iTENS

User Manual

body clock

Contents

Explanation of Symbols on Unit

Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.

Warning - refer to page 3-5 of these instructions.

Please keep device away from sprays of water or rain.

IP22

The first number 2: *Protected against access to hazardous parts with a finger, and the jointed test finger of 12mmø, 80mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5mmø and greater.*
The second number 2: *Protected against vertically falling water drops when enclosure tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is titled at any angle up to 15° on either side of the vertical.*

Denotes a product which must be disposed of safely.

SN

This symbol indicates the serial number of the device and includes the year of manufacture. The serial number can be found on the base of the charging station.

This unit needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information as found on pages 20 - 23 of this manual.

Foreword

Read this manual before using your iTENS device. Body Clock strongly recommends carefully reading the Contraindications, Precautions and Warnings and subsequent chapters of this manual before use.

Contraindications:

1. Do NOT use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
2. Do NOT apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal;
3. Do NOT the iTENS device during pregnancy unless under medical supervision.
4. Since the effects of stimulation of the brain are unknown, do NOT apply stimulation across your head, and electrodes should not be placed on opposite sides of your head.
5. Do NOT place electrodes on the front or side of the neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
6. If you are in the care of a physician, consult your physician before using this device.
7. If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult your physician.
8. If you suffer from any undiagnosed pain, have any metal implants or any doubts whatsoever do NOT use the iTENS and consult your medical adviser.
9. Never use TENS to mask undiagnosed pain as this could require urgent treatment.

General Precautions & Adverse Reactions

1. Do NOT use this unit without first reading these instructions.
2. Do NOT immerse the iTENS in any liquid and do NOT apply stimulation when in the bath or shower.
3. Do NOT place it close to any source of excessive heat or operate it in the presence of flammable gas.
4. Do NOT drop this unit onto a hard surface.
5. Do NOT attempt to dismantle the iTENS.
6. Only use the specified charger unit and gel electrodes.

7. If damaged, do not use. Return to supplier.
8. Switch off the unit when not in use.
9. Do NOT apply stimulation while sleeping.
10. Do NOT use while driving or operating potentially dangerous machinery or during any activity in which electrical stimulation can put you at risk of injury.
11. Do NOT use in close proximity (e.g. 1m) to shortwave or microwave therapy equipment to avoid instability in the stimulator output.
12. Do NOT apply stimulation in the presence of electronic monitoring equipment (such as ECG monitors and ECG alarms), which may not operate properly when TENS is in use. Portable and mobile RF communications equipment can affect medical electrical equipment. Operation of the equipment or system below this amplitude or value may cause inaccurate results.
13. Do NOT use adjacent to or stacked with other equipment.
14. Do NOT use the device on children, if it has not been evaluated for paediatric use.
16. Do NOT place electrodes across the head, directly or near the eyes, covering the mouth, on the front or sides of the neck (especially the carotid sinus), on the chest and upper back so as to cross over the heart, directly over your heart or an area of broken, inflamed, infected or numb skin.
17. The gel electrodes should only be applied to skin with normal sensation unless under medical supervision since skin irritation could occur following long term application.
18. Do not apply stimulation over, or in proximity to, cancerous lesions.
19. If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
20. Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
21. Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
22. This is an internally powered medical electrical equipment. Do not use power sources other than those specified in these instructions.

Warnings

1. Mild temporary skin irritation can occur following long term application. Simultaneous connection by the user to a high frequency surgical medical electrical equipment may result in burns at the site of the electrodes and equipment. Users should seek advice from their medical advisors when use of this equipment is required.
2. Ensure that the device and all accessories are stored away safely out of the reach of children and babies at all times. Keep out of the reach of children and babies.
3. It is unsafe to use accessories, detachable parts and materials not described in these instructions for use. Please see www.bodyclock.co.uk for suitable accessories or contact us if you require any spare parts on +44 (0)20 8532 9595.
4. Do NOT interconnect this device with any other equipment not described in these instructions for use.
5. Do not modify this equipment in any way.
6. The iTENS is not user repairable and must be returned to the manufacturer if it requires repair.
7. This unit needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided on page 20.

