

# Brain Premier E1

## User Manual



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**Please read all of the USER MANUAL instructions before using the Brain Premier tDCS device.**

## 1. DISCLAIMER

Please kindly note that tDCS is an investigational technology and has not been approved by the FDA. tDCS is not recommended for use in treating any medical conditions. Brain Premier is not a medical device and does not claim to diagnose, assist, treat, improve, cure, or prevent any medical condition or disease. Brain Ultimate and its partners do not endorse Brain Premier as a treatment for any medical condition or disease.

tDCS is a safe technique; however, do not use it unless you have a full understanding of tDCS and its associated risks.

If you suffer from epilepsy, brain lesions, bipolar depression or severe heart disease you should not use the stimulator. If you experience short term negative effects with the stimulator, you should immediately stop using it. This is not a toy and is not intended to be used by anyone under the age of 18years old. Do not place the electrodes over cuts, grazes or damaged skin. Allow at least 24hours between each use. Do not directly touch the electrodes as this can lead to burns. Always use electrodes with wet sponges. It is recommended to use 0.9% saline solution (Sold separately).

Although the content of this book has been reviewed at the time of publication, please contact our support team in case of any imperfections or errors (Contact Information on Back Cover). This document may contain technical or print errors. We will update this information regularly and merge the updates of this document into future versions. No further notice will be given.

Performance, specification and software are subject to change without notice. If needed, please contact the distributor or manufacturer.

## 2. PACKING LIST



① IDCS stimulator (x1)



② Sponge Electrodes (x2)



③ Electrode lead wire (x1)



④ Charging Cable (x1)



⑤ Sponge Holders (x2)  
(for replacement)



⑥ Sponge Inserts (x2)  
(for replacement)



⑦ Elastic Headstrap (x1)

### 3. SPECIFICATIONS

Model Parameter	E1
Stimulation Type (Waveform)	Direct Current
Intensity	0.1 - 2.0mA, increment 0.1
Duration	1 - 40min, increment 1min
Max Output	+26V
Battery	3.7V lithium battery, rechargeable
Safety protection	Battery status; Low-Voltage Display
	Over-current protection: Message prompted when current value $\geq 2.5\text{mA}$
Electrodes Lead wires	Connector: 2mm Pin Length: 1.5m, detachable
USB Communication	Charger

## 4. DEVICE OPERATION

### 4.1. Control buttons and display



- ① Electrode lead wire connector: Connect the Electrode lead wire
- ② MENU button: Set Current Mode and Time Mode
- ③ POWER button: Long press to Power On/Off
- ④ UP button: Increase current or time
- ⑤ START/PAUSE/STOP button: Click the button to START/PAUSE, double click to STOP stimulation
- ⑥ DOWN button: Decrease current or time
- ⑦ USB port: Charge device with included USB Cable

## 4.2. Preparing for a Session

### Prepare Skin

Clean the target area with isopropyl alcohol. Do NOT use if you have sensitive skin or a rash, broken skin, or open wounds such as sores, cuts, or pimples.

### Prepare Electrodes

Drip adequate amount of saturated saline solution (recommend 0.9%) in the sponge electrode and keep it moist. Sponges should be wet with saturated salt water. We recommend the use of 0.9% saline solution. (Sold Separately) Should you choose to make your own salt water, this can be done by 23 grams of salt in water, with a total volume of 100ml. (The saturated solution can be prepared in drop bottles.)

We recommend using the electrodes on smooth surfaces; However, sponge electrodes can be used for non-smooth surfaces.



### Connect Electrodes

Connect the sponge electrode with electrode wire, and then connect the electrode wire to the device. Ensure all the connections are sufficient.

It should be noted that the two outputs of the electrode wire are distinguished by red and black. The red one refers to anode (positive) and the black one to cathode (negative).

## 5. ELECTRODE PLACEMENT

Scientific studies on tDCS have shown that different electrode placements produce different results. Thus, it's important to select the right position based on different situations. As tDCS is investigational, no information on electrode placement is permitted to be provided. Please refer to <https://caputron.com/pages/tDCS-montage-guide> for additional information.

### **Secure Electrodes**

Identify the electrode placement you will be using, and place the electrodes accordingly with the sponges against the skin. Make sure not to confuse the Anode (RED) & Cathode (BLACK) positioning, which may potentially produce opposite effects than as intended. To maintain the electrode positioning, use the included headband or other fastening materials. The electrodes should be attached firmly against your body. Saline solution should saturate through any hair and reach the surface of your skin for a better conductivity. Wipe away any excess saline that may drip.



## 6. PARAMETERS ADJUSTMENT

### Time

Press MENU button to select "Time" parameters; press UP or DOWN button to increase or decrease the running time (1-40mins); press MENU button to confirm and move on to current settings.

### Current

Press MENU button to select "Current" parameters; press UP or DOWN button to increase or decrease current value (0-2mA); press MENU button to confirm.

## 7. STARTING YOUR SESSION

### WHAT TO EXPECT

You may perceive a slight tingling or itching when first turning on the device, or when increasing the current level. It is common for most people to have these feelings, and will often disappear within 15-30seconds. If these sensations last, here are a few things you can try:

- Slightly adjust the positioning of the electrodes
- Apply additional saline solution to the sponges
- Apply pressure to the electrodes (to help saturate the area)
- Lower the current level using the DOWN button

However, if you ever experience sensations you are uncomfortable with, stop your session immediately by using the START/STOP button.

## 8. ENDING YOUR SESSION

When reaching the set time, the device will begin slowly ramping down the current, and then power off. If you need to stop your session earlier, simply press the START/STOP button.

**WARNING:** Please note, long pressing the POWER button will instantly shut off the output current. This may lead to an unpleasant shock.

## 9. MAINTENANCE

While regularly cleaning your sponges can help to extend their life, after multiple sessions the quality of the sponges will degrade, lowering conductivity and lessening the effectiveness of tDCS. For best results, we recommend you replace your sponges every two weeks, or after 7 tDCS sessions.

It is also important to note that after one tDCS stimulation, please pull out the electrode wire and pull out two electrodes after the device is turned off. Remove the net cover and the electrode sponge, and clean them (electrode cover, sponge and net cover) with clean water. After cleaning, dry them in the ventilated place (do not expose to the sun) so as to ensure that the electrode is clean and ready for the next session.

## 10. WARRANTY

Brain Ultimate warrants the Brain Premier E1 (the "Product"), and only the Product, against defects in materials and workmanship under normal use for a period of twelve (12) months commencing on the date of original purchase by the original purchaser (the Warranty Period). This warranty does not cover damage caused by misuse, accident, abuse, natural and/or external causes (i.e. fire, earthquake, flood, etc.), use other than as intended and described in the Product instruction manual, finishes, normal wear and tear, tampering, unreasonable use, service performed by unauthorized service agents, or loss or damage to the battery. Brain Ultimate does not warrant that the operation of the Product will be uninterrupted or error-free.

## 11. TECHNICAL SUPPORT

Do you have technical queries or questions about Brain Premier? We are happy to help! Simply send an email to [support@brainultimate.net](mailto:support@brainultimate.net) or [contact@caputron.com](mailto:contact@caputron.com). Please be ready to quote the serial number of your system and your order number.

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