WELLNESS
PROGRAM GUIDE

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Welcome

We are honored to be a part of your wellness journey!

We developed the SOTA Wellness Program Guide to support you in using the SOTA Products.



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What to Expect
FROM THIS GUIDE

The SOTA Wellness Program Guide offers direction on how to introduce and use the SOTA Products. The program is flexible and can be modified to fit your lifestyle. Feel free to make changes as needed. Wellness is a personal journey, as unique as each individual.

Here's what to expect in this guide:

- The wisdom behind the technology.
- An exploration of the SOTA Products.
- Suggestions on how to start using the products, including how long and how much to use each product each day.
- How to fit the wellness program into your lifestyle.
- Tips for getting the most benefit from the products. (Hint! It requires consistency and regular use.)



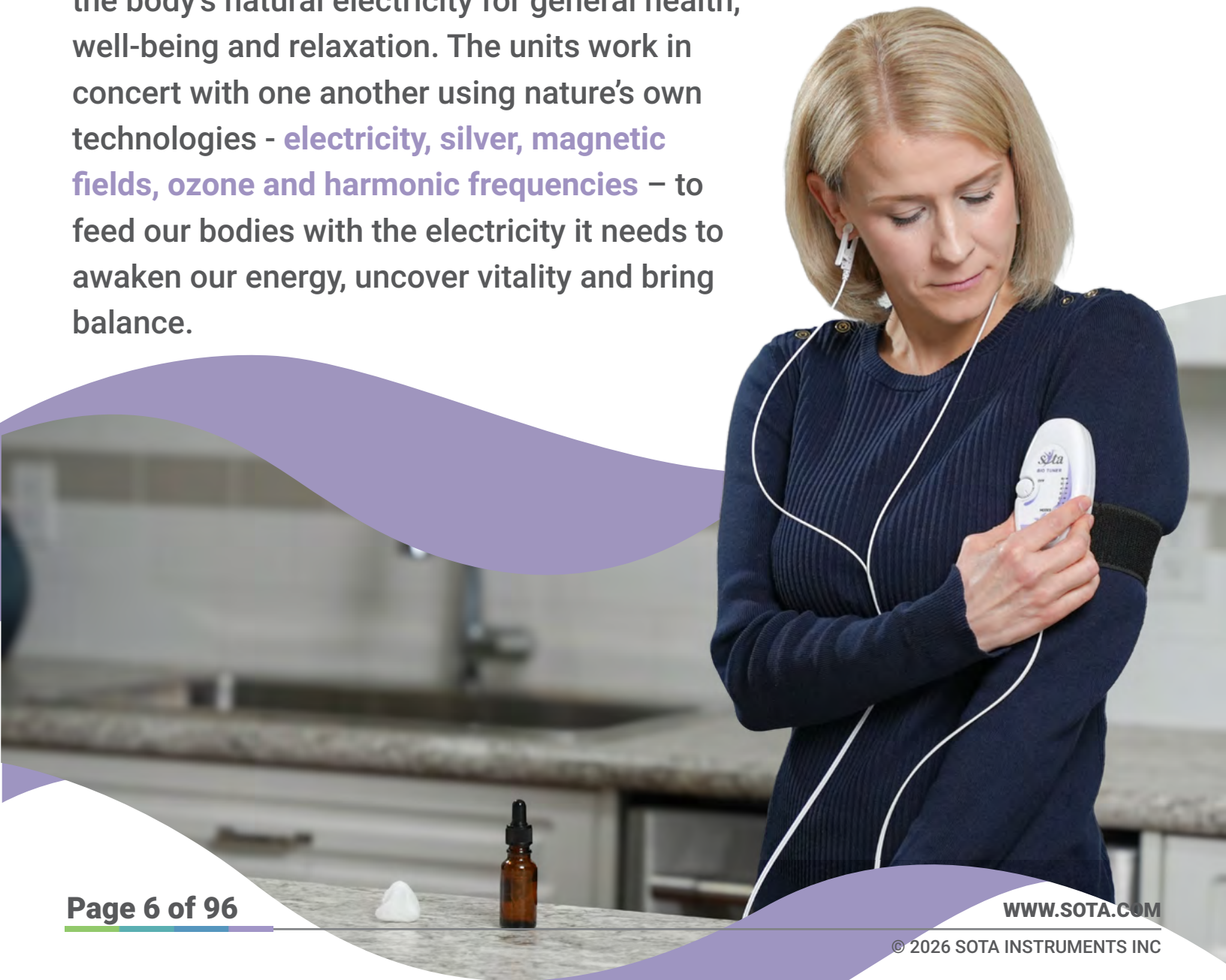
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The Technology

Innovative Technologies created with YOU in mind.

Humans are complex beings, buzzing with electrical activity. This electrical activity controls everything we do. Electrical impulses are the driving force behind all our movements, sensations and cognitive processes. From the simplest action, to the most complex thoughts, electrical impulses are at the core of it all.

The SOTA Products are designed to work with the body's natural electricity for general health, well-being and relaxation. The units work in concert with one another using nature's own technologies - electricity, silver, magnetic fields, ozone and harmonic frequencies – to feed our bodies with the electricity it needs to awaken our energy, uncover vitality and bring balance.



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SILVER PULSER

The SOTA Silver Pulser is a 2-in-1 unit that allows for Micropulsing as well as making Ionic~Colloidal Silver. Considered to have the most overall effect the Silver Pulser is the unit most people reach for when beginning with the SOTA Products.

Micropulsing

Replenish your vitality and rejuvenate yourself with the power of Micropulsing.

Working with the body's natural electricity, Micropulsing delivers safe and gentle microcurrents of electricity to energize and empower you – on your schedule, when and where you choose.

Simply place the electrodes over the two pulse points on your wrist to balance the body's natural electricity.



- Considered the foundational piece when starting the Wellness Program.
- Gentle microcurrents compliment the body's electrical system.



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MICROPULSING SET-UP (IF USING SP8)

WHAT YOU NEED



- Silver Pulser SP8
- Two Conductive Rubber Probes
- Micropulsing Cord
- Two Sponge Sleeves
- Wrist Strap with Buckle
- Arm Band with Clip
- USB-C Charging Cord

** You will need your own USB Charging Adaptor or USB Port*

** The Silver Pulser SP8 includes a rechargeable lithium battery that provides up to 50 hours of use on a single charge. It can be charged using any USB charging adapter with a full charge taking about 5 hours.*

TO START



Before use, fully charge the battery.



Slide the Arm Band with Clip on your arm and secure in place.

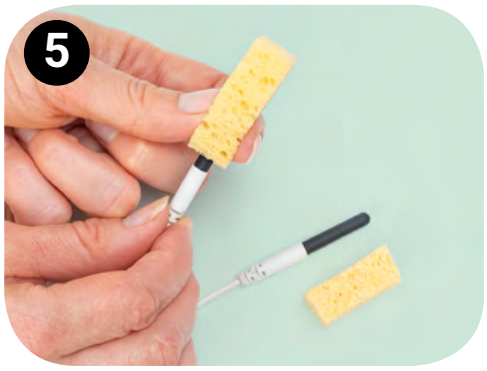


Push the Rubber Probes over the metal pins on the end of the Micropulsing Cord.

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Wet under a tap. Squeeze out excess water. They should be moist, not dripping wet.



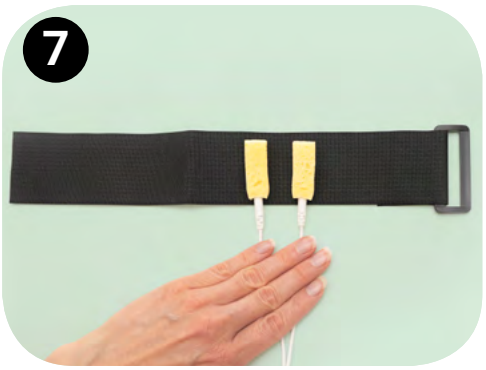
Slip the Sponge Sleeves over the Rubber Probes. You may need to gently twist to slide the Sleeves over the Probes.



Lay the Wrist Strap flat - fuzzy side down.

** With the exception of occasionally cleaning, the Rubber Probes can remain on the cord.*

** Accurate placement of the probes is key. Take a moment to locate the pulse points on your wrist. Refer to Pulse Point Locations* *page 14**.*



Place the Sponge Sleeves on the Wrist Strap about a thumb-width apart.



Place your wrist on top of the Sponge Sleeves.



Insert the strap through the buckle and cinch the Wrist Strap snuggly but not too tight.

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Plug the Micropulsing Cord into the jack on the Silver Pulser.



Turn Unit ON by gently increasing the intensity to where you feel it and it is comfortable.



Slip the Unit onto the Arm Band with Clip.

Notes:

- *From time-to-time you may have to adjust the intensity to where you can feel it.*
- *If the Sponge Sleeves begin to dry out, re-moisten with water from the dropper bottle.*
- *When finished, turn the unit OFF by rotating the ON/OFF switch counter clockwise.*
- *Do not store the unit with the Micropulsing Cord plugged in as this can damage the Cord.*
- *Keep the Wrist Band dry. Lightly moisten the Sleeves and keep the space between them dry so each probe can work at full benefit.*

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MICROPULSING SET-UP (IF USING SP LITE)

WHAT YOU NEED

- Silver Pulser Lite
- One 9-Volt Alkaline Battery
- Two Conductive Rubber Probes
- Micropulsing Cord
- Two Sponge Sleeves
- Wrist Strap
- Arm Band with Clip (Optional)



TO START



Place the battery into the unit.



Slide the Arm Band with Clip on your arm and secure in place.



Push the Rubber Probes over the metal pins on the end of the Micropulsing Cord.

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Wet under a tap. Squeeze out excess water. They should be moist, not dripping wet.



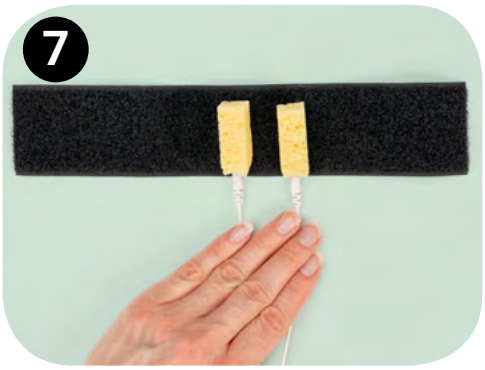
Slip the Sponge Sleeves over the Rubber Probes. You may need to gently twist to slide the Sleeves over the Probes.



Lay the Wrist Strap flat - fuzzy side up.

** With the exception of occasionally cleaning, the Rubber Probes can remain on the cord.*

** Accurate placement of the probes is key. Take a moment to locate the pulse points on your wrist. Refer to Pulse Point Locations* *page 14**.*



Place the Sponge Sleeves on the Wrist Strap about a thumb-width apart.



Place your wrist on top of the Sponge Sleeves.



Secure the Wrist Strap snuggly but not too tight.

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Plug the Micropulsing Cord into the jack on the Silver Pulser.



Turn Unit ON by gently increasing the intensity to where you feel it and it is comfortable.



Slip the Unit onto the Arm Band with Clip.

Notes:

- *From time-to-time you may have to adjust the intensity to where you can feel it.*
- *If the Sponge Sleeves begin to dry out, re-moisten with water from the dropper bottle.*
- *When finished, turn the unit OFF by rotating the ON/OFF switch counter clockwise.*
- *Do not store the unit with the Micropulsing Cord plugged in as this can damage the Cord.*
- *Keep the Wrist Band dry. Lightly moisten the Sleeves and keep the space between them dry so each probe can work at full benefit.*

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MICROPULSING PULSE POINT LOCATIONS

Proper Positions for Probes

THUMB SIDE PULSE:

Place two fingers (index and middle) below the base of your thumb on the wrist and press gently until you feel a pulse. If it's hard to detect, bend your wrist



LITTLE FINGER SIDE PULSE:

Place two fingers (index and middle) below the base of your little finger and press gently until you feel a pulse. If it's hard to detect, bend your wrist slightly toward you.



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MICROPULSING PULSE POINT LOCATIONS

Proper Positions for Probes

HAVING TROUBLE?