If you have any concerns please do not hesitate to contact Body Clock Health Care Ltd on +44 (0)20 8532 9595 or at sales@bodyclock.co.uk

Environmental Conditions

- Operating Temperature: +0°C to +40°C
- Operating Humidity: 10%R.H to 93%R.H
- Operating Atmospheric Pressure: 700 hPa to 1060 hPa
- Storage/Transport Temperature: -25°C to +70°C
- Storage/Transport Humidity: 8% to 93% R.H

Instructions for Use

Your iTENS is simple to use and offers a wide variety of settings ideal for acute and chronic pain relief.

Pack Contents

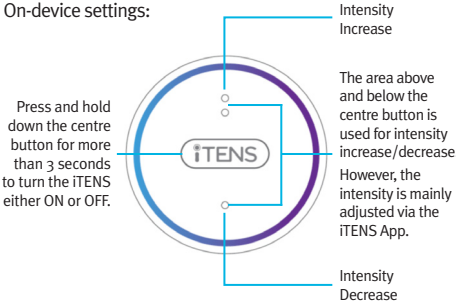
Your iTENS pack should contain the following:

- 1 x iTENS device
- 2 x Peel-n-Stick Adhesive Gel Pads
- 1 x Resealable poly bag for storing electrode wings
- 1 x Set of iTENS electrode wings
- 1 x iTENS charging station
- 1 x iTENS USB charging cable
- Quick Start Guide
- User Manual

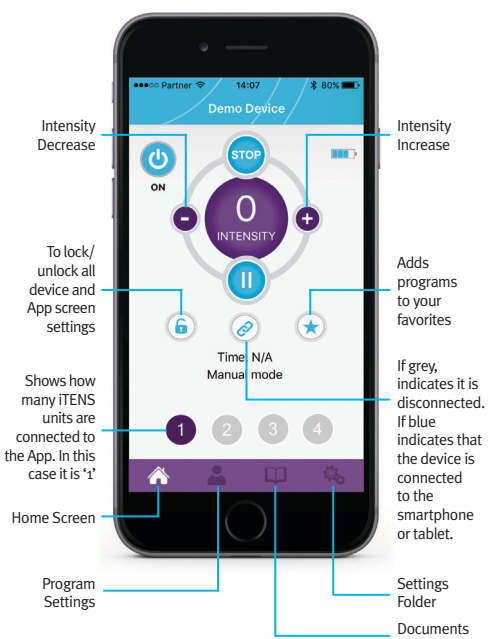
Having checked that all of the contents are present and correct, please proceed to assemble the unit.

Operating the iTENS

On-device settings:



Button Description on the App



Setting Up Your Unit

1. Remove the iTENS device from electrode wing and snap it into the charging station ensuring that the contacts align on each.

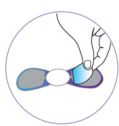
2. **Charge the device** for 2.5 hours before use by plugging the charging cable into the charging station and a powered USB socket (either via a computer or other suitable device). The iTENS device will flash whilst charging.

3. The iTENS device will stop flashing once charged. Remove it from the charging station and connect it back to the electrode wing by snapping it into the holder.

4. Now apply the gel pads to the electrode wing by peeling off one side of the gel pad film and applying the gel pads to the silver space defined on the back side of the wing. **Leave the remaining piece of film on each gel pad until the device is ready to use** (see diagram below).

Remove pads from the pouch and peel away one side of protective film from the gel.

Place exposed gel face down onto the silver underside of the wing so it is aligned and flush with the wing.



5. **Install and open the iTENS App on your smartphone or tablet.** The iTENS App is available from the Apple App Store and Google Play Store under the name "iTENS".

