The Silver Pulser Lite

Model SPL2 Manual

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WELCOME TO SOTA

Thank you for allowing us to be a part of your Wellness Team.

The Silver Pulser Lite 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 Silver Pulser Lite has two functions – Micropulsing and making Ionic~Colloidal Silver (Sold Separately). Micropulsing offers gentle microcurrents that work with the body's natural electricity for more energy, general health and well-being. Ionic~Colloidal Silver is one of nature's gifts and can be made easily and inexpensively at home.

The Silver Pulser Lite is designed to be used independently, but can also be used together with any of the SOTA Products.

With proper care, your Silver Pulser Lite should provide you many years of trouble-free use.

Please understand that results will vary.

BEFORE USING

Please read the manual thoroughly before using your Silver Pulser Lite.

We've made every effort to ensure the information in your manual is up-to-date at the time of printing ... since that time however, new information may have become available. For the most up-to-date manual, please visit our website **www.sota.com/manuals.**

LEARN MORE

To learn more about the Silver Pulser Lite we invite you to visit the SOTA website:

www.sota.com

The website offers Videos, Frequently Asked Questions, *The SOTA Wellness Program Guide*, SOTA News ... and more.



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COMPLETE UNIT INCLUDES

- One (1) Silver Pulser Lite Unit
- One (1) Product Manual

FOR MICROPULSING APPLICATION:

- One (1) Long Micropulsing Cord for Rubber Probes
- Two (2) Pair Conductive Rubber Probes
- Three (3) Pair Sponge Sleeves
- One (1) Velcro® Wrist Strap

OPTIONAL ACCESSORIES

FOR MAKING IONIC~COLLOIDAL SILVER (Sold Separately):

- One (1) Silver Wire Holder
- Two (2) Silver Wires of .9999 (4 Nine) Purity

DO NOT USE

1. Do not use in the following situations as safety has not been explored using the Micropulsing function:
   a. In the case of pregnancy.
   b. With an active implanted device such as a pacemaker, etc.
2. As with all electrical products do not use near water, when driving a car or when operating heavy equipment.
3. Do not connect the Micropulsing Cord or the Silver Wire Holder to any other USB outlet, such as a computer or power supply.
4. Do not plug any other USB connections into the Silver Pulser Lite, other than the Micropulsing Cord or the Silver Wire Holder.

MICROPULSING CAUTIONS

1. Do not place the Conductive Rubber Probes over skin lesions, abrasions, new scars, cuts, eruptions or sunburn.
2. Discontinue use if the Micropulsing suddenly feels different or prickly **and** the YELLOW light stops flashing. Turn the unit OFF and contact SOTA.
3. Caution is advised if using potentially harmful substances such as recreational and

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prescription drugs, as it is not known if microcurrents will interact or if individual reactions may occur.

4. Caution is required in the following situations as a burn may occur, which could scar:
   a. Do not apply the bare metal pins to the skin.
   b. Do not allow the Sponge Sleeves to dry out while Micropulsing.
   c. Do not Micropulse while sleeping, as the Sponge Sleeves may dry out.

IONIC~COLLOIDAL SILVER CAUTIONS

We recommend taking occasional breaks from consuming Ionic~Colloidal Silver for the following reason:

A handful of people have experienced argyria after drinking large amounts of Ionic~Colloidal Silver daily, over a long period of time. Argyria is a bluish tinge of the skin. This occurs when excess silver is eliminated through the skin and exposed to light. Darkening of the moons of the fingernails is usually an early sign.

The risk of argyria is considered greater for those who are ingesting incorrectly made Ionic~Colloidal Silver and to a lesser degree, those who are deficient in selenium or vitamin E.

When making and drinking Ionic~Colloidal Silver as currently recommended by SOTA, the risk of argyria is extremely rare.

GENERAL CAUTION

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 and that you hold SOTA harmless for any injuries or damage believed to arise from using the SOTA Products.