Drink a large glass of water, wait 5 minutes and try again.

If still unable to find a pulse, use the demonstrated placement.

STEP 1



STEP 2



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MICROPULSING QUICK START VIDEO

Are you curious about how to make the most of the Micropulsing function on your SOTA Silver Pulser?

Look no further! Our Quick Start Video is here to walk you through every step – from setting it up with ease, to finding the perfect probe placement, and unlocking the best results. Let's dive in and get you pulsing like a pro in no time!



CLICK HERE TO WATCH

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Ionic~Colloidal Silver

Often referred to as nature's nourishing gift; Silver has a long history of use and is a versatile and beneficial addition to any wellness toolkit. Used around the home, in the kitchen or bathroom, it can be applied topically, taken internally or given to your pets (and plants).

- The SOTA Silver Pulser provides a simple and inexpensive way to make Ionic~Colloidal Silver at home.
- With a wide variety of uses, there are several opportunities to incorporate Ionic~Colloidal Silver into your daily routines.



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IONIC~COLLOIDAL SILVER SET-UP

(IF USING SP8)

WHAT YOU NEED



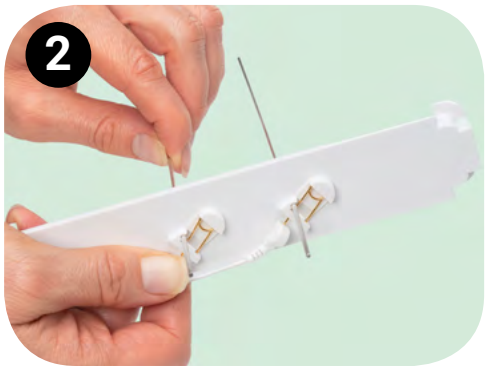
- Silver Pulser SP8
- Two Silver Wires
- Silver Wire Holder
- Glass container (1L)
- Distilled water
- Dark glass bottle for storage
- USB-C Charging Cord

** You will need your own USB Charging Adaptor or USB Port*

TO START



Pour 4 cups (1L) of distilled water into the glass container.



Insert the Silver Wires into the Silver Wire Holder.



Place the Silver Wire Holder on top of the glass container, immersing at least 70% of the wires into the water.

Notes:

- *Do not use a metal or plastic container.*

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Keep the wires 1-inch from the bottom of the container.



Plug the charging cord into the unit.



You can use a USB Charging Adaptor or a USB Port to charge.



Or, use the built-in rechargeable battery — no cord required.



Plug the Silver Wire Holder cord into the unit.



Turn the unit ON. No need to adjust the intensity level as that is only for micropulsing.

Note:

- *You do not need to wait until the battery is fully charged to start making ICS. Simply plug in the charging cord and your Silver Pulser will charge the battery and make ICS at the same time.*
- *Boil the distilled water first, and then brew the silver solution as the water cools down. This creates "microcirculation" – a natural convection in the water – which effectively keeps it stirred during the brewing process.*

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The GREEN light will be ON and the ORANGE light will come ON showing that the Silver Wires have conductivity and are making the Ionic~Colloidal Silver.



After two hours, remove the Silver Wires and wipe them with a paper towel to remove any silver oxide on them.



Put the Silver Wires back into the solution and use them to stir the solution for a few seconds.



After four hours, turn the unit off and remove the Silver Wires from the solution.



Wipe the Silver Wires with a paper towel.



Store in a dark glass bottle at room temperature in a dark place like a cupboard.

Notes:

- *After several uses, you may find one Silver Wire becomes blackened. You can use the green scrub pad to gently buff to shiny again. Be careful not to over scrub as this removes valuable silver.*
- *The Ionic~Colloidal Silver solution should be clear or pale golden in color.*
- *A metallic taste is normal.*

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IONIC~COLLOIDAL SILVER SET-UP

(IF USING SP LITE)



WHAT YOU NEED

- Silver Pulser Lite
- 9-Volt Alkaline Battery or Wall Adaptor
- Two Silver Wires
- Silver Wire Holder
- Glass container (1L)
- Distilled water
- Dark glass bottle for storage

TO START



Pour 4 cups (1L) of distilled water into the glass container.



Plug the adaptor into an electrical outlet.

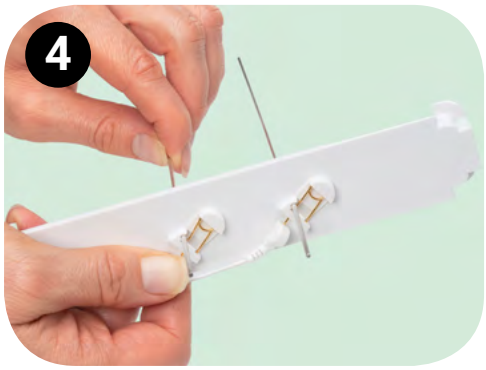


Or you can use a battery.

Notes:

- *Do not use a metal or plastic container.*
- *The Wall Adaptor that comes with a Magnetic Pulser or Water O_3zonator works perfectly.*

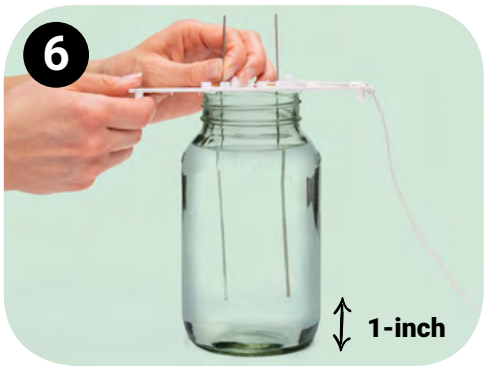
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Insert the Silver Wires into the Silver Wire Holder.



Place the Silver Wire Holder on top of the glass container, immersing at least 70% of the wires into the water.



Keep the wires 1-inch from the bottom of the container.



Plug the Silver Wire Holder cord into the unit.



Turn the unit ON. No need to adjust the intensity level as that is only for micropulsing.



The GREEN light will be ON and the ORANGE light will come ON showing that the Silver Wires have conductivity and are making the Ionic~Colloidal Silver.

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After two hours, remove the Silver Wires and wipe them with a paper towel to remove any silver oxide on them.



Put the Silver Wires back into the solution and use them to stir the solution for a few seconds.



After four hours, turn the unit off and remove the Silver Wires from the solution.



Wipe the Silver Wires with a paper towel.



Store in a dark glass bottle at room temperature in a dark place like a cupboard.

Notes:

- *After several uses, you may find one Silver Wire becomes blackened. You can use the green scrub pad to gently buff to shiny again. Be careful not to over scrub as this removes valuable silver.*
- *The Ionic~Colloidal Silver solution should be clear or pale golden in color.*
- *A metallic taste is normal.*

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IONIC~COLLOIDAL SILVER QUICK START

Ready to unlock the power of Ionic~Colloidal Silver with your SOTA Silver Pulser?

Our Quick Start Video is your perfect guide! We'll take you step-by-step through the setup process, show you the ideal techniques for success, and help you achieve the best results effortlessly. Let's kick things off and make your silver making skills shine!



CLICK HERE TO WATCH

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MAGNETIC PULSER

The SOTA Magnetic Pulser uses a Hand Paddle to deliver localized pulsed magnetic fields, directly to a specific area. Pulsed magnetic fields create microcurrents of electricity that complement the body's electrical system to bring about balance and vitality.





Simply hold the Hand Paddle over any area of the body. The pulsed magnetic field generated by the Magnetic Pulser has a field depth of up to 14 inches which will pass through cloth, so it can be used over clothing.

- The Magnetic Pulser can be used on any part of the body or body system you wish to target.
- For overall wellness follow the Pulse Point Location Charts included as part of this guide (Page 30 - 31).

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MAGNETIC PULSER SET-UP

WHAT YOU NEED

- Magnetic Pulser
- Wall Adaptor





TO START



Connect the Wall Adaptor to the Magnetic Pulser.



Plug the adaptor into an electrical outlet.



Touch the ON/OFF/MODE button to turn the unit on.

* All the lights will flash in sequence to indicate the unit is ready for use.
**The unit will start in REGULAR mode.*

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The GREEN lights show the magnetic charge is building up.



The magnetic charge is released through the Hand Paddle when the RED light flashes.



Place the Hand Paddle on the targeted area on the body.

** REGULAR mode with GREEN lights has a stronger pulse released every 4 seconds and is measurable to 14 inches (35 cm).*



To change to FAST mode touch the ON/OFF/MODE button again.



The YELLOW charging lights will now come on.



Place the Hand Paddle as close to the body as possible.

** FAST mode with YELLOW lights has a weaker pulse released every second and is measurable to 7 inches (18 cm).*

** The Hand Paddle doesn't need to touch the skin, as the magnetic field passes through clothing. It's better to place it over clothing as the Hand Paddle heats up.*

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SOUND OPTION:

SOTA Wellness Program Mode: Corresponding with Pulse Point Location Charts – this sound option provides a beep when it is time to move the Hand Paddle to the next location. The Pulse Point Location Charts can be found on page 30 - 31.



To start the SOTA Wellness Program Mode: Touch the SOUND ON/OFF button once.



When the unit BEEPS, move the Hand Paddle to the next location.



In Fast Mode, the unit beeps every 10 pulses; in Regular Mode, every 5 pulses.

** The Magnetic Pulser is timed for approximately 40 minutes in REGULAR mode and 25 minutes in FAST mode.*



Touch the SOUND ON/OFF button once more (twice) to hear a BEEP each time the magnetic pulse is released.



Touch the SOUND ON/OFF button a third time to turn the BEEP OFF.



The unit will beep when a timed cycle finishes.

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The Magnetic Pulser will go into standby mode for 30 seconds and then turn OFF.



To continue with another cycle, touch the ON/OFF/MODE button.



If at any time during your session you want to turn the unit OFF, press and hold the ON/OFF/MODE button for 2 seconds.

Difference Between Modes:

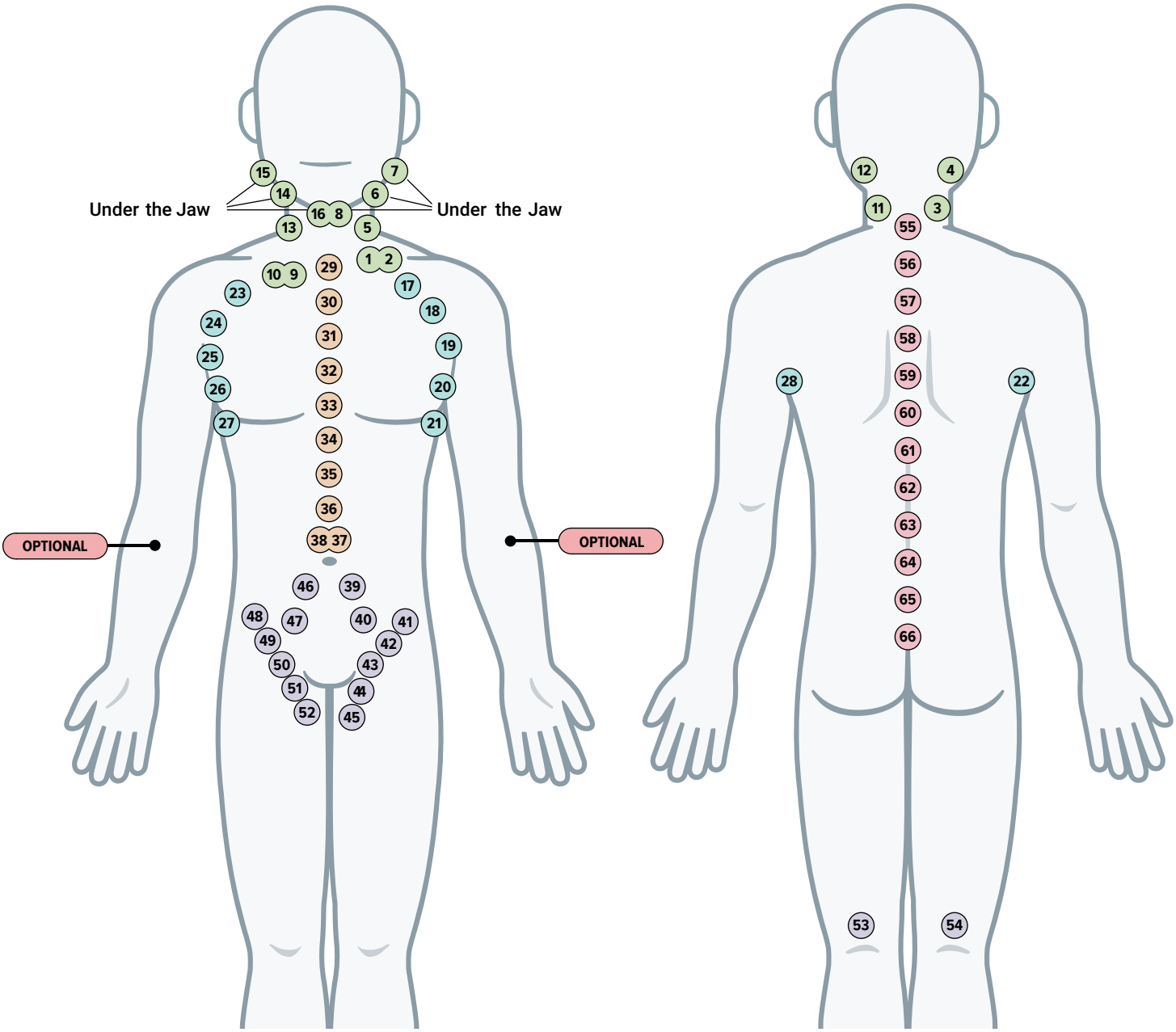
- ***Regular Mode:*** *Has a higher Gauss output (greater than 7000 Gauss) and is measurable to 14 inches (35 cm). The benefit of the Regular Mode is the strength and depth of the field generated. Pulses delivered in less than 4 seconds & penetrate 14-inches.*
- ***Fast Mode:*** *Has a lower Gauss output (greater than 2500 Gauss) and is measurable to 7 inches (18 cm). The benefit of the Fast Mode is the pulses are delivered very quickly, while the trade–off is the strength and depth of each pulse is less. Pulses are delivered in less than 1 second & penetrate 7-inches.*

