. To continue the session, press the OK button once more. You may press the power button at any time to end the session. You may push and hold the power button to turn off the controller.

At the end of the session, a brief double beep will be emitted. (if the sound option is on) The word STOP will appear on the display. If the controller is not in use for five minutes, it will automatically power off.

# Sound Function

The Vasindux omits a beep which signals the beginning and end of a session.

To disable the sound function, press and hold both arrow buttons simultaneously. Use the arrow buttons to turn the sound on and off or to adjust the beep volume.

## Sound On



## Sound Off

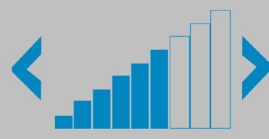


## ADJUST THE SCREEN CONTRAST

Press and hold both arrow buttons simultaneously. Use the arrow buttons to find the contrast symbol. Press OK.



Use the arrow buttons to adjust the contrast. Press OK to confirm your selection. Press the power button to exit the settings menu.



# Custom Program - PR 13

Program 13 is a custom function that allows the user to select specific aspects of their program.

Use the arrows to scroll through the programs until you see <Pr13> on the display. Press OK to confirm your selection. You will have the option to select a specific frequency.

Use the arrow keys to select the first digit. Press OK to confirm the selection.



Use the arrow keys to select the second digit. Press OK to confirm the selection.



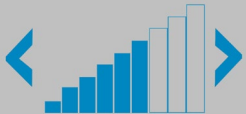
Next, use the arrow keys to select your third digit. Press OK to confirm the selection.



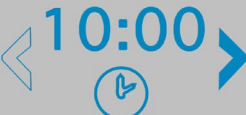
Now you have the option to select the polarity. The +/- indicates reversing polarity. -/- is negative polarity and +/+ is positive polarity. Press OK to confirm your selection.



Each of the bars represent intensity. You can use the arrow buttons to adjust the intensity of your session. Press OK to confirm your selection.



Lastly, set the time. Use the arrow buttons to adjust the time of your session. The time is adjustable in ten minute intervals. Press OK to begin your session.



# FAQ

## What is Intensity?

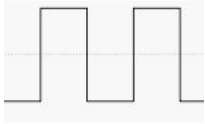
Intensity is the strength of the signal. Intensity is measured in Gauss or MicroTesla.

## What is Frequency?

Frequency is the number of pulses that are emitted per second. Frequency is measured in Hertz.

## What is Waveform?

The waveform is the shape of the magnetic wave.



### Square wave

From the NASA study, we know that the square wave is ideal for breaking up cycles of pain and promote healing and regeneration of healthy tissues.



### Sine wave

A variety of waveforms exist in nature, in the body, and in PEMF devices. The sine wave mimics the waves that the body naturally emits.

## What Program Should I Start With?

Your first few sessions should be one of the lower frequency programs. Try a low program with the default intensity until your body adjusts to the therapy.

## How Long Does It Take To See Results?

For best results, it is recommended to use the device twice per day. Each person responds differently to PEMF Therapy. Results may vary on an individual basis. It is important to know that PEMF Therapy is a complimentary therapy and not a medical treatment. For specific health concerns, please contact your doctor.

# Program Information

General Programs	Waveform	Frequency	Notes
Program 1	Sine	12-22 Hz	Energy
Program 2	Sine	8-11 Hz	Relax
Program 3	Sine	0.5-5 Hz	Sleep
Program 4	Square	12-22 Hz	Energy
Program 5	Square	8-11 Hz	Relax
Program 6	Sine	15.6 Hz	See Program Guide
Program 7	Sine	65.5 Hz	See Program Guide
Program 8	Square	15.6 Hz	See Program Guide
Program 9	Sine & Square	26Hz/15Hz	See Program Guide
Program 10	Sine	7.8, 14, 20.8, 25 & 31 Hz	See Program Guide
Program 11	Sine	396, 417, 528, 639, 741, 852, 963 Hz	Full Chakra
Program 12	Sine	110, 117.3, 164.3, 176, 220, 281, 295.8, 315.8, 317.83, 319.88, 321.9, 324, 355.2, 418.3 & 492.8 Hz	Full Bio Resonance
Program 13	Sine	0.1 - 99.9	Custom

# Home Series



## Full Body Mat

This device is used for full-body therapy and general wellness.



## Ring Attachment

This device is used for the head, neck, joints and extremities.



## Chair Mat Attachment

Use this device on a chair, in a bed, or at the office.

## Benefits of Regular Use of PEMF Therapy

- 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

The surface of your device is not washable. Do not clean with harsh chemicals. Mild dirt should be removed with a dry cloth. It is recommended to cover the mat to protect the surface.

PU Leather: Clean the applicator with warm water or mild detergent using a damp cloth. Do not clean with chemicals.

# Environmental Protection Declaration

Used electrical equipment is considered hazardous waste. Please recycle this product accordingly. For more information, please contact your retailer.

# Manufacturer and Warranty Service

## MANUFACTURER

Vasindux LLC.  
www.vasindux.com

## WARRANTY SERVICE

Fulfilled by distributor.

There is a three-year warranty for the Vasindux PEMF Products 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

# Technical Specifications

<b>INPUT</b>	AC100 - 240V - 50/60 Hz
<b>OUTPUT</b>	12V DC - 2.5 Amps - 30 Watts Max
<b>COIL TYPE</b>	<b>Mat:</b> 8 Copper Coils <b>Chair Mat:</b> 6 Copper Coils <b>Ring:</b> One Large Coil
<b>WAVEFORM</b>	Sine or Square
<b>MAGNETIC FIELD STRENGTH</b>	Full Mat: 5 - 75 Microtesla (.05 - 0.75G) Chair Mat: 5 - 75 Microtesla (.05 - 0.75G) Ring: 5 - 180 Microtesla (.05 - 1.8 G)
<b>STORAGE TEMPERATURE</b>	Between 35 F and 104 F Relative air humidity up to 75%
<b>FREQUENCY RANGE</b>	<b>Preset Programs:</b> 0.5 - 963 Hz <b>Custom Program:</b> 0.1 - 99.9 Hz
<b>MATERIAL</b>	<b>Full Mat:</b> Poly Cotton <b>Chair Mat:</b> Poly Cotton <b>Ring:</b> PU Leather
<b>SIZES</b>	<b>Full Mat:</b> 70 X 27 Inches (180 X 70 cm) <b>Chair Mat:</b> 18 X 39 Inches (46 X 99 cm) <b>Ring:</b> 9 Inches ID (22 cm ID)
<b>WEIGHT</b>	<b>9</b>

# Warranty Statement

Vasindux warrants each new PEMF product to be free from defects in materials and workmanship for a period of three (3) years after the sale of the Vasindux product to the original buyer.

The obligation of Vasindux under this warranty is expressly limited solely and exclusively to the repair or replacement of the unit or any parts thereof, which to the satisfaction of Vasindux, have become defective during the warranty period, and which shall have been returned to Vasindux within 5 business days after the discovery of the defect by the original buyer. This warranty does not extend to any liability for medical expenses, or for any other defect or malfunction of the "Vasindux" 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 "Vasindux" product which has been repaired, tampered with or altered by someone other than a duly authorized Vasindux 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 buyer (user) and does not extend to any transferee, assignee, or subsequent purchaser or user of the "Vasindux" product.

This warranty is the sole and exclusive warranty made or which may be deemed to have been made by Vasindux 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 Vasindux to any warranty, guarantee or representation except as specifically set forth herein.