SUMMARY OF LIGHTS

GREEN: Indicates the unit is on.

YELLOW: Indicates the Micropulsing function is in operation.

ORANGE: Indicates the Ionic~Colloidal Silver function is in operation.

HOW TO USE THE MICROPULSING FUNCTION

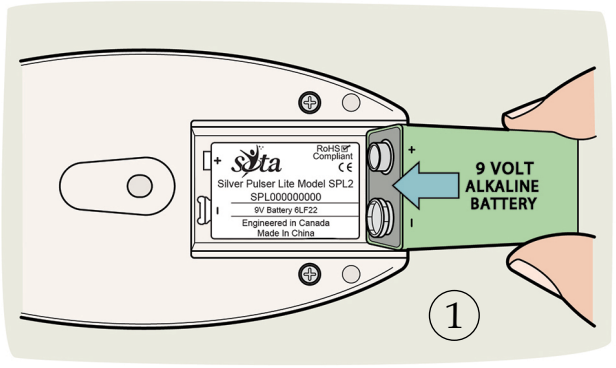
1. Place a 9-Volt Alkaline battery in the unit.

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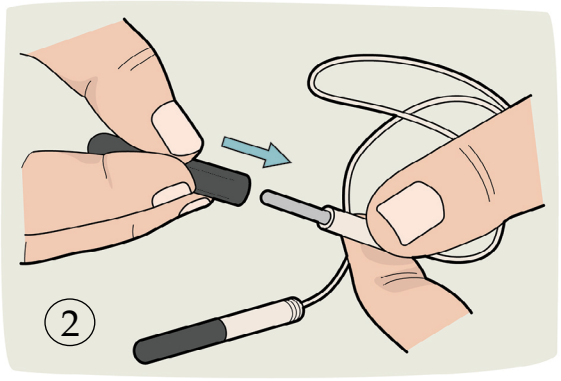
a. On the back of the unit, slide off the battery cover.

b. Position the 9-Volt Alkaline battery so the positive (+) and negative (-) terminals line up as in Image 1.

c. Slide the 9-Volt Alkaline battery into the case and push down. Slide the cover back onto the unit.



2. Attach the Conductive Rubber Probes to the Micropulsing Cord by gently sliding the Rubber Probes over the metal pins on the Micropulsing Cord, as in Image 2.



Note: Except to occasionally clean them, the Rubber Probes can stay on the Micropulsing Cord between uses.

3. Clean the wrist area to remove oils from the skin. This will allow for better conductivity.

4. Insert the Micropulsing Cord into the jack on the unit as shown in Image 3. The USB symbol on the plug should be facing up. When the plug is positioned correctly, it will slide in gently. Do not force.

5. Lay the Wrist Strap on a flat surface. The soft 'loop' side of the Velcro® should be facing up.

6. Prepare one pair of Sponge Sleeves by moistening them with water. Squeeze out the excess water.

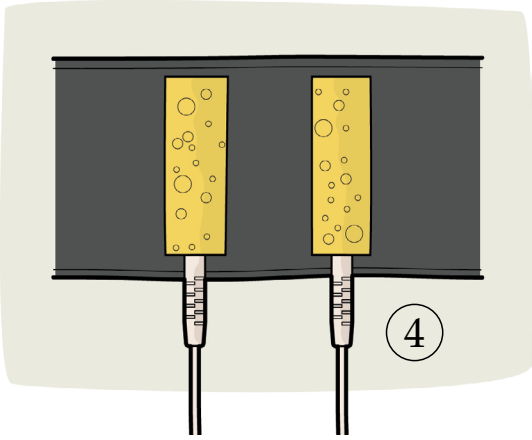
7. Insert one Rubber Probe from the Micropulsing Cord into each moistened Sponge Sleeve. Do not insert Rubber Probes into dry Sponge Sleeves. Insert the Rubber Probe just far enough so it is hidden inside the Sponge Sleeve.