Notes:

- *Most won't feel any sensation during use.*
- *The Hand Paddle may get warm to hot; if uncomfortable, turn off the unit and let it cool before continuing.*

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Chart 1 PULSE POINT LOCATIONS

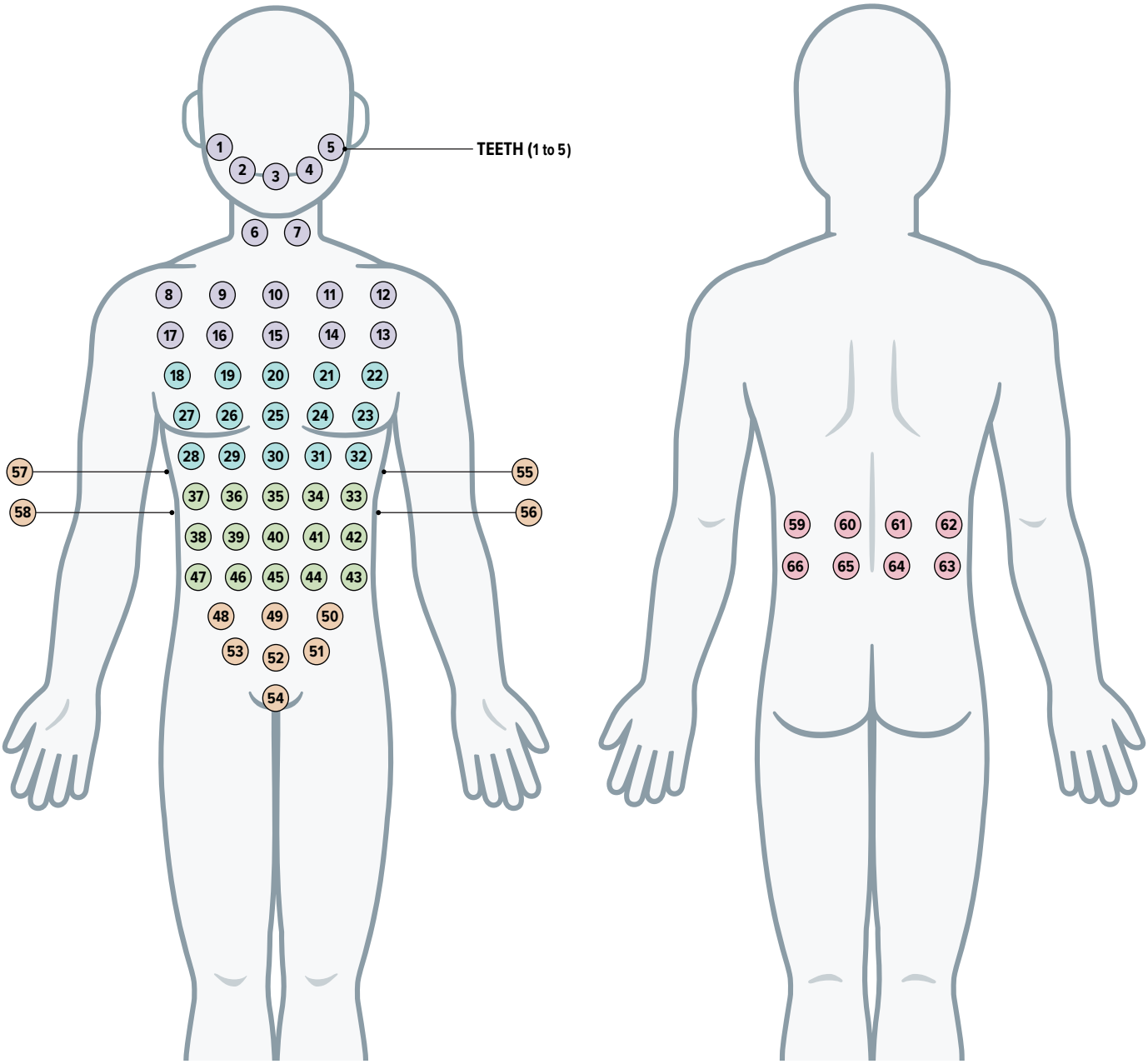


IMPORTANT INSTRUCTIONS

- Start at Pulse Point Location 1. If using Fast Mode, move the Hand Paddle to the next location every 10 or so pulses; for Regular Mode every 5 or so pulses. One cycle in either mode will allow you to go through Chart One, twice.
- All our bodies are unique. Adjust the pulse point positions for your individual body type - you may need more or less pulses depending on your build.
- Before using this program, please review the Cautions and Do Not Use sections of the Product Manual for any specific instructions that may apply to you.

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Chart 2 PULSE POINT LOCATIONS



IMPORTANT INSTRUCTIONS

- Start at Pulse Point Location 1. If using Fast Mode, move the Hand Paddle to the next location every 10 or so pulses; for Regular Mode every 5 or so pulses. One cycle in either mode will allow you to go through Chart Two, twice.
- All our bodies are unique. Adjust the pulse point positions for your individual body type - you may need more or less pulses depending on your build.
- Before using this program, please review the Cautions and Do Not Use sections of the Product Manual for any specific instructions that may apply to you.

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MAGNETIC PULSING QUICK START VIDEO

Wondering how to capture the full pulsing potential of your SOTA Magnetic Pulser?

Our Quick Start Video is your go-to guide! We'll walk you through the setup with ease, share tips for perfect placement, and help you maximize those pulsing benefits effortlessly. Let's jump into it and give your wellness a magnetic boost!



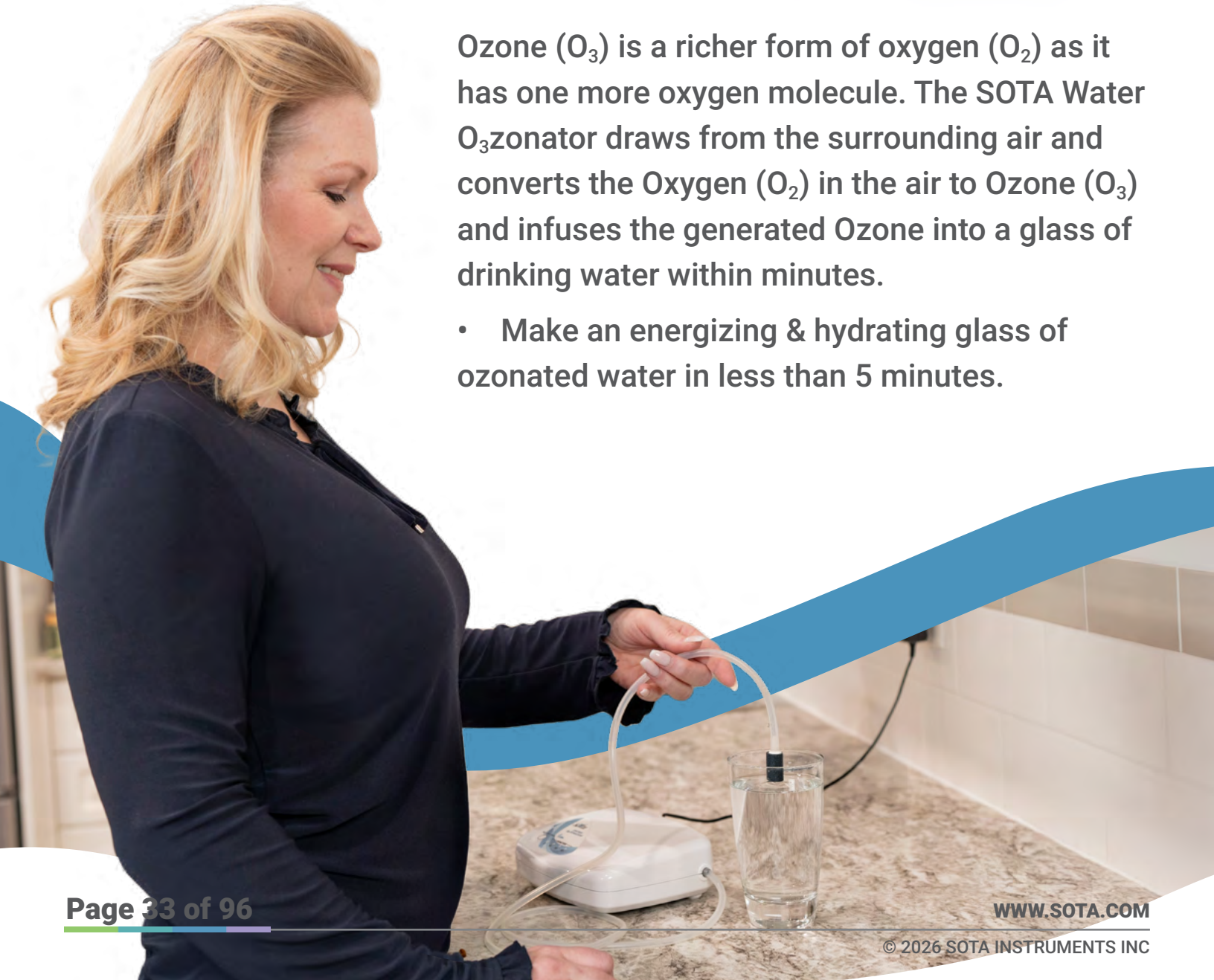
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WATER O_3ZONATOR

The SOTA Water O_3zonator offers an easy and simple way to blend two essential life forces, by infusing ozone in a glass of drinking water resulting in an effortless way to energize and hydrate your body in one refreshing glass.





Ozone (O_3) is a richer form of oxygen (O_2) as it has one more oxygen molecule. The SOTA Water O_3zonator draws from the surrounding air and converts the Oxygen (O_2) in the air to Ozone (O_3) and infuses the generated Ozone into a glass of drinking water within minutes.

- Make an energizing & hydrating glass of ozonated water in less than 5 minutes.

