



Pain Relief System

Dual Channel TENS



**Model #
ET-1313**

Instruction and Operating Manual

Read Before Using



www.iReliev.com

CE 0120

iReliev® Dual Channel TENS System

Intended Use:

iReliev® Dual Channel TENS System, model # ET-1313 is intended 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.

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SAFETY INSTRUCTIONS

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 user or device.

Please read the following information carefully before using **iReliev® Dual Channel TENS System**.

What is TENS?

The more precise term is **T**ranscutaneous (meaning “through the skin”) **E**lectrical **N**erve **S**timulation (TENS). A TENS unit is an electrical powered device used to apply an electrical current to electrodes on a person’s skin to relieve pain associated with sore or aching muscles.

Contraindications: Do not use this System if any of the following conditions are present:

- Do not use this system if you have a cardiac pacemaker, implanted defibrillator (s) or any other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- Do not use this system if you have undiagnosed chronic pain.
- Do not use if you are pregnant. The safety of electronic muscle stimulation over the pregnant uterus has not been established.
- Do not use if you suffer from cancer. The effects of electronic stimulation on cancerous tissue are unknown.
- Do not use if you are under medical supervision for cognitive dysfunction as you may not be able to comply with safety instructions.
- Do not use if the unit is in close proximity to shortwave or microwave diathermy equipment or you are connected to high-frequency surgical equipment, because of risk of device interference.
- Do not wear the device or place electrode pads over areas at which 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.

WARNING 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 pads on or close to your heart.
- Do not place the pads around or close to your neck. Do not apply stimulation over the neck. Severe spasm of the muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation over the neck could also have adverse effect 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 the 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.
- Do not place the electrode pads on the front or sides of the neck across or through the heart

(one pad on the front of the chest and one on the back), in the genital region, or on the head, because of the risk of stimulating inappropriate muscles and organs.

- 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 while sleeping.
- Do not use if you feel numbness
- Do not use 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 the 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 or rashes, or over swollen, red, infected or inflamed skin.
- If you have ever had surgery, consult your Physician before using this System.
- You must position the pads and operate the unit ONLY as indicated in this manual.
- Avoid areas in injury or restricted movement (e.g. fractures or sprains)
- Avoid placing the pads over metal implants.
- Do not use in the bath or shower, or in an environment of elevated humidity (e.g. Sauna, hydrotherapy, etc).

Wait before using this system until:

- 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 caesarean section (you must consult your doctor before use).
- The heavy days of your period have finished, because vigorous abdominal exercise is not recommended at this time.

Precautions

- Read Operating and Instruction Manual before using this System for the first time.
- Keep this manual available whenever you use the System.
- The System is intended for personal use on healthy adults only.
- 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 TENS stimulation during pregnancy has not been established.
- Use caution when and/or if:
 - User has skin areas that lack normal sensation.
 - Following surgical procedures if muscle contractions might impede the healing process.
 - Over a menstruating or pregnant uterus.
 - There is a tendency to hemorrhage following acute trauma or fracture.
- Place electrodes in accordance with illustrations in the User Manual.
- 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 the TENS device out of the reach of children.
- Application of moderate heat (thermal wrap) to muscles as well as moistening skin prior to treatment improves treatment efficacy; use of cold packs on treated muscles after treatment is also recommended.

- This unit should only be used with the leads, electrodes and accessories provided by the manufacturer.
- The device is not intended for medical use, for the treatment of any medical condition or for any permanent physical changes.
- Contact ExcelHealth, or an authorized dealer, if your unit is not working correctly. Do not use in the meantime. Replace batteries.
- An effective session should not cause discomfort.
- For first time users, TENS 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 leads and electrodes pads must not be connected to other objects.
- Do not over exert yourself while using TENS. Any workout should be at a comfortable level for you.
- Do not place pads over jewelry or body piercings.
- Start all sessions in a sitting position (Fig. A). If necessary, secure the limb(s) before using this device.