8. Place the two Sponge Sleeves on the Wrist Strap as in Image 4, approximately one finger-width apart.

9. Place your wrists on top of the Sponge Sleeves as in Image 5.



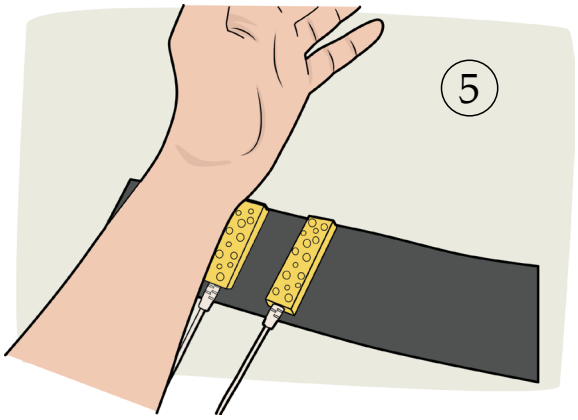
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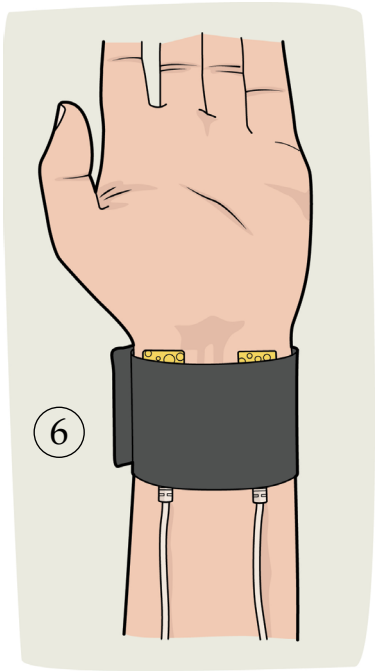
Holding the Sponge Sleeves in place with your wrist, wrap the Wrist Strap around the wrist securing the Velcro® in place. The Wrist Strap should be snug enough to hold the Sponge Sleeves in place, but not so tight that it is uncomfortable.

Adjust the Sponge Sleeves so they are aligned properly. One Sponge Sleeve should be in line with the pulse point on the thumb side of the wrist. The other should be in line with the pulse point on the little finger side of the wrist. This pulse point is usually harder to feel. It is located in the soft hollow of the wrist, in line with the little finger as shown in Image 6.

Note: If the Wrist Strap is too long it can be cut to size. Measure the excess and using scissors cut the strap at the end that does not have the rough 'hook' Velcro®.



10. Turn the unit ON by rotating the ON/OFF switch clockwise. Turn the switch slowly until you feel the current. If you do not feel the current, see 'Notes' on page 8.



a. The GREEN light indicates the unit is ON. If the light does not come on, the battery may not be placed correctly.

b. The flashing YELLOW light should come on and get brighter as the intensity is turned up. If the flashing YELLOW light does not come on, the electrical path has not been established. See 'Troubleshooting' on page 13.

11. The unit can be placed in a pocket during use. An Arm Band & Clip is available as an optional accessory as shown in Image 7.

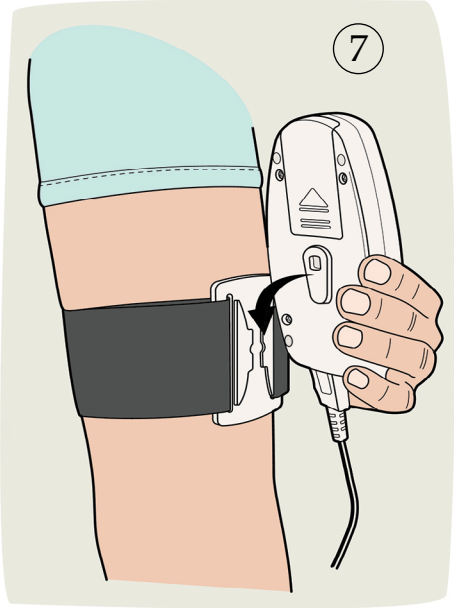
12. When finished, turn the unit OFF by rotating the ON/OFF switch counter clockwise until it clicks. Do not force the ON/OFF switch past its natural stopping point.