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WATER O_3ZONATOR SET-UP

WHAT YOU NEED

- Water O_3zonator
- Wall Adaptor
- 16 oz (500 mL) glass of drinking water
- Airstone and Tubing



TO START



Connect the Wall Adaptor to the Water O_3zonator.



Plug the adaptor into an electrical outlet.



Connect the Silicone Tubing to the ozone outlet pipe on the side of the Water O_3zonator.

** Moisten the end of the silicone tubing with water to help it slide on more easily.*

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Place the Airstone into a glass of water. Any good quality drinking water will work.



Touch the ON/OFF/ TIMER button to turn the unit ON.



Fine bubbles begin passing out of the Airstone into the water.

** If you do not see any bubbles, ensure the silicone tubing is firmly attached to the ozone outlet on the side of the unit. As the unit operates, you should catch the smell of ozone.*



Position the glass of water away from the unit.



The GREEN light will be ON under the 5-minute setting.



At the end of the time cycle, the unit will beep and all the LED lights will flash.

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The air pump will continue to operate for another 10 seconds to purge the ozone from the unit.



The unit will turn itself OFF.



Remove the Airstone from the glass.



Let your Airstone air dry, ready for your next session.



Drink the freshly ozonated water within 10 minutes as the ozone will start dissipating.



You can still experience benefits if you store ozonated water in a glass or stainless steel container with a lid and drink it throughout the day.

Notes:

- *If ozonating a larger container of water requiring more than five minutes, touch the ON/OFF/TIMER button to select a time cycle of 5, 15, 30 or 60 minutes.*
- *If you notice the ozone smell is very strong to you, then ozonate your water in a well-ventilated area, like under a stove-top fan or near an open window.*
- *To turn the unit OFF at any time, touch the ON/OFF/TIMER button for a full two seconds.*

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WATER O_3ZONATOR QUICK START VIDEO

Want to maximize the benefits of your SOTA Water O_3zonator?

Our Quick Start Video is the perfect place to begin! We'll walk you through the setup with ease, share expert tips to unlock its full potential, and show you how to hydrate your body with the fresh taste and energizing oxygen of ozonated water. Let's dive in and refresh your hydration game!



CLICK HERE TO WATCH

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BIO TUNER

The SOTA Bio Tuner supports the mind-body connection by offering a broad range of harmonic frequencies that help create an inner sense of calm, balance and tranquility. Small enough to fit in your pocket, the Bio Tuner is an easy-to-use relaxation product.



Ear Clips are placed on the lobe of each ear as close to the jaw as possible. Choose from six comfort settings to create your own path to relax, restore and revitalize.

- Harmonic frequencies create deeper connection to calm and creativity.
- Compact and portable, it is easy-to-use while on the go or relaxing at home.



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BIO TUNER SET-UP

WHAT YOU NEED

- Bio Tuner or Bio Tuner Lite
- 9-Volt Alkaline Battery
- Ear Clips with Conductive Rubber Electrodes
- Bio Tuner Cord
- Arm Band with Clip (optional)



TO START



Place the battery into the unit.



Clean your ear lobes to remove any skin oils.



If using the Arm Band with Clip, place it on your upper arm or your forearm, whichever is more comfortable for you.

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Attach the Ear Clips to the metal pins on the end of the Bio Tuner Cord.



Plug the Bio Tuner Cord into the unit.



Moisten the Rubber Electrodes in the Ear Clips with some water.

** You can also use conductive gel or colloidal silver gel on the back of the earlobe before placing the Ear Clips.*



Place one Ear Clip on an earlobe with the Rubber Electrode to the back of the earlobe as close to the jaw as possible.



Repeat with the other Ear Clip.



Turn the Bio Tuner on by rotating the ON/OFF switch clockwise.

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All the lights will flash once and the unit will beep.



The GREEN light will come on in MODE 1.



Gently turn up the intensity to a comfortable level.



You should feel a slight buzzing sensation on earlobes.



You can change modes by pressing the MODE button. The GREEN light indicates which Mode is selected.



Slip the unit onto the Arm Band with Clip or in your pocket.

** When the Mode is changed during a timed session, the timing continues without interruption to complete a session of approximately 20 minutes.*

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The unit will beep twice when the 20-minute timed session has ended.



The unit will automatically cycle into Sleep Mode and the GREEN Mode light will flash every 2 seconds.



To turn the unit OFF rotate the ON/OFF switch counter clockwise until it clicks.

Notes:

- *To continue with additional sessions, turn off the unit and restart it. Be sure to wet the Ear Clips before each timed cycle.*
- *The battery continues to drain in Sleep Mode. To save the battery, switch the unit OFF.*

The Bio Tuner has six different Modes or comfort settings for you to experiment and discover which works best for you.

- *Modes 1, 2 and 3 are stronger.*
- *Modes 4, 5 and 6 are gentler.*
- *Modes 3 and 6 have the addition of the 7.83 Hz Schumann Earth frequency.*
- *All of the Modes have the same key frequencies.*

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BIO TUNER QUICK START VIDEO

Intrigued by the calming powers of your SOTA Bio Tuner?

Our Quick Start Video is the perfect place to begin! We'll guide you through the setup with ease, share expert tips to enhance your relaxation, and help you experience the soothing benefits effortlessly. Let's tune in and elevate your wellness and relaxation journey!



CLICK HERE TO WATCH

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Wellness Program

The SOTA approach to wellness is about understanding that your physical, emotional, mental, and spiritual well-being are all connected. It's not about looking at these aspects separately, but rather recognizing how they influence each other.

Think of it like a puzzle, where each piece represents a different part of your well-being. When all the pieces fit together, you achieve a more complete and holistic approach to wellness. This means that taking care of one aspect can positively impact the others, creating a ripple effect of well-being.

By recognizing these connections, you can take a more complete and effective approach to your wellness journey.



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To enhance the benefits of SOTA products, consider integrating these practices into your daily life:

- Nourish your body by choosing healthy, organic foods, and minimizing processed foods.
- Add daily movement and exercise to keep your body active.
- Connect with nature by spending time outside.
- Make time for sleep ensuring your body gets adequate rest.
- Engage in a contemplative practice through meditation, prayer or quiet reflection.

We believe that wellness is a journey, and the SOTA products are here to support your journey.



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Before You Begin

- The SOTA Wellness Program is designed to be flexible, so you can adjust it to fit your lifestyle. Think of it as a guide to help you introduce the technologies and gradually use the units together as part of your wellness journey. Feel free to make changes to make it work for you.
- For best results, try to follow the program for at least six months, and ideally for a year, and after that you can keep using it as a lifelong habit for your well-being. Consistency with the SOTA products is really important.
- Before starting this program, make sure to read the Product Manuals, including the Cautions and Do Not Use sections, to make sure you're aware of any specific instructions that apply to you.



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- When you're using the SOTA products, it's important to listen to your body. Pay attention to how you feel and adjust your usage as needed. If you're feeling sluggish, or it feels like too much, reduce how long you're using the unit(s), or take a break for a few days before starting again.
- Make sure you're drinking enough water throughout the day, which helps your body stay hydrated and eliminate waste. A good rule of thumb is to drink about 11 to 15 cups (2.7 to 3.7 liters) of fluids each day, depending on your body size.
- Keeping a journal is also a great way to track your progress. Start by writing down your wellness goals, then each time you use a unit, write down what you used, for how long, how you felt, and any changes you notice. It's helpful to look back at your entries every so often.



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The Power of Consistency

Consistency is truly key when it comes to seeing the best results. Think of it like this: building a healthy habit is like planting a seed – you need to nurture it regularly to see it grow.

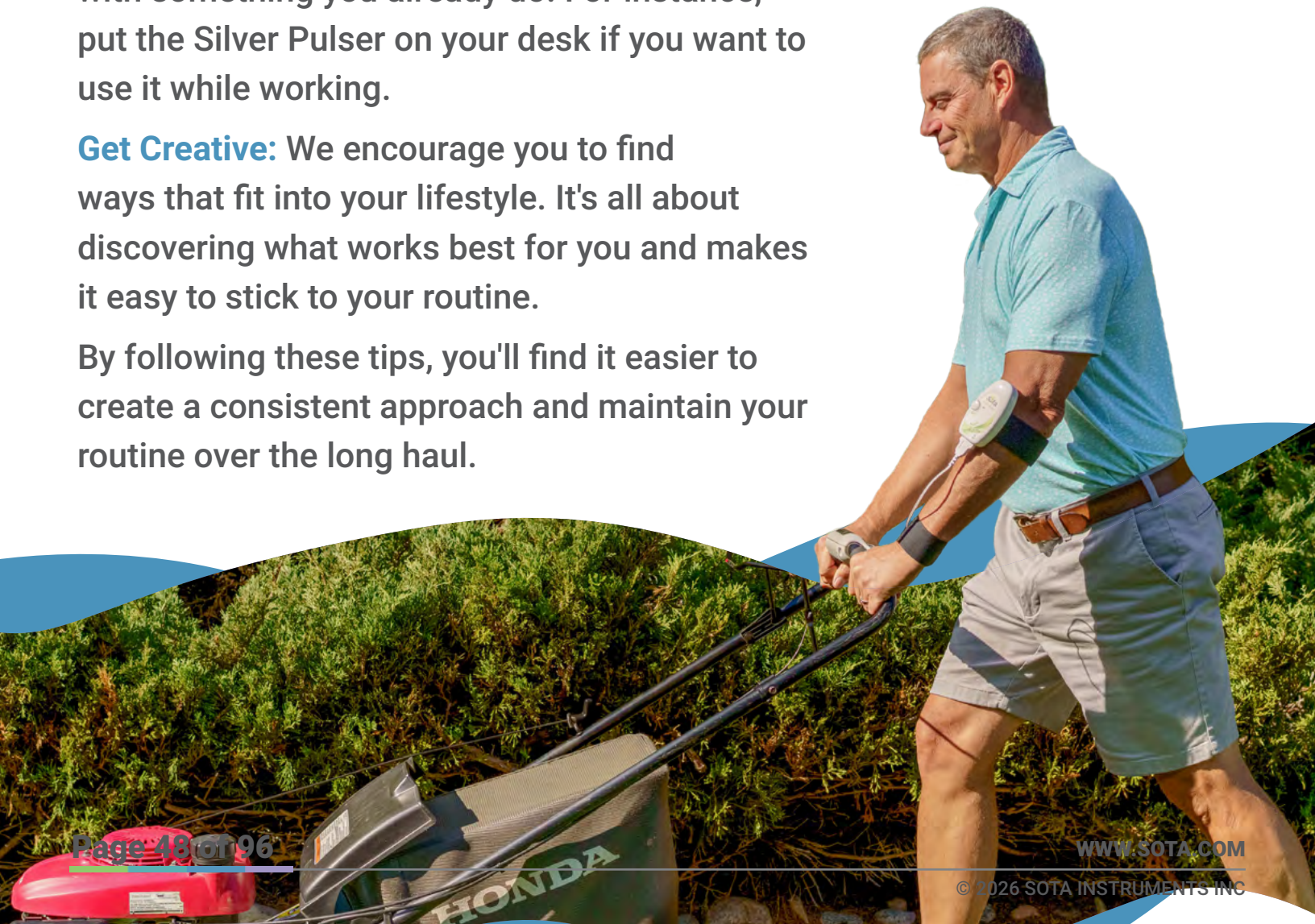
Here's how to set yourself up for success:

Make it Visible: Place your units where you'll see them! This simple step acts as a visual reminder, prompting you to use them regularly. For example, if you want to use the Bio Tuner before bed, keep it on your nightstand.

Link to Existing Habits: The best way to start a new routine is to connect it with something you already do. For instance, put the Silver Pulser on your desk if you want to use it while working.

Get Creative: We encourage you to find ways that fit into your lifestyle. It's all about discovering what works best for you and makes it easy to stick to your routine.

By following these tips, you'll find it easier to create a consistent approach and maintain your routine over the long haul.



