



#### Welcome to mindgear.

To start, insert battery correctly and Push Power switch to On position.

## Step 1

Insert the leads into the pad electrodes Plug the cable end into the electrode connector.

Attach pad electrode to forehead avoiding hair and unclean skin.

# Step 2

Press Time button for time to start blinking. Select desired treatment time between 15 and 30 mins by pressing ▲ or ▼ button.

## Step 3

Start the treatment by pressing Start/Stop button and wait for the intensity level (0.0) to start blinking.

Increase intensity between 0.1 and 1.5mA by pressing  $\blacktriangle$  until tingling is felt and comfortable.

# Relax and Enjoy the relief of mindgear as time decreases to zero.