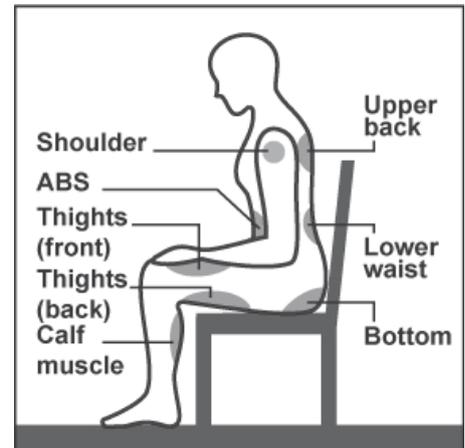


Figure "A"

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

- You have any serious illness 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 have suspected or diagnosed heart problem.
- If you have suspected or diagnosed epilepsy.
- If you have a tendency to bleed internally following an injury.
- 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 of more pads feels irritated after using the TENS device for a long period of time, use the TENS device for a shorter period of time.
- Minor redness at stimulation placement is a normal skin reaction. It is not considered as skin irritation, and it will normally disappear within 30 minutes after the electrodes are removed. If the redness does not disappear after 30 minutes from the removal of electrodes, do not use the TENS device again until after the excessive redness has disappeared.
- Turn off the TENS device if the stimulation feels unpleasant or does not provide pain relief.
- Keep your System out of the reach of children.
- Use your iReliev TENS device only with the electrode pads and accessories recommended by the manufacture.
- Do not use this System when driving, operating machinery or when swimming.
- Before removing the electrode pads or optional back wrap, be sure to power off device to avoid unpleasant stimulation.

After strenuous exercises or exertion:

- Always use lower intensity to avoid muscle fatigue.

Important:

- Do not use your unit at the same time as any other device which transfers an electrical current into the body (e.g. another TENS device or muscle stimulator).
- Cease using your unit if you are feeling light headed or faint. Consult a Doctor if this happens.
- Do not touch the pads or metal studs while the unit is switched on.
- Do not use unit if you are wearing a belly button ring. Remove ring before session.

Note: If you are in any doubt about using device for any reason, please consult your doctor before using.

Electrode Pad Precautions

- To reposition the pads during a session, always pause the program currently running, reposition the pads as directed on page 7 and page 8 and then restart the program again.
- Only use iReliev® brand electrode pads with your device. Other products may not be compatible with your unit and could degrade the minimum safety levels.
- The electrode pads are for single person use only.
- Do not plunge the pads into water.
- Do not apply solvents of any kind to the pads.
- Always ensure the unit is OFF before removing the pads.
- Apply the whole surface of the pads firmly to the skin. Do not use pads which do not adhere properly to the skin.
- If your skin is red under the pad after a session, do not start another session in the same area until your redness has completely disappeared.

Adverse Reactions

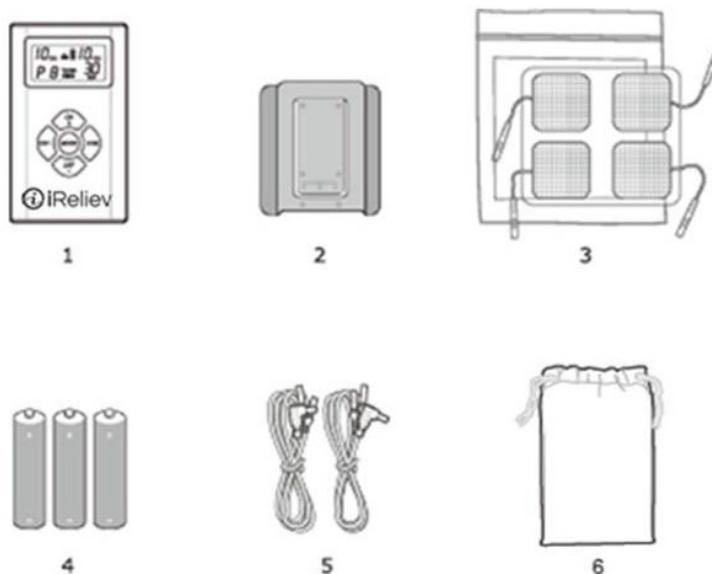
- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin.
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

Conditions that may affect your System

Since the TENS device 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 TENS device dry to ensure the safety and performance of the device.

SYSTEM CONTENTS:

1. iReliev® Dual Channel Device
2. Clip holder
3. 2" x 2" Electrodes, 4 pieces/pack
4. (3) AAA batteries
5. 2 Lead Wire Cables
6. Tote Bag