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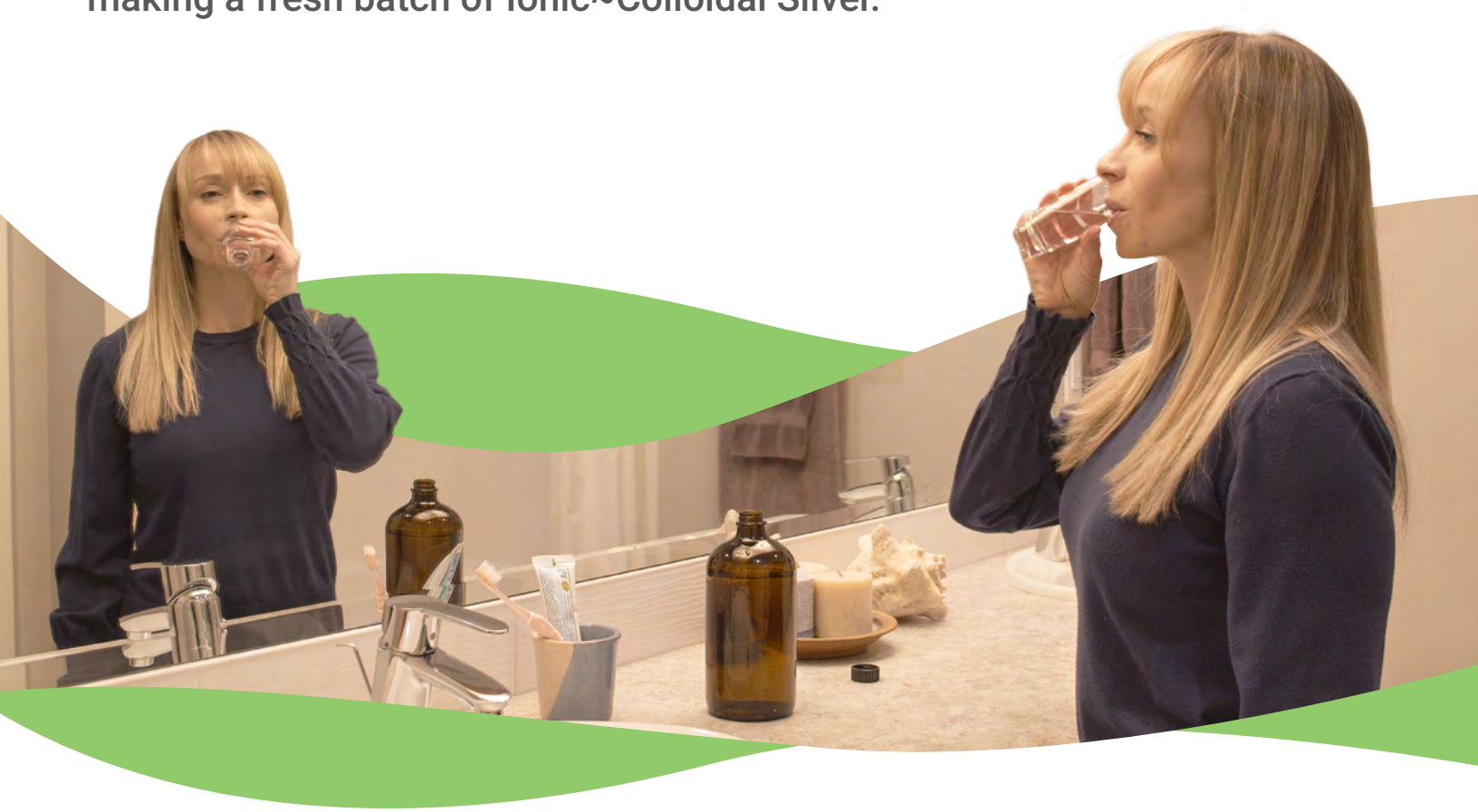
MICROPULSING with the SILVER PULSER:

Micropulsing can easily be incorporated into daily life. The lightweight and hands-free design allows you to use it on your schedule, when and where you choose. Micropulse while working at your desk, while out for a walk, as a passenger in a vehicle, while preparing dinner or playing cards with friends. Determine what fits your lifestyle and create your own routine.

IONIC~COLLOIDAL SILVER with the SILVER PULSER:

Ionic~Colloidal Silver can be taken all at once or divided up into smaller amounts throughout the day. Place a small glass on the kitchen or bathroom counter as a reminder to take it. Using the alarm on your phone is a great way to help you remember.

For brewing, it's helpful to choose a day or two each week designated to making a fresh batch of Ionic~Colloidal Silver.



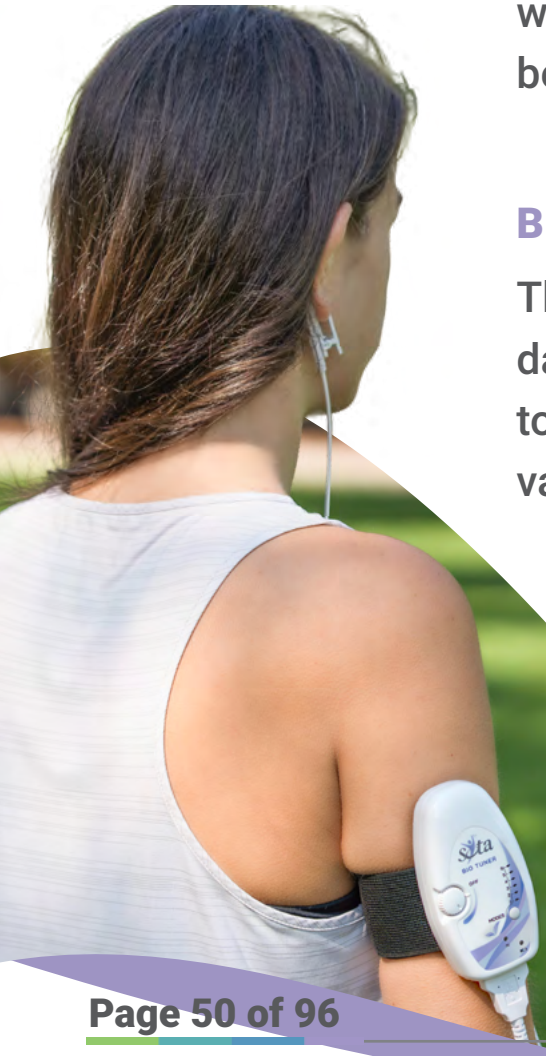
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MAGNETIC PULSER:

Since the Magnetic Pulser needs to be plugged in, it's perfect for using in the evenings while you're already taking it easy, like when you're reading, or watching television. Try placing the unit on a coffee table or your bedside table, somewhere you'll see it. This way, it'll serve as a gentle reminder to use it.

WATER O_3ZONATOR:

The Water O_3zonator is best placed in the kitchen or near where you get your drinking water. To help incorporate ozonated water into your routine, keep the unit visible, for example, on a kitchen counter. Designating a glass specifically for ozonated water can also help establish a routine. Ozonated water is a fantastic way to replenish and hydrate before and after working out.



BIO TUNER:

The Bio Tuner is designed to easily fit into your daily routine. The hands-free design allows you to experience its relaxation benefits while doing various activities, like walking your dog, gardening, socializing, or working. To help you remember to use it, you can place the Bio Tuner on your kitchen counter or on your bedside table. Its calming effect also makes it an ideal choice to use while meditating.

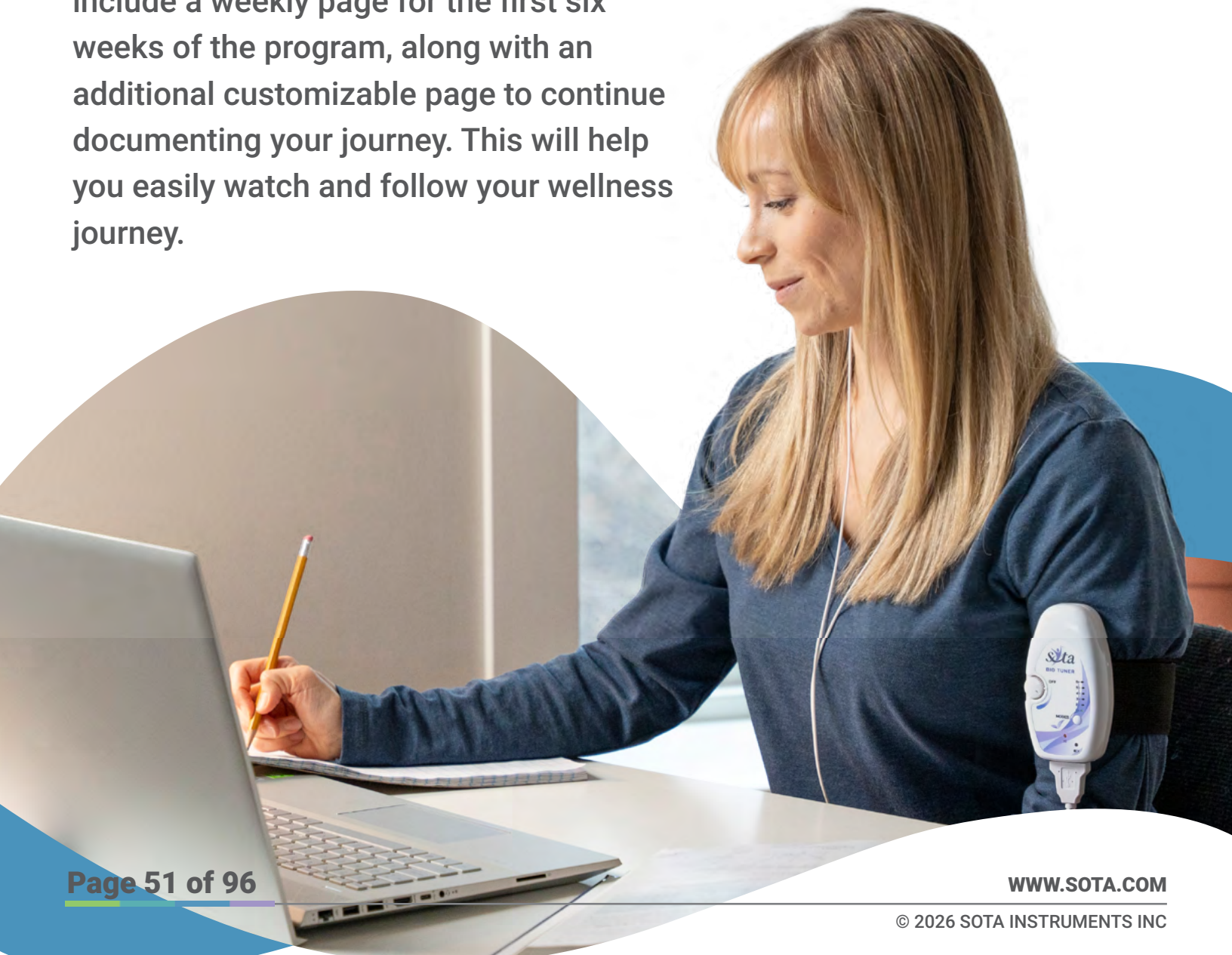
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Personalized Journal

Track, Reflect and Celebrate Your Wellness Journey.

Documenting your wellness journey is a powerful way to track progress, stay motivated and celebrate your achievements. It also helps you become more aware of yourself and gives you a chance to think about your experiences.

That's why we've created a personalized journal for you to record your progress and note any changes or observations. The journal will include a weekly page for the first six weeks of the program, along with an additional customizable page to continue documenting your journey. This will help you easily watch and follow your wellness journey.



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Week 1

SET UP FOR SUCCESS

Starting this journey will require consistency and dedication. To support and prepare the body, we encourage you to nourish, hydrate, move, breathe and recharge. Some find it easier to introduce one unit at a time, allowing the body to adjust before introducing the next unit. Others start all the units at the same time. As with all Wellness Tools, pay attention to what works for you.

UNITS NEEDED

SOTA Silver Pulser
SOTA Water O_3zonator
SOTA Bio Tuner (Optional)



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MICROPULSING

- Start with 10 minutes per day for 3-4 days.
- Increase by 20 minutes per day every 3-4 days until you've reached 2 hours per day.
- If at any time you feel the amount of Micropulsing you are doing is too much, then:
  - » reduce the time you are Micropulsing and go back to 10 minutes and/or
  - » take a few days off until you feel you can start again and/or
  - » increase the amount of Ozonated Water you are drinking.