13. Unplug the Micropulsing Cord. Do not store the unit with

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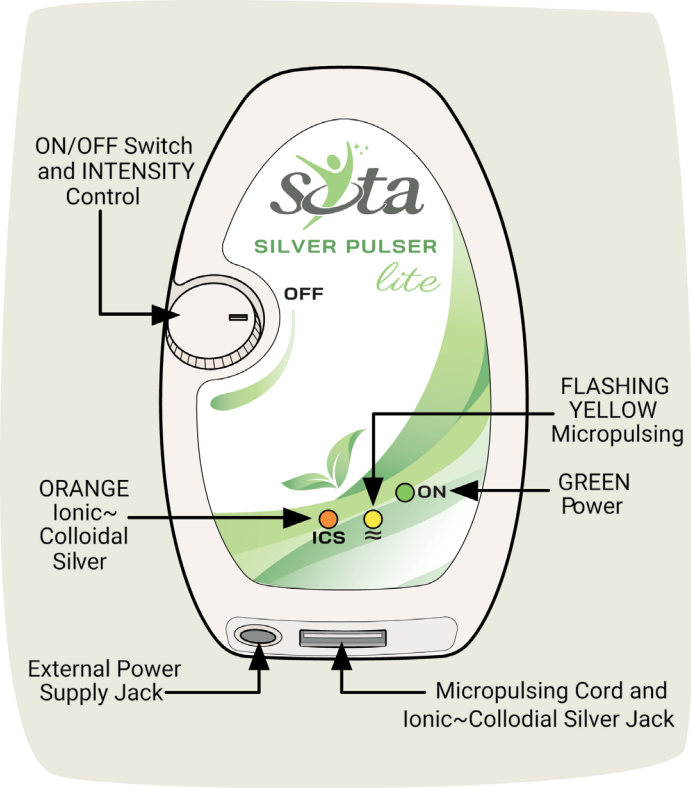
the Micropulsing Cord plugged in as this can damage the Cord.

14. Clean the wrist and apply a healing lotion to avoid irritation.



Notes:

Suggestions for Feeling the Current: If the current is not felt with wet Sponge Sleeves, prepare a mild salt solution to wet the sleeves. Add a few grains of salt to the water in the dropper bottle.



Ensure there is no excess moisture between the Sponge Sleeves as that will prevent the current from being delivered to the pulse points.

Drink enough water to keep the body well hydrated. Hydration can affect the ability to feel the current.

Care of Micropulsing Cord and Rubber Probes: Remove the Rubber Probes occasionally to clean in a mild soap solution. Rinse thoroughly. If necessary, gently wipe the metal pins of the Micropulsing Cord.

Care of Sponge Sleeves: Wash or rinse sleeves occasionally. Periodically discard and replace Sponge Sleeves.

Alternatives to Sponge Sleeves:

a. Cotton Sleeves: SOTA offers Cotton Sleeves with or without Velcro®.
b. Unbleached Paper Towel: Cut a small square of paper towel large enough to wrap around the Rubber Probe 2 or 3 times.
c. Cotton Flannel: Cut a small square of cotton flannel and wrap around the Rubber Probe. Secure it in place with thread.

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Rubber Probes: Over time, the Rubber Probes will lose their conductivity and need replacing. Refer to the SPL2 Troubleshooting Guide for instructions on how to test the Rubber Probes.

Power Supply: When Micropulsing, as a safety feature, the unit can only be powered by a 9-Volt battery.

Replacement Batteries: When purchasing replacement 9-Volt batteries, take the Silver Pulser Lite with you to ensure a proper fit, as 9-Volt batteries vary in size. Alkaline or rechargeable batteries are recommended.