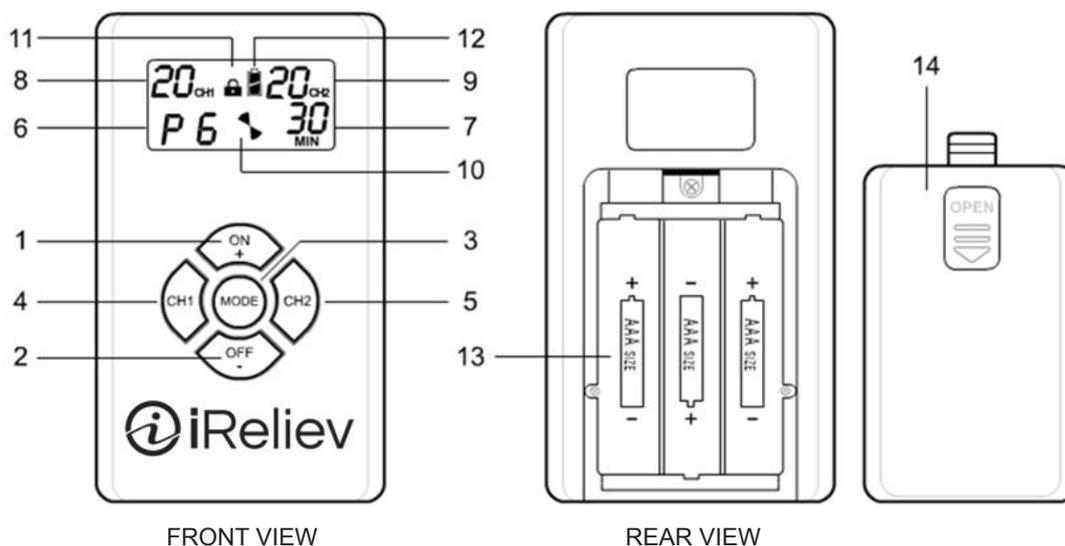


7. Conductive Back Wrap Accessory, (Optional), Model # ET-1515.

Visit www.iReliev.com



ABOUT THE DEVICE



- | | | | |
|----|---|-----|--------------------------|
| 1. | Power on / adjust / increase setting key | 8. | CH1 intensity level |
| 2. | Power off / adjust / decrease setting key | 9. | CH2 intensity level |
| 3. | Program / therapy time selection | 10. | Therapy duration status |
| 4. | CH1 key | 11. | Lock status indicator |
| 5. | CH2 key | 12. | Battery status indicator |
| 6. | Program number | 13. | Batteries compartment |
| 7. | Therapy time remaining | 14. | Battery cover |

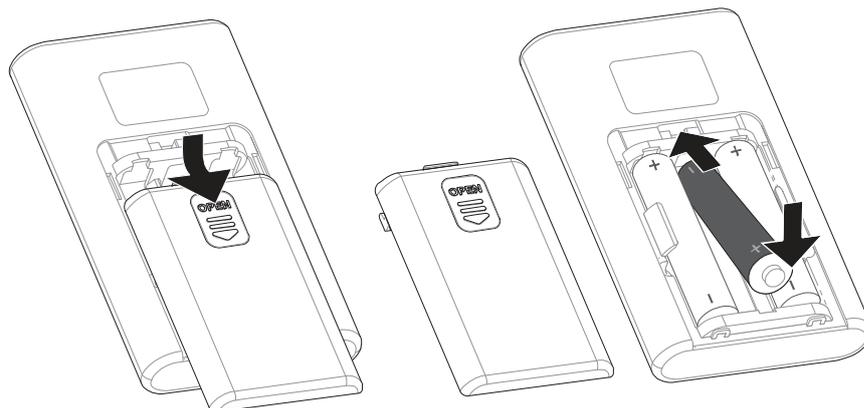
STEP BY STEP PREPARATION & SET UP:

1. Preparing the Skin for a Session

Proper preparation of the skin covered by the electrodes allows more stimulation to reach targeted tissues, prolongs electrode life, and reduces the risk of skin irritation. After connecting the lead wire(s) to the device, use the following steps to prepare your skin at the electrode placement sites:

- ▲ **Note:** Determine the placement sites for the electrodes.
- ▲ **Note:** Wash the area with mild soap and water (do not use alcohol). Rinse thoroughly.
- ▲ **Note:** Trim excess body hair from the area with scissors (do not shave).
- ▲ **Note:** Optionally, apply skin prep to the area to form a protective barrier on your skin. Apply, let dry and apply electrode pads as directed. This will reduce the potential for skin irritation and will extend the life of your electrode pads.
- ▲ **Note:** When removing electrodes, remove by pulling on a corner of the electrode in the direction of hair growth. Pulling on the wire itself can compromise the electrode pad.
- ▲ **Note:** It may be helpful to apply skin lotion on electrode placement area when not wearing electrodes.