WATER O_3ZONATOR

Ozonated Water can be energizing for some, so it's best to drink it in the morning, afternoon or early evening. Drink the Ozonated Water within 10 minutes of making it as ozone dissipates quickly. You can still experience benefits if you store Ozonated Water in a glass or stainless steel container with a lid and drink it throughout the day.

- Start with 8 ounces (250ml) per day preferably in the morning.
- Increase the amount you drink by 8 ounces (250ml) every second day.
- If you do not have a Water O_3zonator drink good-quality water.

BIO TUNER (OPTIONAL)

The Bio Tuner can help to relax the body and mind. Some people find the Bio Tuner energizing, so it is recommended to use it during the day, while others find it relaxing, making it suitable to use anytime.

- Start with 1 cycle (20 minutes) per day for 3-4 days.
- Increase to 2 cycles (40 minutes) per day for a week.
- You can do the 40 minutes all at once or do 20 minutes in the morning and 20 minutes in the evening. Feel free to customize it to suit your lifestyle.

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Weekly JOURNAL

WEEK 1	Micropulsing	Ozonated Water	Bio Tuner (Optional)
DAY 1	10 min ○	8 oz ○	20 min ○
DAY 2	10 min ○	8 oz ○	20 min ○
DAY 3	10 min ○	16 oz ○	20 min ○
DAY 4	10 min ○	16 oz ○	20 min ○
DAY 5	30 min ○	24 oz ○	40 min ○
DAY 6	30 min ○	24 oz ○	40 min ○
DAY 7	30 min ○	32 oz ○	40 min ○

Notes -

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Happy CUSTOMERS

I love the Bio Tuner. I use it every day. It is soothing and uplifting to me.

★★★★★

Ellen R., Utah, USA

I was amazed at the remarkable response I had with this little unit. If I was on Survivor and could take only one thing with me, I'd take my Silver Pulser!

★★★★★

Patty T., Tennessee, USA

It's amazing the elevated state you get from the flood of extra oxygen ... I feel so much more energy in my meridians...

★★★★★

Lorne J., California, USA



IMPORTANT Tips

When Micropulsing it is normal that your skin may become slightly irritated. This will usually decrease over time. In the meantime to help reduce any irritation you can try alternating wrists daily, use a conductive gel over the moistened sleeves, wash your wrists well before and after use, apply a healing gel or cream afterwards, turn down the intensity so you just feel it and ensure you stay well hydrated.

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Week 2

GO WITH THE FLOW

As you begin Week 2, you continue with Micropulsing, Ozonated Water and optionally the Bio Tuner. This week, you will also be introducing Ionic~Colloidal Silver. Remember to be mindful and listen to your body as you work towards the full protocol.

UNITS NEEDED

SOTA Silver Pulser

SOTA Water O_3zonator

SOTA Bio Tuner (Optional)



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Introducing IONIC~COLLOIDAL SILVER

- Start with 4 ounces (125ml) per day for the first week.
- Drink it all at once, twice daily (e.g. morning and evening), or in smaller amounts throughout the day.
- It is recommended to drink Ionic~Colloidal Silver 15-30 minutes before food, supplements and/or ozonated water. If taking after eating suggest waiting 2 hours. Wait 15-30 minutes after drinking ozonated water.

MICROPULSING

- Keep increasing by 20 minutes per day every 3-4 days until you've reached 2 hours per day. 2 hours is the minimum recommended time.

WATER O_3ZONATOR

- Continue to increase the amount you drink by 8 ounces (250ml) every second day.
- Once you reach 32 ounces (1L), you can decide to stay there or continue increasing the amount.

BIO TUNER (OPTIONAL)

- Keep using 2 cycles (40 minutes) daily.
- If deeper relaxation is desired increase to 4-6 cycles per day spaced throughout the day.
- If even deeper relaxation is needed feel free to use the Bio Tuner as much as needed. We know of no upper limit.

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Weekly JOURNAL

WEEK 2	Micro-pulsing	Ionic~ Colloidal Silver	Ozonated Water	Bio Tuner (Optional)
DAY 1	30 min ◯	4 oz ◯	32 oz ◯	40 min ◯
DAY 2	50 min ◯	4 oz ◯	32-40 oz ◯	40 min ◯
DAY 3	50 min ◯	4 oz ◯	32-40 oz ◯	40 min ◯
DAY 4	50 min ◯	4 oz ◯	32-48 oz ◯	40 min ◯
DAY 5	50 min ◯	4 oz ◯	32-48 oz ◯	40 min ◯
DAY 6	70 min ◯	(Optional) ◯	32-56 oz ◯	40 min ◯
DAY 7	70 min ◯	(Optional) ◯	32-56 oz ◯	40 min ◯

Notes -

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Happy CUSTOMERS

I love my Bio Tuner! It's really helpful to keep me calm & focused.

★★★★★

B.H., Kentucky, USA

My body felt so alive and strong I wanted to keep running. This good energy has continued over a period of months.

★★★★★

J.B., Ohio, USA

I think the ozonated water has been the tastiest water I have ever had.

★★★★★

Kanta M., Ceuta, Spain



IMPORTANT Tips

Drink Ozonated Water 15-30 minutes before food, supplements, or Ionic~Colloidal Silver. Wait two hours after eating to drink Ozonated Water and 15-30 minutes after taking Ionic~Colloidal Silver.

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Week 3

SUPERCHARGED WELLNESS

This week, you'll experience firsthand the synergy of nature and science with the introduction of the Magnetic Pulser, which uses gentle pulsed magnetic fields to work with the body's natural electrical system.

UNITS NEEDED

SOTA Silver Pulser
SOTA Magnetic Pulser
SOTA Water O_3zonator
SOTA Bio Tuner (Optional)



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Introducing MAGNETIC PULSING

- This week do one cycle in Fast Mode per day following the Pulse Point Locations on Chart One (see page 30). Move the Hand Paddle to the next position approximately every 10 pulses.
- If you have a larger build, use Regular Mode for its deeper field depth, moving the Hand Paddle every 5 pulses.
- Completing one cycle in either Mode will allow you to go through Chart One twice.
- The Magnetic Pulser can be used 5-7 days a week. If you have a specific need use it daily.

MICROPULSING

- Keep increasing by 20 minutes per day every 3-4 days until you've reached 2 hours per day. 2 hours is the minimum recommended time.
- Once you reach 2 hours per day, feel free to increase the time. Some individuals Micropulse 3-5 hours per day. We know of no upper limit.

IONIC~COLLOIDAL SILVER

- Increase to 8 ounces per day for 5 days/week.
- It is recommended to brew a 32-ounce (1L) batch of Ionic~Colloidal Silver at a time, which will last you 4 days. For a longer supply, you can brew back-to-back batches to make 64 ounces (2L), lasting 8 days.

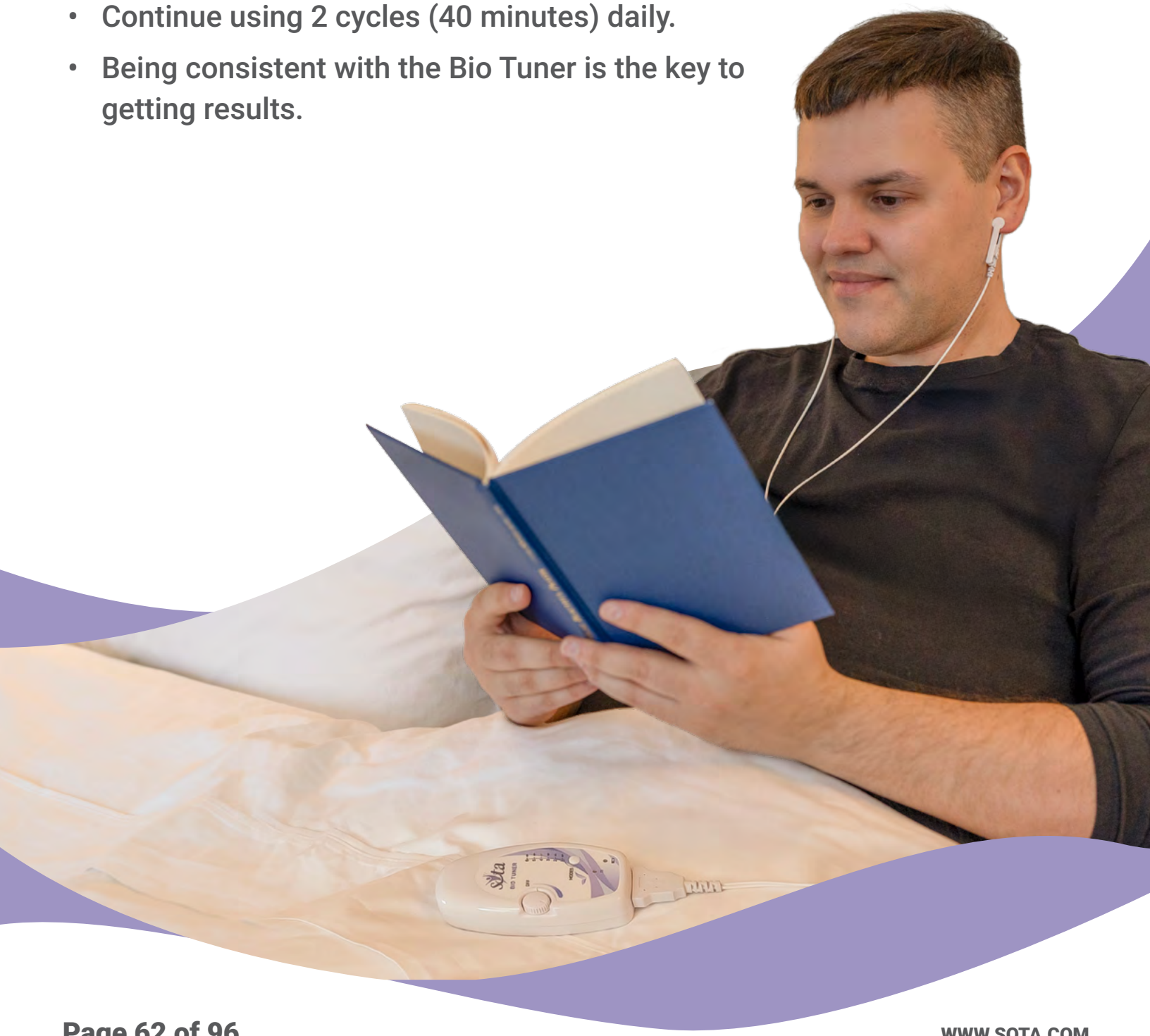
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WATER O_3ZONATOR

- Continue to increase the amount you drink by 8 ounces (250ml) every second day until you reach 32-64 ounces (1-2L) per day.

BIO TUNER (OPTIONAL)

- Continue using 2 cycles (40 minutes) daily.
- Being consistent with the Bio Tuner is the key to getting results.



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Weekly JOURNAL

WEEK 3	Micro-pulsing	Ionic~ Colloidal Silver	Ozonated Water	Magnetic Pulsing	Bio Tuner (Optional)
DAY 1	70 min ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 2	70 min ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 3	90 min ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 4	90 min ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 5	90 min ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 6	90 min ○	(Optional) ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 7	110 min ○	(Optional) ○	32-64 oz ○	25-40 min ○	40 min ○

Notes -

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Happy CUSTOMERS

I loved the opportunity to help less privileged people in such a practical way … with Colloidal Silver.

★★★★★

Deirdre W., India

It (Bio Tuner) improved the quality of my sleep 100% … It brings about deep relaxation.

★★★★★

Paul R., Florida, USA

We have been using a Magnetic Pulser for more than 10 years with excellent results. Thanks so much for your technology.

★★★★★

Alicia S. V., Villa Coyoacan, Mexico



IMPORTANT Tips

Want to target a specific area?

We suggest using the Magnetic Pulser on that area from multiple angles for a minimum of 1-2 cycles daily using the REGULAR or FAST Mode. For example if using it on your knee, pulse from the front, sides and back.

