

*Instructions for SOTA Bio Tuner  
Model BT5pro*



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• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition. • Results using the SOTA Products will vary for each person. • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •





## WELCOME TO SOTA

Thank you for allowing us to be a part of your wellness team.

The Bio Tuner is a consumer product designed to be used as part of a Wellness Lifestyle. A commitment to healthy lifestyle choices is an important factor in the journey to Wellness.

The SOTA Bio Tuner supports the mind-body connection. It outputs a broad range of harmonic frequencies helping to create an inner sense of calm, balance and tranquility.

The Bio Tuner is designed to be used independently, but can also be used together with any of the SOTA Products.

With proper care, your Bio Tuner should provide you many years of trouble-free use.

Please understand that results will vary.

## BEFORE USING

Please read this manual thoroughly before using your Bio Tuner.

Please note information in this manual is subject to change.

For the most up-to-date manual, please visit our website [www.sota.com/manuals](http://www.sota.com/manuals).

## LEARN MORE

To learn more about the Bio Tuner we invite you to visit the SOTA website:

[www.sota.com](http://www.sota.com)

The website offers How to Videos, Frequently Asked Questions, *The SOTA Products User Guide*, SOTA News ... and more.

## COMPLETE UNIT INCLUDES

- One (1) Bio Tuner Unit
- One (1) 9-Volt Alkaline Battery
- One (1) Product Manual





## **CONDUCTIVE PADS OPTION**

- One (1) Cord
- Ten (10) pair Disposable Conductive Pads

## **EAR CLIPS OPTION**

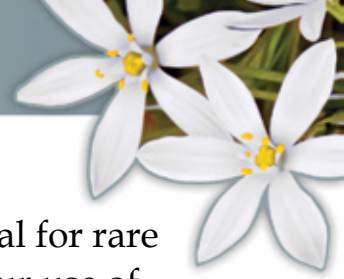
- One (1) Cord
- One (1) Pair of Ear Clips

## **DO NOT USE**

1. If you are prone to or experience tinnitus.
2. In the following situations as safety has not been explored:
  - a. In the case of pregnancy.
  - b. With an implanted device such as a pacemaker, etc.
3. Discontinue use if:
  - a. You experience headaches or pain when using the unit.
  - b. You experience a ringing in your ears when using the unit.
  - c. You experience an increase in neuropathy-related nerve pain when using the unit.
4. As with all electrical products do not use near water, when driving a car or when operating heavy equipment.
5. Do not:
  - a. Suddenly increase the intensity to the maximum level. The intensity should be increased gradually to a comfortable level to ensure safety.

## **CAUTIONS**

1. If you are on psychiatric medication or have a neurological condition, please consult your health care provider prior to using the Bio Tuner.
2. In very rare instances, individuals have reported the onset of tinnitus when using the unit. If you experience tinnitus or a ringing in the ears, please discontinue use.
3. In very rare instances, individuals have reported experiencing nerve pain when using the unit. If you experience nerve pain, please discontinue use.



4. While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the SOTA Products constitutes your agreement that you are responsible for your decision to use the technology.