Inserting/Changing the Batteries



STEP BY STEP DEVICE OPERATION:

1. Open the battery compartment at the back of the device by pushing the battery cover marked “Open” downward (this area features raised marks for easy identification).
2. Insert 3 AAA (1.5 V) batteries in the battery compartment; match up the symbols (+/–).
3. Close the battery cover by carefully placing the stud into the slot in the rear area and sliding it upward, applying slight pressure.
4. Follow the same procedure when replacing the batteries in the future.

▲ **Note:** Important precautions regarding the batteries, please be informed:

- Always use only 3 x 1.5V (AAA) batteries.
- Keep away from children.
- Do not recharge.
- Do not short-circuit.
- Do not throw into a fire.

Please recycle. Do not dispose of old batteries with your household waste; dispose of the safely at a recycling center or reseller where the batteries were purchased

STEP BY STEP DEVICE OPERATION:

1. Connect Lead Wire Cable(s)

Insert 1 or 2 lead wire cables to respective channel on top of device.

▲ *Note: To ensure that your system works properly, be sure lead wire(s) is fully inserted 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-set to “0” intensity on respective channel if lead wire cable(s) is not fully inserted.*

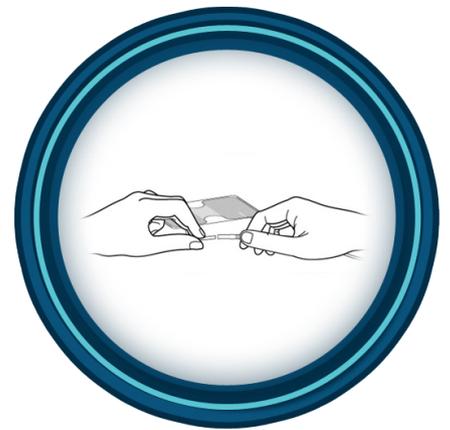


2. Connect Electrode Pads to Lead Wire(s)

Connect lead wire pins to 2 or 4 electrodes before applying to the skin. System requires that a minimum of 2 electrodes are used per lead wire.

▲ *Note: To ensure that your system works properly, be sure that 2 or 4 electrode pads are completely inserted onto lead wire pin(s). This step will ensure the safety feature intensity level reset is not activated.*

▲ *Note: The system will by default auto-set to “0” intensity on respective channel if 2 or 4 electrode (s) are not fully inserted.*

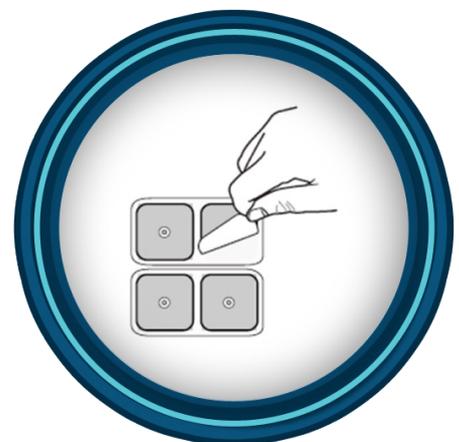


3. Remove Electrode Pads From Film

Remove the electrode pads from protective film.