HOW MICROPULSING SHOULD FEEL

1. The sensation is a gentle pulsing. While the microcurrents should be felt, it is not necessary to turn the intensity control up to an uncomfortable level.
2. With repeated use, the ability to feel the microcurrents may change. It may be necessary to increase the intensity in order to feel the microcurrents.
3. Twitching of the fingers is normal at a higher intensity.
4. During the first weeks of use, the skin may become irritated. Over time, irritation usually decreases or disappears. Alternate wrists each session to minimize the potential for irritation.

SENSITIVE SKIN

Some individuals may be particularly sensitive to microcurrents and the irritation may continue. To minimize irritation:

1. Wash wrists thoroughly after each session and apply a healing gel or lotion such as aloe vera, vitamin E or MSM cream.
2. Micropulse for shorter periods of time until the irritation disappears.
3. Wet the Sponge Sleeves with distilled water, Ionic~Colloidal Silver or conductive gel. If unable to feel the current, try a commercial saline solution for the eyes. This is gentler than adding salt to the water.
4. Users with sensitive skin have reported less or no skin irritation when switching to Conductive Pads. We recommend Premium Reusable Conductive Pads (for 2mm PIN connectors), cut to 1/4" (6.35 mm) wide and 1 ½" (38 mm) to 2" (50 mm) long. Refer to the *SOTA Wellness Program Guide* for instructions.

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TYPICAL USE

Wellness Program: To use as part of the *SOTA Wellness Program* the Guide is available at: **www.sota.com/wellness**

General Use:

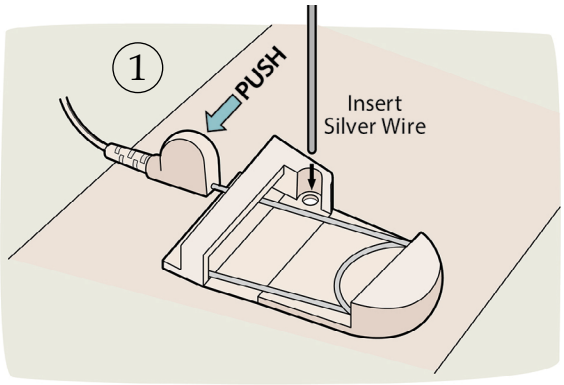
- **Alternate wrists daily.**
- **Length of Session:** Build up time gradually. Start with 10 minutes a day for the first 3 to 4 days. Add 20 minutes every 3 to 4 days until you reach a minimum of 2 hours per day.
- **Length of Use:** We suggest following the *SOTA Wellness Program* for 6 to 12 months. Once completed, setting a schedule for ongoing use is beneficial.

Drink Plenty of Water: It is 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. If using more than one SOTA unit, it is suggested to stop only one unit at a time.

HOW TO USE THE IONIC~COLLOIDAL SILVER FUNCTION

HOW TO ASSEMBLE



1. The Silver Wires fit into the two small holes in the Silver Wire Holder as in Image 1.
2. To insert the Silver Wires, move the spring clip away from the hole.
3. Push the wire through the hole. Most of the wire should be below the holder. Release the spring clip to hold the Silver Wire snuggly in place. It may be easier to insert from the underside of the holder.
4. Repeat Step 2 for the second Silver Wire.
5. Plug the Silver Wire Holder into the Silver Pulser Lite, ensuring that the USB symbol on the plug is facing up.

