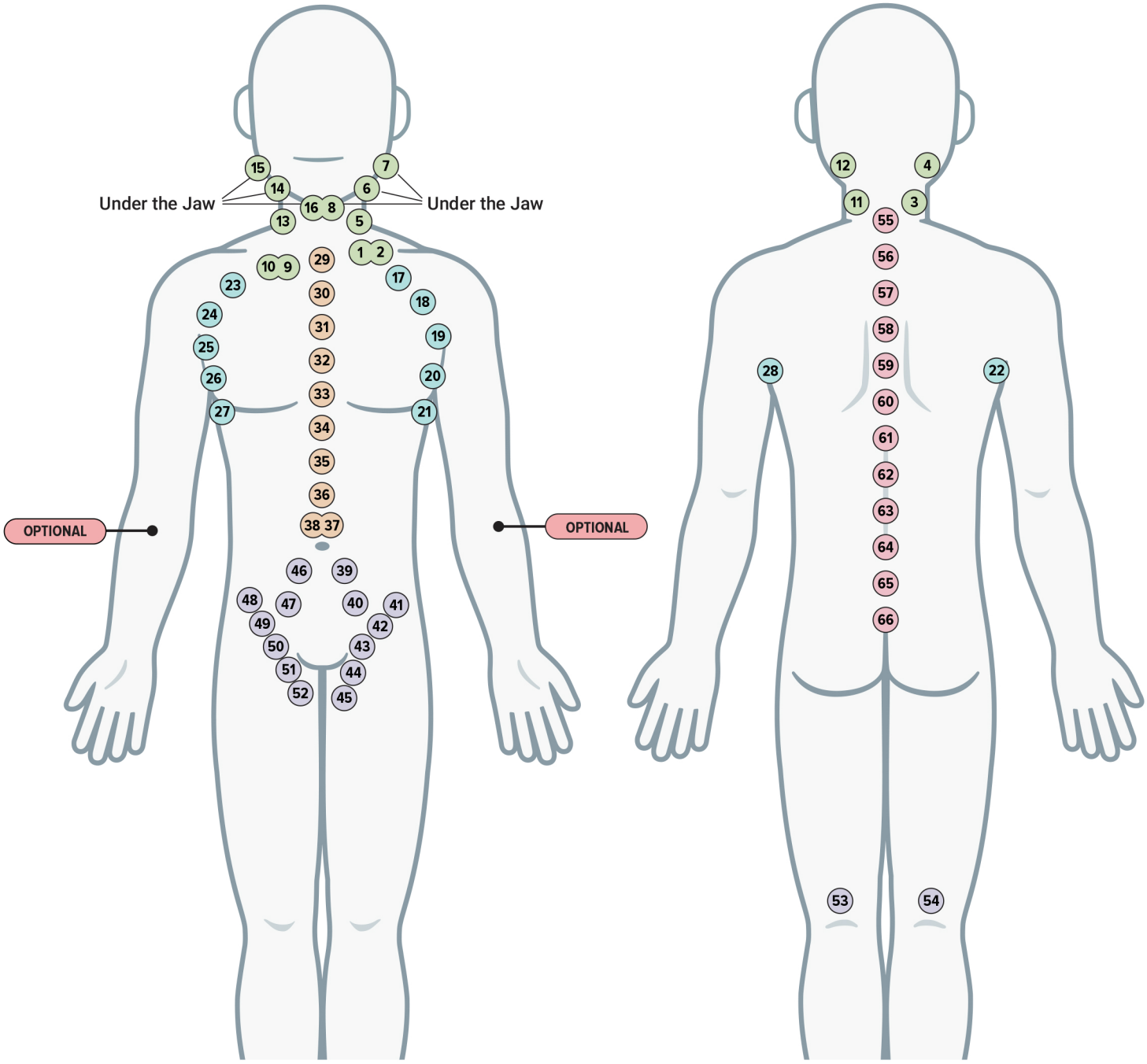
CHART 1

Pulse Point Locations



IMPORTANT INSTRUCTIONS

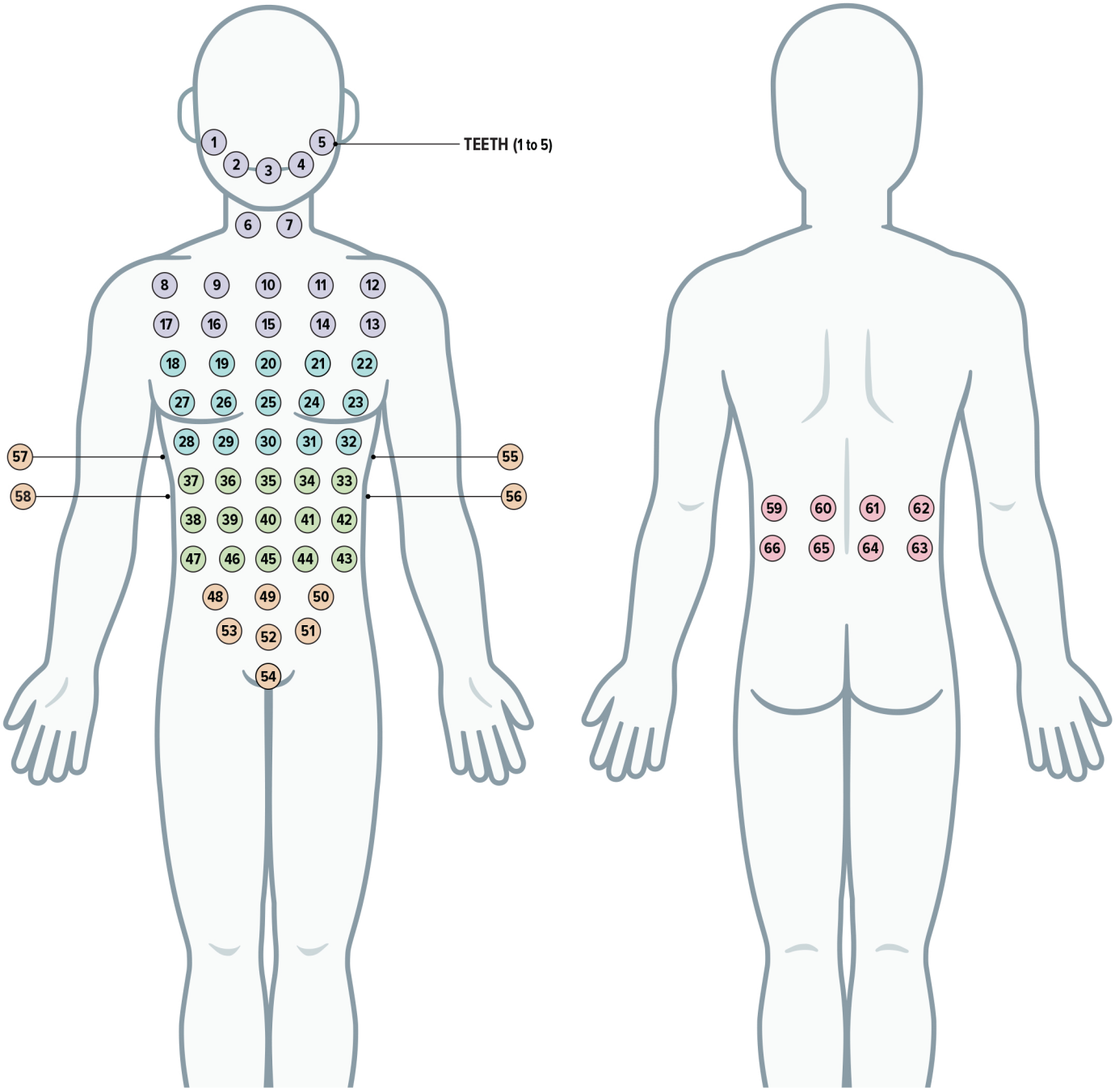
1. Start at Pulse Point Location 1. If using Fast Mode, move the Hand Paddle to the next location every 10 or so pulses; for Regular Mode every 5 or so pulses. One cycle in either mode will allow you to go through Chart One, twice.
2. All our bodies are unique. Adjust the pulse point positions for your individual body type - you may need more or less pulses depending on your build.
3. For more information on using the SOTA Magnetic Pulser, please refer to the SOTA Wellness Program Guide: www.sota.com/wellness.
4. 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.

• 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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CHART 2

Pulse Point Locations



IMPORTANT INSTRUCTIONS

1. 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.
2. 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.
3. For more information on using the SOTA Magnetic Pulser, please refer to the SOTA Wellness Program Guide: www.sota.com/wellness.
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