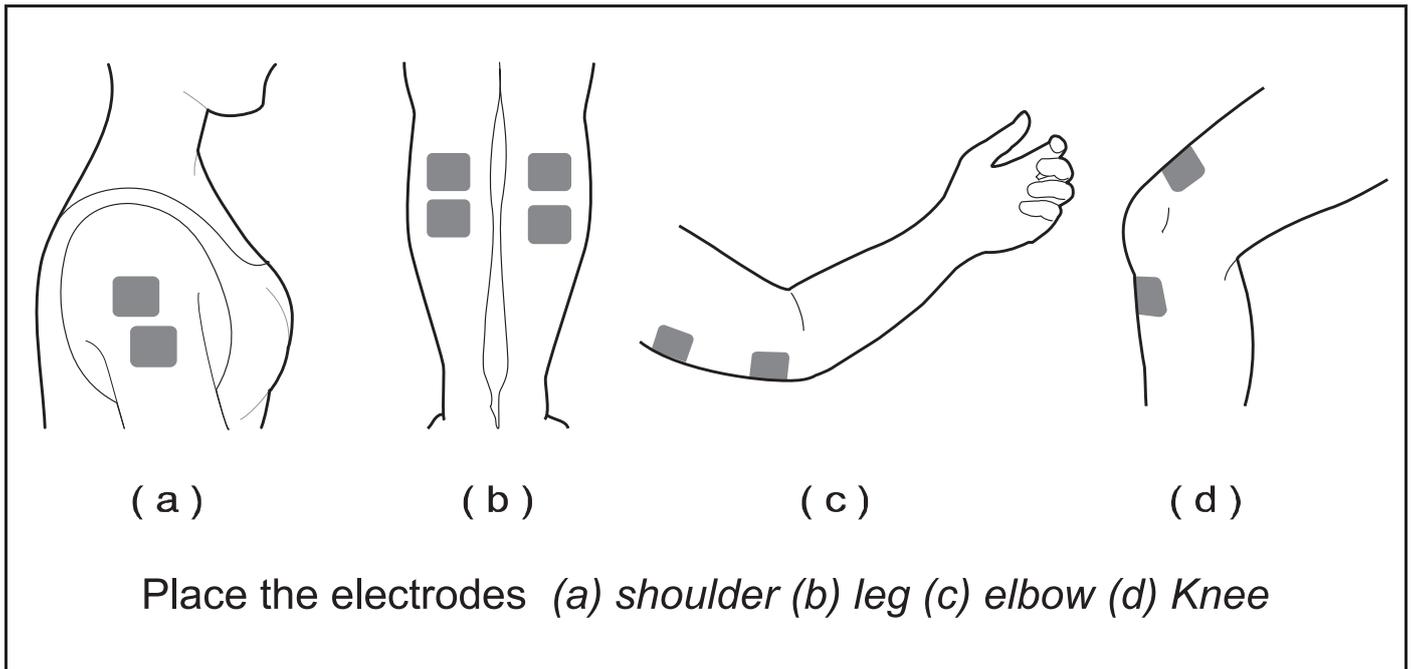
▲ *Note: To preserve the integrity of the electrode pads, place back onto film when your therapy has concluded.*

▲ *Note: The electrode pads are disposable and use an adhesive gel that will dry after prolonged usage 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, order new electrode pads.*



4. Place Electrode Pads on your Skin

Place electrode pads on your skin as per the diagram:



▲ *Note: To insure that your system works properly, be sure that 2 or 4 electrodes pads are placed properly on your skin as per operating manual. This step will ensure the safety feature intensity level reset is not activated.*

▲ *Note: A minimum of 2 electrodes per channel is required*



5. 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 and releasing “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.*



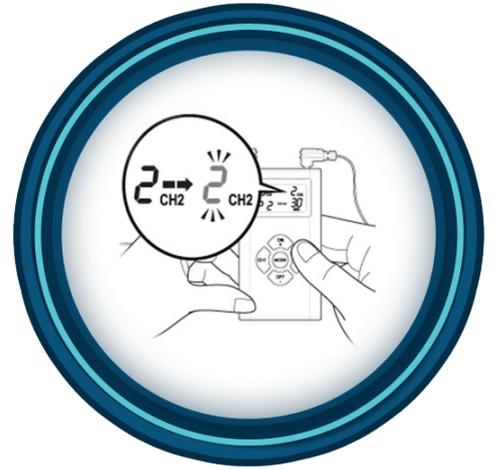
6. Select Intensity

Intensity is adjustable according to the channel selected. Select the channel you wish to adjust 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) repeatedly 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.*

▲ *Note: If you change therapy mode/program during the course of a therapy session, the intensity level will reset to “0” showing on the screen, to ensure safety.*



7. Select Treatment Time

To Select Treatment Time: Press and release “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.

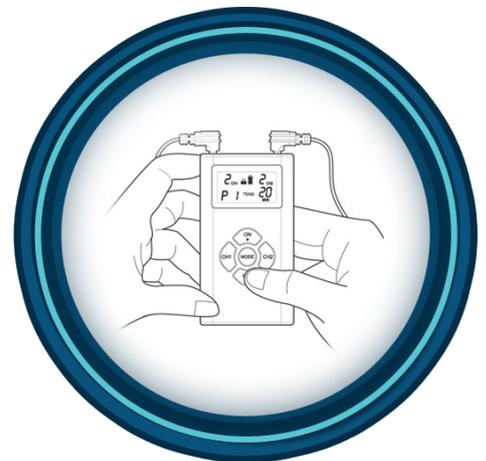
▲ *Note: The device offers 12 preset times: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 minutes.*

▲ *Note: Time will countdown on the display in 1-minute increments for the duration of your session.*