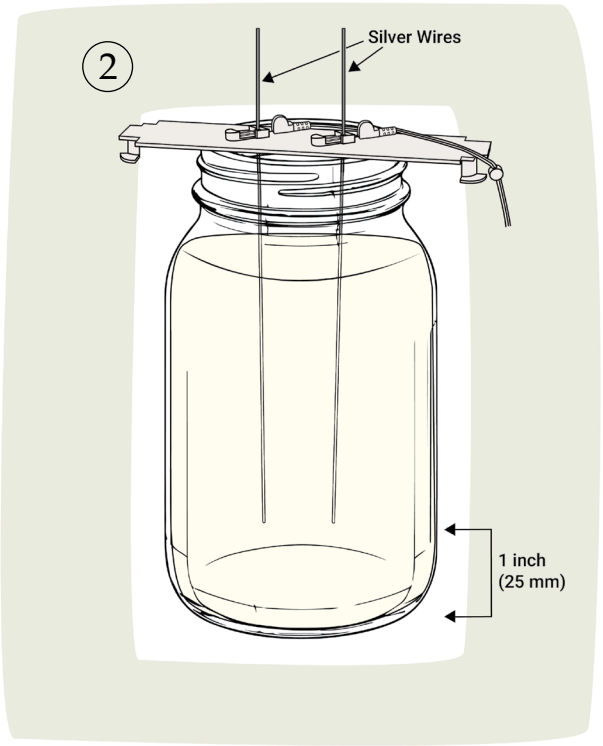
HOW TO MAKE IONIC~COLLOIDAL SILVER

The Silver Pulser Lite provides a constant current output, making it easy to produce a high quality Ionic~Colloidal Silver using room temperature water.

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1. Pour 4 cups (32 ounces or 1 liter) of room temperature distilled water into a tall glass container, such as a mason canning jar. Do not use a metal or plastic container.
2. Place the Silver Wire Holder on the glass container immersing at least 70% of the Silver Wires into the water. Keep them at least 1 inch (25 mm) from the bottom of the container as in Image 2.
3. Turn the unit ON by rotating the ON/OFF switch clockwise until it clicks. It is not necessary to turn up the intensity.

   The ORANGE light will brighten as the current increases up to the 1.0 mA limit.
4. Stir occasionally with a non-metal utensil. Occasionally, wipe off the grey or black silver oxide that builds up on the Silver Wires.



5. Brewing 4 cups (32 ounces or 1 liter) for 4 hours will produce a 5 to 8 ppm batch of Ionic~Colloidal Silver, depending on the brand of distilled water. The concentration of silver is measured in parts per million or ppm.
6. When finished, wipe the Silver Wires with paper towel to remove residue. Buff lightly when needed to keep them free of sediment. Excessive buffing will wear away the silver faster.

Notes:

Color: Ionic~Colloidal Silver remains colorless to about 5 or 6 ppm. At a slightly higher ppm it will be a pale gold color. Do not drink if it is darker than pale gold or if it is dark grey as this indicates a higher level of impurities or larger particle sizes.

Clarity: The silver electrolyte should be clear. Do not drink if it is cloudy.

To Make Larger Quantities: The Silver Pulser Lite can be used to make larger quantities of Ionic~Colloidal Silver. For a concentration between 5 to 8 ppm, use the following times as a guide:

- For 8 cups or 2 liters: 7 to 8 hours.
- For 1 gallon (16 cups) or 4 liters: 10 to 12 hours.

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Storage: Pour the Ionic~Colloidal Silver into a dark glass bottle—never metal—and store in a dark, dry place. Over time, light will degrade Ionic~Colloidal Silver by turning the electrolyte grey or black. Discard if this occurs.

When made and stored properly, Ionic~Colloidal Silver retains freshness for many months. It is suggested, however, that you use as soon as possible. If settling occurs, it is losing potency. Do not drink any sediment.

Do not freeze, refrigerate, or expose Ionic~Colloidal Silver to extremes of temperatures as its potency may be affected.

Save on Batteries: **When making Ionic~Colloidal Silver** the unit can be powered by an AC-DC wall adaptor. See 'Optional Power Input' on this page.

Switch Silver Wire Positions: The silver ions only come off the wire in the positive (+) or anode terminal into the water. To equalize the wearing of the Silver Wires, periodically exchange the position of the wires. If left in the same position, only one Silver Wire will gradually wear away.