## SUMMARY OF LIGHTS

**GREEN:** Indicates the Bio Tuner is in operation and the current is flowing through the Conductive Pads.

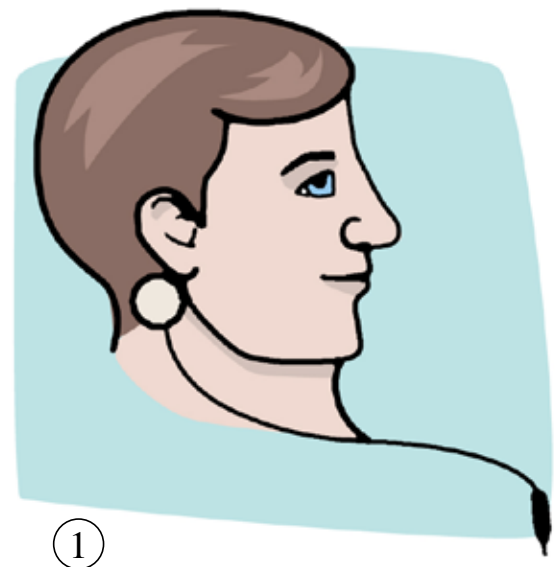
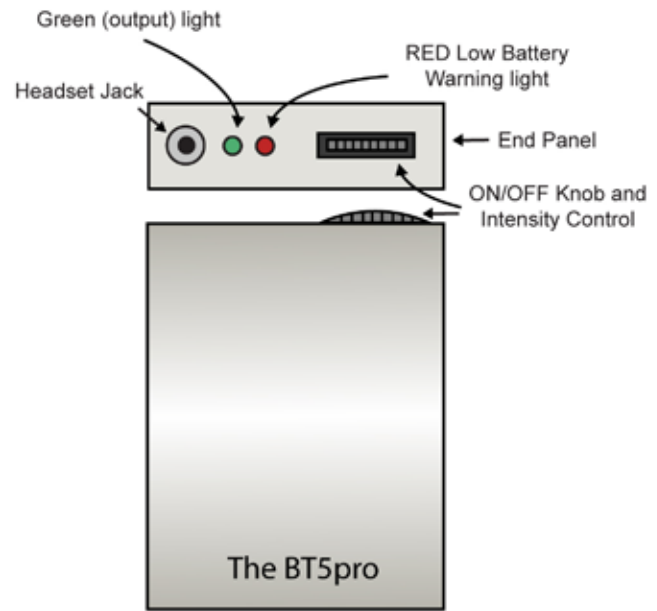
**RED:** Indicates the battery is low and will soon need replacing.

## HOW TO USE THE BIO TUNER

1. Place the 9-Volt Alkaline battery in the unit.
  - a. On the back of the unit, slide off the battery cover.
  - b. Clip the battery connections in the battery compartment to the 9-Volt Alkaline battery terminals.
  - c. Slide the 9-Volt Alkaline battery into the case and push down.
  - d. Slide the cover back onto the unit.

## CONDUCTIVE PADS OPTION

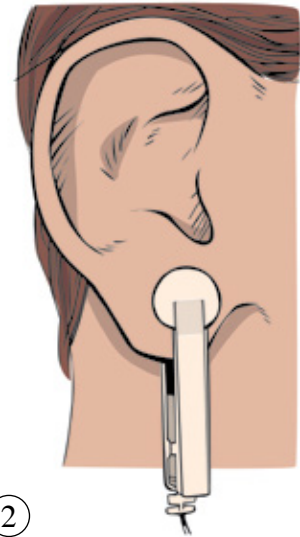
2. Clean the area behind each ear to eliminate skin oils. This will allow for better conductivity.
  - a. Insert the Cord into the jack on the unit.
  - b. Attach one set of Conductive Pads to each connection on the Cord.
  - c. Attach a Conductive Pad behind each ear lobe as in image 1.





## EAR CLIPS OPTION

2. Clean the ear lobes to eliminate skin oils. This will allow for better conductivity.
  - a. Insert the pins on the cord into the Ear Clips.
  - b. Wet the conductive rubber on the Ear Clips with water or conductive gel.
  - c. Place one Ear Clip on each ear lobe, positioning the Ear Clip with the conductive rubber at the back of the ear lobe and close to the jaw as in image 2.



## TURNING THE UNIT ON

3. Turn the unit ON by turning the ON/OFF switch clockwise.

The GREEN light on the end panel will begin to flash alternately once every second. If the lights do not come on, the battery may not be properly connected.

4. Gradually turn up the intensity to a comfortable level. The intensity should be comfortable. See 'How It Should Feel' on page 5.
5. Place the unit in a pocket.
6. After the 20-minute timed session, the unit will automatically cycle into Sleep Mode and the GREEN light will stop flashing and come on steady.
7. While in Sleep Mode the battery is still being used. Turn the unit OFF by rotating the ON/OFF knob counter clockwise. Do not force the ON/OFF switch past its natural stopping point. To continue with another session, turn the unit ON again.