▲ *Note: The device turns off automatically when the therapy time has elapsed.*

▲ *Note: The most recently set therapy time is stored.*

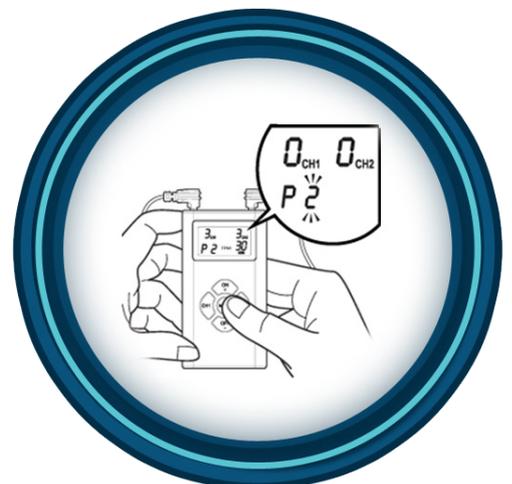
▲ *Note: The last treatment program you used will appear on the display, when you turn on the device.*



8. Select Therapy Mode P1-P8

To Select Therapy Mode: Press and release MODE button. On LCD, see lower right treatment time blink, press and release “MODE” button again. Program Mode P1-P8 will blink. Press and release “ON/+” or “OFF/-” to navigate to preferred therapy mode.

▲ *Note: Intensity Settings will auto default to “0” while making program adjustment.*



SELECTING A THERAPY MODE

The iReliev® Dual Channel TENS device offers eight pre-set treatment programs or TENS therapy modes; the programs differ with respect to varying pulse widths and frequencies. Choose the mode that is appropriate to your needs or gives you the greatest pain relief. 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 in terms of output variation. You may try all eight programs. Select the 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 or 10 minutes until your body gets used to TENS stimulation.

Program Mode	Benefits	You Should Feel
P1	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.	Continuous tingling. The underlying pain should decrease gradually after treatment.
P2		Pulsing sensation. The underlying pain should decrease almost immediately.
P3		Pulsing sensation. The underlying pain should decrease almost immediately.
P4		Variable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.
P5		Variable mild tingling sensation (sensation will appear to come in waves).
P6		Variable pulsing and pumping action (action will appear to come in waves).
P7		Variable tingling and pumping action (action should appear to come in waves).
P8		Variable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.

SPECIAL FEATURES



Treatment Time

The device offers 12 preset times: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 minutes. Time will countdown on the display in 1-minute increments for the duration of your session.



Lock Function

Press and hold the **ON +** and **OFF –** keys simultaneously for 1 second to lock/unlock the device. The Lock Function prevents accidental intensity changes when buttons are “bumped”.



Intensity Level Reset

For your safety and comfort, the intensity level will reset to “0” each time the device turns off and after the therapy session has elapsed. The treatment will discontinue if the electrodes are not properly placed well, and/or any entry for changing the mode setting during therapy session. This will initiate to lowest intensity level, showing “0” on the screen in the respective channel (CH1/CH2).



Low Battery Status Indicator

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

The batteries should last between 30 and 60 applications depending on stimulation times, frequencies and intensities. Number of applications may vary

System Defaults & Features

- ▲ **AUTOMATIC SHUTOFF:** 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 the therapy time. 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 you selected will appear on the display the next time you turn on the program.

CARE AND MAINTENANCE

TENS Device

The device may be wiped clean with a small amount of soapy water on a clean cloth. Do not submerge the device in liquids or expose it to large amounts of water.

- ▲ Never use aggressive cleaning products or stiff brushes to clean the device.
- ▲ Remove the battery before cleaning the device.
- ▲ Do not use the device again until it is completely dry.
- ▲ Do not expose the device to direct sunlight and protect it from dirt and moisture.

Cables

- ▲ Disconnect the cables from the device and electrodes.
- ▲ Do not pull on the cables, but on the connectors attached to the ends of the cables.
- ▲ Store the device with the cables in a clean, dry place.

Electrode Pads

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



- Make sure skin is clean dry, and free from lotion.



- Remove Electrodes by lifting the edge.



- While disconnecting or inserting pin, hold the pin connector



- Return electrodes to the "on" side of the Release Liner



- Do not submerge Electrodes in water.



- Do not remove Electrodes by pulling the leadwire



- Do not pull the leadwire to remove the pin.



- Do not place Electrodes on the "NO" side of the Release Liner

If you are in doubt about the integrity of the pads, order new electrode pads. You may order online at www.iReliev.com or contact an authorized reseller.

How to Store Your System

- ▲ Store your System at room temperature in a dry place, out of the reach of children.
- ▲ If the TENS 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; these are some of the simple checks:

- ▲ Make sure the battery has sufficient charge and is not corroded.
- ▲ Make sure the cables fit tightly into the connection sockets of the device. The table below shows some common problems and remedies. If you cannot repair the defect as described, contact your reseller or ExcelHealth.

