

Bio Tuner Modes

he Bio Tuner offers a choice of 6 settings designed to help with relaxation. When turned on, it operates in Mode 1. Press the Mode button to choose other Modes.

MODE SELECTION

The unit provides 6 different Modes with which to experiment and discover what feels or works best. Try different Modes to determine what feels most comfortable as well. One Mode is not considered more beneficial than another. With extended use, it is recommended to vary the Mode from time to time. In all Modes, the base frequency of 1,000 Hz pulse-modulated by 111.11 Hz is present. Here are some guidelines for use:

- Mode 1: The output is continuous. This mode is popular for general relaxation.
- Mode 2: The output is pulsed. A 0.5 Hz frequency modulates the output so relaxation may be further enhanced.
- Mode 3: The Schumann (Earth) frequency of 7.83 Hz modulates the output.

The following three Modes have the same outputs as the three Modes above. The difference is the pulse width. Use of these Modes may be helpful for electro-sensitive individuals as well as individuals who experience headaches or nerve pain when using the unit, as the shorter pulse width results in a decreased intensity and so has a gentler output.

- Mode 4: The output is continuous. This mode is popular for general relaxation.
- Mode 5: The output is pulsed. A 0.5 Hz frequency modulates the output so relaxation may be further enhanced.
- Mode 6: The Schumann (Earth) frequency of 7.83 Hz modulates the output.

The table on the following page lists the frequencies and outputs of the six Bio Tuner modes.



BIO TUNER MODES

MODE 1-3 (550 uS pulse width)

Mode 1: 1,000 Hz modulated by 111.11 Hz,

Output = Continuous

Mode 2: 1,000 Hz modulated by 111.11 Hz,

Output = 1 Second ON, 1 Second OFF (0.5 Hz)

Mode 3: 1,000 Hz modulated by 111.11 Hz,

Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave

MODE 4-6 (220 uS pulse width)

Mode 4: 1,000 Hz modulated by 111.11 Hz,

Output = Continuous

Mode 5: 1,000 Hz modulated by 111.11 Hz,

Output = 1 Second ON, 1 Second OFF (0.5 Hz)

Mode 6: 1,000 Hz modulated by 111.11 Hz,

Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave

• 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 •