### Note:

**Ear Clips:** The Ear Clips may feel more comfortable with the use of either a conductive gel or aloe vera gel rather than water. Over time, the Ear Clips may lose their conductivity and will need to be replaced.

**Care of Bio Tuner Cord and Ear Clips:** Occasionally, remove the conductive rubber from the Ear Clips to clean in a mild soap solution. Rinse thoroughly. If necessary, gently wipe the metal pins of the Bio Tuner Cord.

**Low Battery Warning:** The RED light comes on when the battery is low. This means the battery will soon need to be replaced.





## HOW IT SHOULD FEEL

1. The sensation is a pleasant buzzing. It is not necessary to turn the control up to an uncomfortable level. If it feels prickly or unpleasant, check the following:

### CONDUCTIVE PADS OPTION

- a. Clean the area behind the ears again.
- b. Replace the Conductive Pads.

### EAR CLIPS OPTION

- a. Wet the conductive rubber of the Ear Clips again.
  - b. Apply conductive gel or aloe vera gel to the ear lobes.
  - c. Clean the Conductive Rubber Electrodes.
  - d. Replace the Ear Clips.
2. With repeated use, the buzzing sensation may not be felt as much. The intensity may be turned up if desired.
  3. You may feel a sensation on one side more than the other.
  4. In rare instances, some individuals may not feel the current.

## TYPICAL USE

**Length of Session:** One cycle is timed for approximately 20-minutes. One session can be 20 to 40 minutes (1 to 2 cycles).

Information indicates that if used longer than 40 minutes per session, the benefits may be reduced. The unit can be used for up to three 40-minute sessions per day – space the sessions throughout the day.

**Length of Use:** The unit should be used daily, at least 2 sessions per day, for a minimum of 4 weeks or longer. After the benefits have been achieved, simply use the unit as needed.

**Intensity Level:** The intensity should always be set to a comfortable level. Be sure to reduce the intensity before changing modes. After the new mode is selected, readjust the intensity.

**Sensitive Skin:** During the first weeks of use, the skin may become irritated when using the Ear Clip Option. Over time, irritation usually decreases or disappears. Apply a healing lotion after use if the ear lobes become red or irritated.



**Drink plenty of water:** It's important to drink enough water when using the unit. Drinking ozonated water is especially helpful.

**Stop Gradually:** Reduce the amount of time each day for the last week of use.

## ELECTRICAL SPECIFICATIONS

### POWER REQUIREMENTS

Use a 9-Volt Alkaline battery for proper operation.

### OPTIONAL POWER INPUT

The Bio Tuner can also be operated using NiMH rechargeable batteries. When purchasing rechargeable batteries, it is suggested to take the unit with you to ensure the batteries will fit the enclosure.

### OUTPUT SPECIFICATIONS

Maximum <1.5mA Peak ~40 Volts Peak-Peak into typical 4k ohm load. Minimum <~10uA, 10 Volt Peak-Peak at lowest setting. Output impedance ~20k ohm.

1,000 Hz (+/- 1%) pulse-modulated by 111.11 Hz (+/- 1%). Waveforms are Quartz Crystal-Controlled for precise frequency output. There is also a broad range of harmonic frequencies delivered in each pulse as observed on a frequency domain spectrum analyzer.

Pulses are an alternating current (AC) output with no direct current (DC) or offset bias. Output is transformer coupled so that no DC can appear at electrodes.

## REPLACEMENT ACCESSORIES

To replace your accessories, contact your supplier.

## WARRANTY

The Bio Tuner is covered by a three (3) year limited warranty. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence. SOTA reserves the right to make changes to the Bio Tuner without obligation.

## REPAIRS

Please contact your supplier for return instructions. Or, for information about your closest repair depot, contact [repairs@sota.com](mailto:repairs@sota.com) or

Toll-Free: 1.800.224.0242 (Canada & USA) Tel: 1.250.770.2023

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