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Week 4

SUBTLE SHIFTS TO WELLNESS

This week, be mindful of your experience as your body adjusts to change. Documenting your progress will provide you with an opportunity to gain perspective and truly capture your journey. Pay special attention to the physical and emotional responses you may experience.

UNITS NEEDED

SOTA Silver Pulser
SOTA Magnetic Pulser
SOTA Water O_3zonator
SOTA Bio Tuner (Optional)



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MICROPULSING

- Keep increasing by 20 minutes per day every 3-4 days until you've reached 2 hours per day. 2 hours is the minimum recommended time.

IONIC~COLLOIDAL SILVER

- Continue taking 8 ounces per day for 5 days/week.

MAGNETIC PULSING

- Continue with 1 cycle in Fast Mode per day following the Pulse Point Locations on Chart Two (Page 31). Move the Hand Paddle to the next position approximately every 10 pulses.
- If you have a larger build use Regular Mode for its deeper field depth, moving the Hand Paddle every 5 pulses.
- Completing 1 cycle will allow you to go through Chart Two twice.

WATER O_3ZONATOR

- Continue to drink 32-64 oz (1-2L) per day or customize a schedule that works for your lifestyle.

BIO TUNER (OPTIONAL)

- Continue using 2 cycles (40 minutes) daily.

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Weekly JOURNAL

WEEK 4	Micro-pulsing	Ionic~ Colloidal Silver	Ozonated Water	Magnetic Pulsing	Bio Tuner (Optional)
DAY 1	110 min ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 2	110 min ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 3	110 min ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 4	2 hrs ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 5	2 hrs ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 6	2 hrs ◯	(Optional) ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 7	2 hrs ◯	(Optional) ◯	32-64 oz ◯	25-40 min ◯	40 min ◯

Notes -

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Happy CUSTOMERS

Thanks for being there and we love the new Water Ozone Generator. Beautiful. It functions and operates like a dream.

★★★★★

Curtis C., New Jersey, USA

After watching me … a lot of the guys I work with have invested in a Silver Pulser … and most have noticed more energy too.

★★★★★

Dean B., British Columbia, Canada

The Magnetic Pulser is like Magic! I use it all over - it really works. Thank you for having such a wonderful company with wonderful products.

★★★★★

G.L., Montana, USA



IMPORTANT Tips

Bio Tuner Modes … which one is for you?

It is really a matter of personal preference and comfort. Since all six modes are equally beneficial, you can choose the mode that feels best to you … the one that "resonates" with you, so to speak.

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Week 5

YOU'VE GOT THE POWER

The SOTA Wellness Program is not set in stone; it's flexible and designed to serve as a guide. Feel free to adapt to suit your needs. Create a plan that aligns with your lifestyle and apply it in ways that work best for you.

UNITS NEEDED

SOTA Silver Pulser
SOTA Magnetic Pulser
SOTA Water O_3zonator
SOTA Bio Tuner (Optional)



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MICROPULSING

- Continue Micropusling for a minimum 2 hours per day.
- If you are unable to do Micropulsing for 2 hours continuously, you can break it into 1-hour sessions in the morning and evening. Customize your schedule to suit your lifestyle.

IONIC~COLLOIDAL SILVER

- Continue taking 8 ounces per day for 5 days/week.

MAGNETIC PULSING

- Continue using Fast or Regular Mode. Do 1 or 2 cycles per day moving the Hand Paddle every 5-10 pulses. 1 cycle will allow you to go through both Charts once. 2 cycles will allow you to go through both Charts twice.

WATER O_3ZONATOR

- Continue to drink 32-64 oz (1-2L) per day or customize a schedule that works for your lifestyle.
- Drink Ozonated Water for a minimum of six months, preferably a year and even better make it a regular habit.

BIO TUNER (OPTIONAL)

- Keep using 2 cycles daily.
- There is no known upper limit. For deeper relaxation, increase to 4-6 cycles per day. Customize your cycles to suit your schedule — whether all at once or at different times.

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Weekly JOURNAL

WEEK 5	Micro-pulsing	Ionic~ Colloidal Silver	Ozonated Water	Magnetic Pulsing	Bio Tuner (Optional)
DAY 1	2 hrs ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 2	2 hrs ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 3	2 hrs ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 4	2 hrs ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 5	2 hrs ○	8 oz ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 6	2 hrs ○	(Optional) ○	32-64 oz ○	25-40 min ○	40 min ○
DAY 7	2 hrs ○	(Optional) ○	32-64 oz ○	25-40 min ○	40 min ○

Notes -

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Happy CUSTOMERS

When I started drinking ozonated water I felt better almost immediately. The difference was quite dramatic.

★★★★★

Paul H., United Kingdom

My parents say how much better they feel with the Silver Pulser I bought for them. You guys have outstanding products.

★★★★★

A.K., Saskatchewan, Canada

My Magnetic Pulser is one of the most important pieces of equipment I own. I use it for so many [things] it would be impossible to replace it with something else.

★★★★★

Chuck W., California, USA



IMPORTANT Tips

Other uses for Ozonated Water

Did you know the Water O_3zonator can be used to ozonate and clean fruits and vegetables often extending their shelf life as a result? Fill a sink or bowl with water, add your produce and ozonate away.

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Week 6

THE POWER OF CONSISTENCY

Small, consistent actions add up and lead to transformation. You've built momentum and habits that support lifelong wellness. Remember, it's a marathon, not a sprint — consistency is key for lasting change.

UNITS NEEDED

SOTA Silver Pulser
SOTA Magnetic Pulser
SOTA Water O_3zonator
SOTA Bio Tuner (Optional)



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MICROPULSING

- Continue Micropulsing for a minimum 2 hours per day.
- If you feel the need to Micropulse more, feel free to increase the time. Some individuals Micropulse for 3-5 hours per day. We know of no upper limit.

IONIC~COLLOIDAL SILVER

- Continue taking 8 ounces per day for 5 days/week.
- Stick to your plan consistently. Make it work for you – if you need a break, take it, then continue on.

MAGNETIC PULSING

- Continue using Fast or Regular Mode. Do 1 or 2 cycles per day moving the Hand Paddle every 5-10 pulses. 1 cycle will allow you to go through both Charts once. 2 cycles will allow you to go through both Charts twice.

WATER O_3ZONATOR

- Continue to drink 32-64 oz (1-2L) per day or customize a schedule that works for your lifestyle.
- There is no established upper limit, so you can customize your intake based on what feels right for your body.

BIO TUNER (OPTIONAL)

- Keep using 2 cycles (40 minutes) daily.
- Use the Bio Tuner for a minimum of 30 days and preferably longer as the benefits build the longer you use it.

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Weekly JOURNAL

WEEK 6	Micro-pulsing	Ionic~ Colloidal Silver	Ozonated Water	Magnetic Pulsing	Bio Tuner (Optional)
DAY 1	2 hrs ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 2	2 hrs ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 3	2 hrs ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 4	2 hrs ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 5	2 hrs ◯	8 oz ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 6	2 hrs ◯	(Optional) ◯	32-64 oz ◯	25-40 min ◯	40 min ◯
DAY 7	2 hrs ◯	(Optional) ◯	32-64 oz ◯	25-40 min ◯	40 min ◯

Notes -

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Happy CUSTOMERS

Recently, I started regularly using the Bio Tuner again. I use it for one 20-minute session and do about 10 minutes of meditation afterwards. I have noticed increased mental clarity, focus and calm. It's profound.

★★★★★

Paul R., Ontario, Canada

Love love love mine [Silver Pulser], I have two of them and may get another one. Helps so much with energy and well, other things.

★★★★★

Steve D., California, USA

My husband and I now have the Water O_3zonator, and from the first drink I could feel the life-giving energy. I praise God that you are here to help me and others.

★★★★★

Rose E., California, USA



IMPORTANT *Tips*

Diet Restrictions? There are no food, vitamin, mineral or herbal supplement restrictions, however this program works best with a healthier lifestyle. For example, choosing to eat healthy, organic foods and minimizing processed foods helps build health and vibrancy.

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Congratulations!

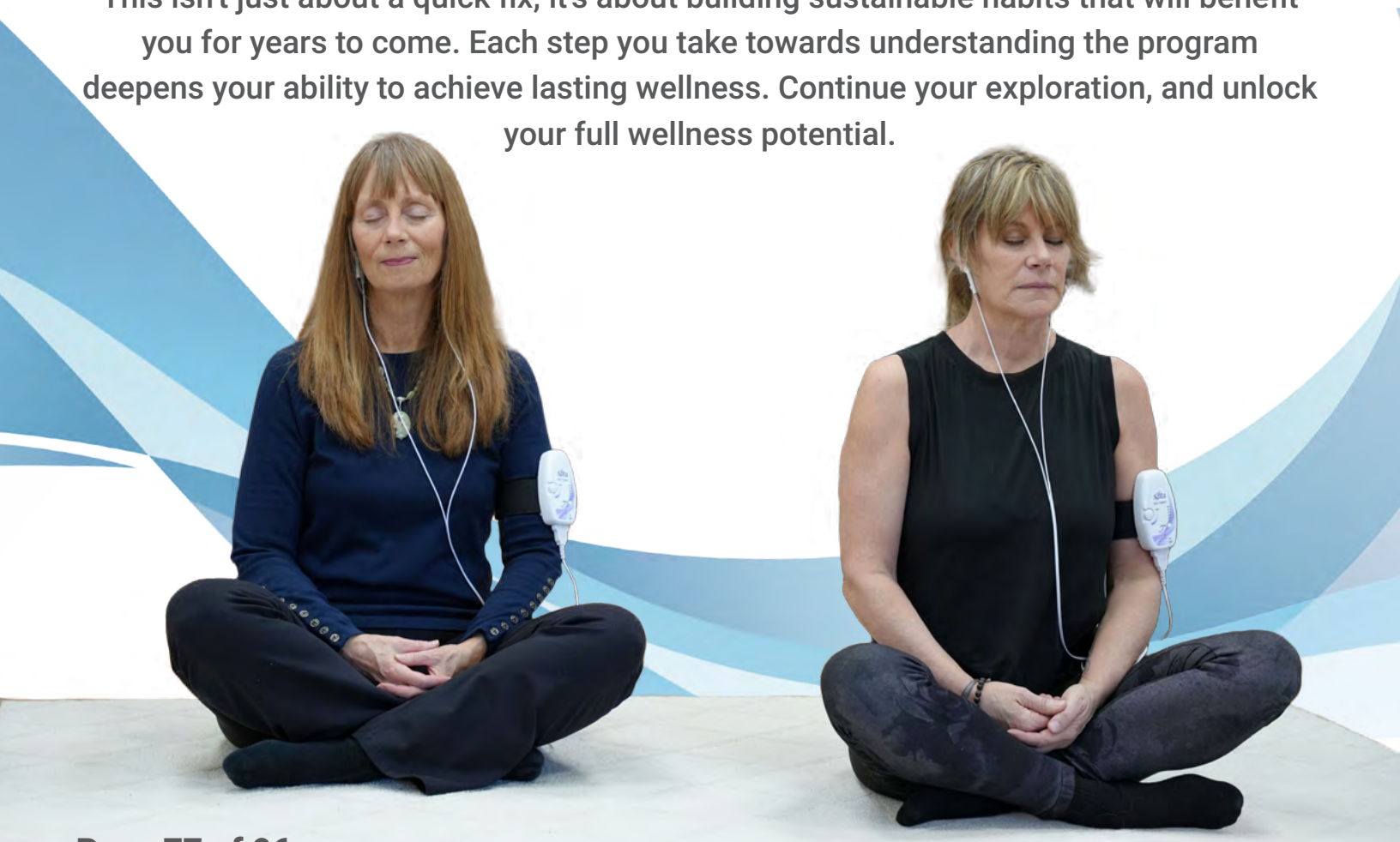
Congratulations on completing the first six weeks of the SOTA Wellness Program! This is a great start to your wellness journey. Remember, for the best results, we encourage you to continue with the full program for at least six months, and ideally a year, making it a lifelong habit. The program is flexible and can be adjusted to your needs.

Unlocking Your Wellness Potential

Your Guide to the SOTA Products

The following pages offer an in-depth exploration of each SOTA product, providing you with essential guidelines and recommendations. Within, you'll find specific details regarding times, quantities, durations, and other crucial elements to optimize your wellness journey.