Potential Problem	Cause	Remedy
The device does not turn on	No batteries are detected or the batteries are bad	Replace batteries. See Page 6.
The device turns on and then off again	Battery are not inserted properly	Re-insert batteries according to instructions on page 6
	Battery life expired	Replace batteries. See Page 6.
The device turns on, but intensity cannot be increased beyond "0" for extended period	System not set-up properly	Connect lead wire(s) to device, electrodes to lead(s) and place on applicable body part. 2 electrodes per channel is required. See pages 7 and 8 for device step by step set-up.
The device turns on, but does not generate electric pulses	Lead wire cable or electrodes are broken	Replace lead wires cables and electrodes
	Lead wire cable or electrodes are not connected	Connect lead wire cable or electrodes properly
	Treatment time has expired	Switch unit to the OFF position and power ON
The unit does not turn on even though new batteries are installed		Contact your reseller, ExcelHealth or visit www.iReliev.com Call 1 406.672.6066

IRELIEV® (MODEL # ET-1313) STIMULATOR TECHNICAL SPECIFICATIONS

- Channel:** Dual, isolated between channels.
- Pulse amplitude:** Adjustable 0 – 80mA peak into 500Ω load each channel.
RMSV at 3.5 V (max.), RMSA at 1.3mA (max.)
- Pulse Rate:** As pre-programming operation mode.
- Pulse Width:** As pre-programming operation mode.
- Timer:** 5~60 min. selectable.
- 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 micro-coulombs maximum.

** All electrical specifications are ±20% at 500Ω load.

Operating Conditions: + 50°F (10°C) to +104° (40°C), 40-90% max. Relative humidity

Transportation & Storage Condition: +14°F (-10°C) to +140° (60°C), 30-95% max. Relative humidity

- Weight:** 75 g (battery included)
- Dimensions:** 90 x 52.5 x 19.38 mm
- Power Source:** 3 x AAA / 1.5 Volt batteries

Program	Max.	Phase duration	Rate	Function mode	Wave form Type
P1	80mA	260uS	15Hz	Constant	A
P2	80mA	260uS	60Hz	Modulated	A
P3	80mA	260uS	60Hz	Constant	A
P4	80mA	260~150uS	2 ~ 60Hz	Modulated	B
P5	80mA	260~150uS	60Hz	Modulated	A
P6	80mA	260uS	7 <->60Hz	Modulated	C
P7	80mA	260~156uS	60Hz	Modulated	A
P8	80mA	P1 ~P7		Cycle	A/B/C

All electrical specifications are ±20%

(i) There are a number of technical symbols on your iReliev™ unit explained as follows:



This symbol means “Serial number”



This symbol 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) Package of electrode pads are labeled as follows:



This symbol means “used before”, represent as “YYYY-MM” (for year and month).

ELECTROMAGNETIC COMPATIBILITY

- The device complies with current specifications with regard 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 or connect it to a different socket.
- Radio equipment may affect the operation of this device.

Electromagnetic Compatibility Information

Guidance and manufacturer's declaration – electromagnetic emissions		
The ET-1313 is intended for use in the electromagnetic environment specified below. The customer or the user of the ET-1313 should assure that it is used in such an environment.		
Emissions	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The ET-1313 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.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Class C	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

Guidance and manufacturer's declaration – electromagnetic immunity

The ET-1313 is intended for use in the electromagnetic environment specified below. The customer or the user of the ET-1313 should assure

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	± 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 line(s) and neutral	± 1 kV line(s) and neutral	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 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 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 ET-1313 requires continued operation during power mains interruptions, it is recommended that the ET-1313 be powered from an uninterruptible power supply or a battery
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	Not applicable	Not applicable

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

Guidance and manufacturer's declaration – electromagnetic immunity

The ET-1313 is intended for use in the electromagnetic environment specified below. The customer or the user of the ET-1313 should assure that it is used in such an environment

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment — guidance

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a.) Field strengths from fixed transmitters, such as base stations for radio (cellular/cord less) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the ET-1313 is used exceeds the applicable RF compliance level above, the ET-1313 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as relocating the ET-1313.

b.) Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Guidance and manufacturer's declaration – electromagnetic immunity

The ET-1313 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the ET-1313 help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the ET-1313 as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter <i>W</i>	Separation distance according to frequency of transmitter <i>m</i>		
	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

For transmitters rated at a maximum output power not listed above, the recommended separation distance *d* in meters (*m*) can be estimated using the equation applicable to the frequency of the transmitter, where *P* is the maximum output power rating of the transmitter in watts (*W*) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

WARRANTY

The iReliev® Dual Channel TENS Pain Relief System, Model # ET-1313, carries a one-year warranty from the date of purchase.