Replacing the Silver Wires: The Silver Wires are of the highest grade .9999 or 99.99% or 4 Nine pure fine silver. When the SOTA pure Silver Wires wear too thin, do not replace with sterling silver, as it contains nickel, which can be toxic.

TYPICAL USE

Wellness Program: To use as part of the *SOTA Wellness Program* the Guide is available at: **www.sota.com/wellness**

General Use:

- **Quantity:** Start with 4 ounces (125 ml) per day for the first week. After 1 week, increase to 8 ounces (250 ml) per day, 5 days per week.

  The daily amount can be taken all at once, divided into 2 amounts per day - morning and evening, or broken up into several smaller amounts throughout the day.

  It is best to drink Ionic~Colloidal Silver on an empty stomach.

- **Length of Use:** We suggest following the *SOTA Wellness Program* for 6 to 12 months.

  Once completed, when consumed on a regular basis it is best to drink 1 to 2 ounces (30 to 60 ml) at a time.

Strength: Laboratory testing indicates Ionic~Colloidal Silver is effective as low as 2 ppm.

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When ingesting on a regular basis, it is suggested to limit the strength to less than 10 ppm.

ELECTRICAL SPECIFICATIONS

POWER REQUIREMENTS

Use a 9–Volt Alkaline battery for optimal operation.

OPTIONAL POWER INPUT

Both functions of the Silver Pulser Lite can also be operated using rechargeable batteries. When purchasing rechargeable batteries, it is suggested to take the unit with you to ensure the batteries will fit the enclosure.

To use a wall adaptor for making Ionic~Colloidal Silver the output should be from 6 to 12 Volts DC with a **Tip or Center Positive** pin and a minimum of 500 mA (milliamperes) of current. The wall adaptor that comes with other SOTA units can be used for making Ionic~Colloidal Silver.

Caution: Exceeding the voltage rating or reverse connection may result in injury or unit failure. This will **void** the warranty.

To operate the Ionic~Colloidal Silver Function from a 12 Volt DC source, such as an automobile battery or an appropriate Solar Panel, purchase a Universal Power Cord with **Tip or Center Positive polarity**.

OUTPUT SPECIFICATIONS

The output voltage is a nominal 31 Volts.

Micropulsing Application: Frequency through the metal pins is ~3.92 Hz or ½ of the Earth Schumann frequency of 7.83 Hz, (+/- 1 Hz) with a Bi-Phasic Square Wave @ 31 Volts (+/- 1 Volt) peak per cycle.

Maximum current through the metal pins is ~8 milliamperes into 1,000 ohms, ~12 milliamperes into a short circuit at 31 Volts peak per cycle.

Ionic~Colloidal Silver Application: The maximum current through the Silver Wires is 1.0 milliamperes (+/- 0.5 mA) at 31 VDC compliance voltage when the Silver Wires are touched together to short the circuit.

TROUBLESHOOTING

Troubleshooting Guides for both the Micropulsing and Ionic~Colloidal Silver

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functions of the Silver Pulser Lite are available at **www.sota.com/manuals**. These Guides are a great tool to check if you are experiencing any issues with your unit.

COUNTRIES THAT PARTICIPATE IN MANUFACTURING

The manufacturing of the SOTA Products is a global collaboration. The following countries have participated in the making of the Silver Pulser Lite (listed in alphabetical order): **Canada, China, Hong Kong, Japan, Malaysia, Mexico, Taiwan, Thailand** and the **USA.**

REPLACEMENT ACCESSORIES

To replace your accessories, please contact your supplier.

WARRANTY

The Silver Pulser Lite Model SPL2 is covered by a one (1) year parts and labor warranty on all internally mounted components. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence.

REPAIRS

Please contact your supplier for return instructions. For information about your closest repair depot, contact repairs@sota.com or call 1.250.770.2023 or 1.800.224.0242 (toll-free in Canada & USA).

CE FC RoHS☑ Compliant

Made in China. Designed and Engineered in Canada.

• 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 •

FCC Statement: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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