This isn't just about a quick fix; it's about building sustainable habits that will benefit you for years to come. Each step you take towards understanding the program deepens your ability to achieve lasting wellness. Continue your exploration, and unlock your full wellness potential.



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Micropulsing Guide

GETTING STARTED

- Micropulsing has been found to have the most overall effect of the SOTA Wellness Program.
- Micropulsing begins in Week 1 of the SOTA Wellness Program and is recommended for a minimum of 6 months, ideally a year.
- Begin with 10 minutes of Micropulsing per day for 3-4 days. Then, increase by 20 minutes every 3-4 days until you reach 2 hours per day.
- The minimum recommended time for Micropulsing is 2 hours per day. If needed, you can split it into 1 hour in the morning and 1 hour in the evening. Create a schedule that fits your lifestyle.
- At any time if you feel the amount of Micropulsing is too much, lower the amount of time (go back to 10 minutes if needed) or take a few days off until you feel you can start again. Make it work for you - if you need to start at 10 minutes per day do so - if you think you can start where you left off, great.
- Most people find 2 hours per day sufficient for Micropulsing. If, after two months, you feel the need to Micropulse more, feel free to increase the time. Some individuals Micropulse for 3-5 hours per day and there is no known upper limit.
- Micropulsing can be done 5-7 days a week. If you have a specific wellness goal then Micropulse daily.

Consistency is key to achieving the best results with Micropulsing.



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ONGOING WELLNESS FOR MICROPULSING

Ongoing Wellness is a maintenance plan intended to be used after completing the Program, allowing you to extend its benefits to the fullest. Those that benefit the most are those who incorporate the products into their Wellness Lifestyle.

- You can Micropulse for 1 hour a day, 5 times a week; 2 hours a day, 2-3 days a week; or for a total of 5 hours spread throughout the week, fitting it into your schedule.
- When you have achieved your wellness goals, feel free to take extended breaks, returning to either the Wellness Program or Ongoing Wellness Program periodically. Incorporate it into your life regularly as part of your Wellness Lifestyle.



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Ionic~Colloidal Silver Guide

GETTING STARTED

- Ionic~Colloidal Silver enters Week 2 of the SOTA Wellness Program.
- Ionic~Colloidal Silver is used for a minimum of 6 months, preferably a year.
- Begin with 4 ounces (125 ml) per day for the first week.
- Gradually increase to 8 ounces (250 ml) per day, 5 days a week. You can take it all at once, split it into two doses (morning and evening), or divide it into several smaller amounts throughout the day. If you need a break, take one and then resume as planned.
- Store Ionic~Colloidal Silver in a dark-colored glass bottle and keep it in a dark place.
- It is recommended to drink Ionic~Colloidal Silver 15-30 minutes before consuming food, supplements, or ozonated water. If taking it after a meal, wait 2 hours. Wait 15-30 minutes after drinking ozonated water.
- To stay prepared, consider brewing a 32-ounce batch, or two back-to-back 32-ounce batches, once a week to always have Ionic Colloidal Silver on hand.

Consistency is key to achieving the best results with Ionic~Colloidal Silver.

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ONGOING WELLNESS FOR IONIC~COLLOIDAL SILVER

Ongoing Wellness is a maintenance plan intended to be used after completing the Program, allowing you to extend its benefits to the fullest. Those that benefit the most are those who incorporate the products into their Wellness Lifestyle.

- We recommend consuming 1-2 ounces (30-60ml) a couple times a week. You can also take longer breaks. Listen to your body and your own innate wisdom on what you need.
- If feeling challenged increase the amount to 8 ounces (250ml) while needed. For shorter periods of time even more can be consumed if needed.
- When you have achieved your wellness goals, feel free to take extended breaks, returning to either the Wellness Program or Ongoing Wellness Program periodically.
  Incorporate it into your life



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Magnetic Pulser Guide

GETTING STARTED

- Magnetic Pulsing begins in Week 3 of the SOTA Wellness Program and is recommended for a minimum of 6 months, ideally a year.
- Consistency with Magnetic Pulsing is crucial for achieving results.
- The Magnetic Pulser can be used at any time of day.
- The Magnetic Pulser can be used on body systems like the lymph or used to target a specific part of the body including but not limited to joints, soft tissues and teeth. Use it where needed.
- As part of the SOTA Wellness Program, follow Chart One and Chart Two for the Pulse Point Locations.
- Not all human bodies are the same. As such, the recommended pulse point positions are approximate and should be tailored to suit your individual body type. It's possible you may need more or less pulses depending on your build, so feel free to adjust accordingly.
- Begin with 1 cycle in Fast Mode per day for the first week, following the Pulse Point Locations on Chart One. Move the Hand Paddle to the next position approximately every 10 pulses. If you have a larger build, use Regular Mode for its deeper field depth, moving the Hand Paddle



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every 5 pulses. Completing 1 cycle in either mode will allow you to go through Chart One twice.

- Continue with 1 cycle daily in the second week, following the Pulse Point Locations on Chart Two.
- For the third week and on, continue using Fast or Regular Mode. Do 1 or 2 cycles per day moving the Hand Paddle every 5-10 pulses. 1 cycle will allow you to go through both Charts once. 2 cycles will allow you to go through both Charts twice.
- For most people, 1 or 2 cycles of Magnetic Pulsing is usually enough. If you feel the need for more, you can use the unit as frequently as y



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ONGOING WELLNESS FOR MAGNETIC PULSING

Ongoing Wellness is a maintenance plan intended to be used after completing the Program, allowing you to extend its benefits to the fullest. Those that benefit the most are those who incorporate the products into their Wellness Lifestyle.

- Option 1: Use for 1 cycle 5 days a week in Fast or Regular Mode using Chart One and/or Chart Two.
- Option 2: Use for 2 cycles 2-3 days a week in Fast or Regular Mode using Chart One and/or Chart Two.
- Option 3: Use one week on and one week off, doing 2 cycles per day in Fast or Regular Mode using Chart One and/or Chart Two.
- Feel free to pulse whenever you have a need targeting specific areas.
- When you have achieved your wellness goals, feel free to take extended breaks, returning to either the Wellness Program or Ongoing Wellness Program periodically. Incorporate it into your life regularly as part of your Wellness Lifestyle.



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Water O_3zonator Guide

GETTING STARTED

- Ozonated Water is implemented in Week 1 of the Wellness Program, starting with 8 ounces (250 ml) per day, preferably in the morning away from food. Drink the Ozonated Water within 10 minutes of making it as ozone dissipates quickly.
- You can still experience benefits if you store Ozonated Water in a glass or stainless steel container with a lid and drink it throughout the day.
- Increase your daily intake of Ozonated Water by 8 ounces (250 ml) every second day until you reach 32-64 ounces (1-2L) per day. For example, on Day 1 and 2, drink 8 ounces (250 ml); on Day 3 and 4, drink 16 ounces (500 ml); on Day 5 and 6, drink 24 ounces (750 ml) and so on.
- The recommended daily intake of Ozonated Water is 32-64 ounces (1-2 L). There is no established upper limit, so you can customize your intake based on what feels right for your body.
- Drink Ozonated Water for a minimum of 6-months, preferably a year and even better make it a regular habit. Being consistent with drinking



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ONGOING WELLNESS FOR OZONATED WATER

Ongoing Wellness is a maintenance plan intended to be used after completing the Program, allowing you to extend its benefits to the fullest. Those that benefit the most are those who incorporate the products into their Wellness Lifestyle.

- Drink 8-32 ounces (250ml to 1L) daily.
- Make it work for you – if you need a break, take it, then continue on. If you need to change when you do it or how much you drink, do so.



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Bio Tuner Guide

GETTING STARTED

- The Bio Tuner is optional when doing the SOTA Wellness Program. It is for relaxation, clarity and mindfulness. If using the Bio Tuner with the SOTA Wellness Program you can implement it at any time.
- Start with 1 cycle (20 minutes) per day for 3-4 days. Then increase to 2 cycles (40 minutes) per day. Feel free to do the cycles in a way that works for you - all at once or at different times.
- Use the Bio Tuner for a minimum of 30 days and preferably longer as the benefits build the longer you use it.
- Being consistent with the Bio Tuner is the key to getting results.
- Some people find it energizing, so it is best to use it during the day. Others find it relaxing so it can be used during the day and/or at bedtime.
- If deeper relaxation is desired, increase to 4-6 cycles per day, spaced throughout the day.
- If even deeper relaxation is needed use the Bio Tuner as much as needed. We know of no known upper limit.



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ONGOING WELLNESS FOR BIO TUNER:

Ongoing Wellness is a maintenance plan intended to be used after completing the Program, allowing you to extend its benefits to the fullest. Those that benefit the most are those who incorporate the products into their Wellness Lifestyle.

- Use 5 days per week for 1 cycle (20 minutes), or 2-3 days per week for 2 cycles (40 minutes), or 1 week on and 1 week off for 2 cycles (40 minutes) per day.
- Feel free to use the Bio Tuner whenever you have a need, keeping in mind that a regular routine is best to maintain a healthy lifestyle. If you notice benefits diminishing, return to using the unit regularly.



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For SENSITIVE USERS

- If you are someone who tends to be extremely sensitive, we recommend modifying the SOTA Wellness Program and starting with 1 unit at a time in this order: Bio Tuner, Water O_3zonator, Silver Pulser – Ionic~Colloidal Silver, Silver Pulser – Micropulsing, Magnetic Pulser.
- Use each unit until you are able to build up to the Getting Started section for that unit before adding another unit.
- If discomfort occurs, take a break or reduce your time on the units for a few days until things calm down. When you are ready, return to using the product reducing the time you use it.
- If you find you are unable to use a unit because of too much discomfort then skip to the next unit and try it.
- Conductive Pads are an excellent choice for users with sensitive skin to minimize irritation. Choose premium reusable pads with 2mm PIN connectors. Cut the pads to ¼" wide by 1½"-2" long. Clean and dry your wrist before application. Apply a dab of conductive gel or water before use to enhance conductivity. Store pads on plastic backing to prevent drying. Click here for more details on using Conductive Pads.
- You need to find what works for you and that may be totally different than what works for others. Find which unit may work best for you and use it – over time you can then start introducing the other units. Listen and trust your body.
- Keep in mind cleansing effects can occur and may be a sign your body is responding. Rather than be discouraged, go slow and adjust as you feel you need to so that you can continue with the Wellness Program feeling

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Weekly JOURNAL

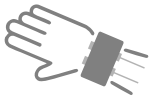
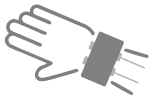
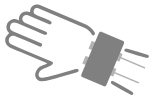
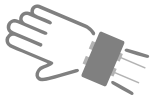
WEEK __	Micro-pulsing	Ionic~ Colloidal Silver	Ozonated Water	Magnetic Pulsing	Bio Tuner
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Notes -

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Weekly JOURNAL

WEEK __ Micropulsing with the SOTA Silver Pulser

					Total Time
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Notes -

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Weekly JOURNAL

WEEK __ Ionic~Colloidal Silver with the SOTA Silver Pulser

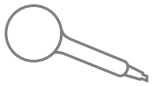
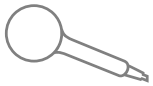
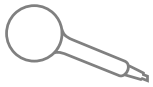
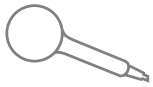
					Total Ounces
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Notes -

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Weekly JOURNAL

WEEK __ Magnetic Pulsing with the SOTA Magnetic Pulser

					Total Time
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Notes -

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Weekly JOURNAL

WEEK __ **Ozonated Water with the SOTA Water O_3zonator**

					Total Ounces
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Notes -

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Weekly JOURNAL

WEEK __ **Bio Tuning with the SOTA Bio Tuner**

					**Total Time**
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Notes -

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1.800.224.0242



1.250.770.2023



Customer Experience: info@sota.com

Share your Testimonial: story@sota.com

SOTA office hours in Canada are **8:00 a.m. to 4:00 p.m.**
Pacific Time Zone, Monday thru Friday.



• 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 •

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