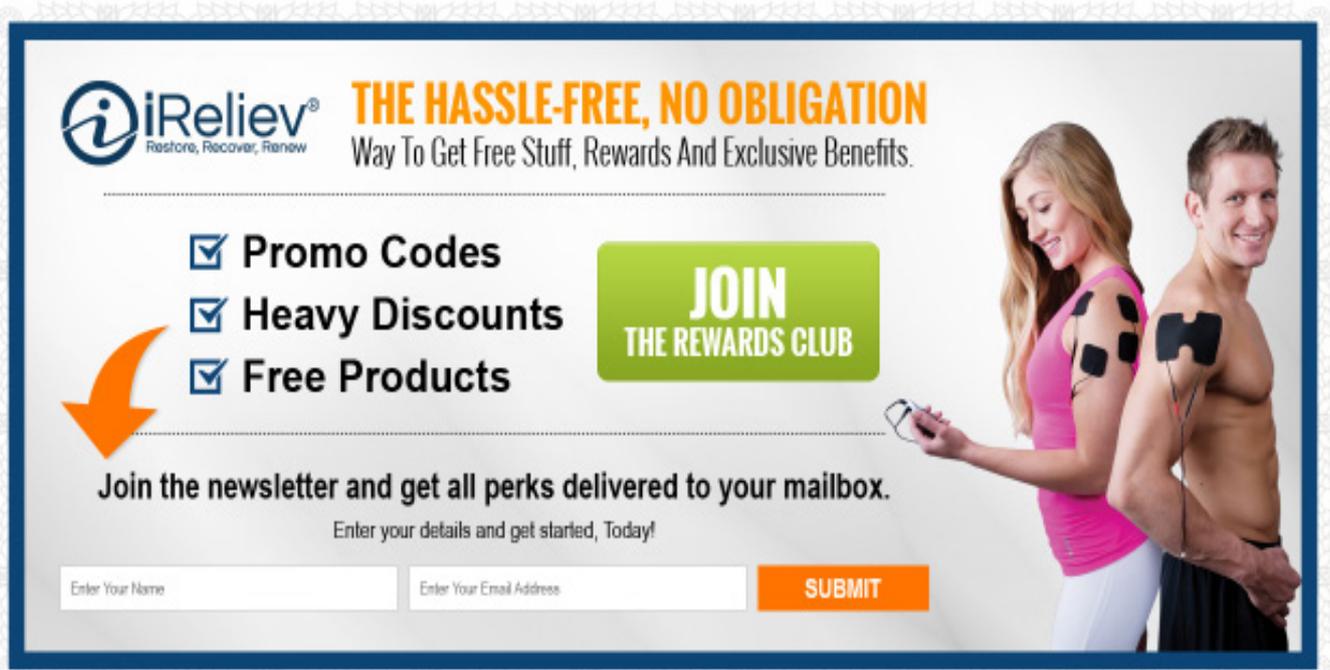
The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.

The warranty applies to the main device and necessary parts and labor relating thereto. Batteries, lead wires, electrodes, and other accessories are warranted to be free from defects in workmanship and materials at the time of delivery.

The distributor reserves the right to replace or repair the unit at their discretion.

Contact your reseller or ExcelHealth at 406-672-6066 or visit www.iReliev.com

VISIT WWW.IRELIEV.COM OR YOUR RESELLER FOR IRELIEV ACCESSORIES, ELECTRODES AND OTHER DEVICES.



The banner features the iReliev logo on the left, which includes the tagline "Restore, Recover, Renew". To the right of the logo, the text reads "THE HASSLE-FREE, NO OBLIGATION Way To Get Free Stuff, Rewards And Exclusive Benefits." Below this, there is a list of benefits: "Promo Codes", "Heavy Discounts", and "Free Products", each preceded by a checked box. A large orange arrow points from this list towards the sign-up form. To the right of the list is a green button that says "JOIN THE REWARDS CLUB". Below the button, the text says "Join the newsletter and get all perks delivered to your mailbox." and "Enter your details and get started, Today!". At the bottom, there are two input fields: "Enter Your Name" and "Enter Your Email Address", followed by an orange "SUBMIT" button. On the right side of the banner, there is a photograph of a woman and a man. The woman is wearing a pink top and has black electrodes on her shoulder. The man is shirtless and has black electrodes on his chest.



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