6. **Once the App is installed, you are ready to use your iTENS device.**

   Press and hold the center button on the iTENS device for 3 seconds (see diagram on page 7). This will initiate the connection between your iTENS device and the App. This is also known as 'Pairing'.

   The LED light will begin flashing on the iTENS device which means that the connection mode is active.

N.B Bluetooth must be turned on in your smartphone or tablet settings to pair with iTENS device.

7. The first screen you will see on the App is the Home Screen (see page 7). This is indicated by the small 'HOUSE' sign at the bottom of the screen.

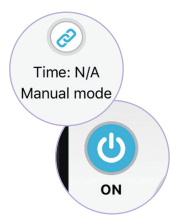
Press the 'broken' chain link icon on the Home Screen to search and pair with all available iTENS devices. Initially this icon link will be greyed out.

8. The next screen will enable you to choose the iTENS device you wish to connect to your smartphone or tablet. It will initially be named: **'Unknown Device'**. You can rename this later (see page 14). Select this option to commence the pairing process.

9. A solid blue light showing on the button of the iTENS device.

   You will automatically be returned to the Home Screen of the App which will now show a 'complete' chain icon and it will be coloured blue.

   The 'ON' button will also be highlighted in blue.



   ***N.B** the iTENS device is capable of connecting up to 4 devices at one time. Each number at the bottom of the Home Screen represents how many devices are connected to your smartphone or tablet (see page 7).*

10. Your device is now ready to use. **Before removing the remaining layer of film on the electrodes** from the electrode wing, you will need to choose your desired treatment and pad placement. This can be done in four ways on your iTENS device.

    The **'THE PROGRAMS FOLDER'** section will describe how to do this (see page 10).

THE PROGRAMS FOLDER

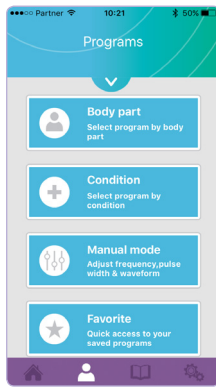
Access the treatment programs in your App by pressing the **'head and shoulders'** symbol at the bottom of the Home Screen. All unused symbols are dark purple. When in use they become white. From here you can select one of the following four settings:

i) **'Body Part'** - for specific body part treatments

ii) **'Condition'** - select treatment based on your specific pain condition

iii) **'Manual Mode'** - to create a custom setting

iv) **'Favourite'** - saves your favourite setting(s), which you can name and access from the **'star'** symbol on the Home Screen (see page 13 for more details)

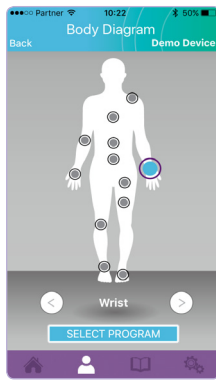


It is highly recommended to experiment with the different settings to find your optimal program.

i) Body Part

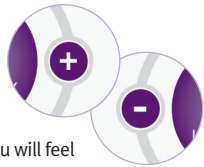
Once selected, this mode enables you to choose a TENS treatment program associated with 11 different body parts (see page 17 for a list of these).

Simply scroll to your preferred body part by using the arrows on the screen and press 'Select Program'. This will return you to the Home Screen where you can commence treatment.



Commencing Treatment

Now remove the extra layer of film on the sticky pads of your iTENS device and attach it to the desired body part. **Retain the film for storage.**



Commence your treatment by increasing the intensity **+** button. Decrease the intensity by pressing the **-** button.

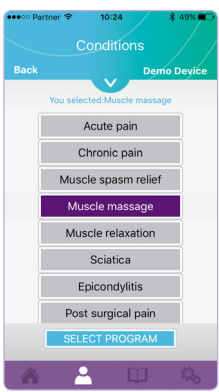
As you increase the intensity, you will feel a mild tingling sensation. Adjust intensity to a level that is comfortable but not overpowering.

N.B *Each of the 11 'Body Part' programs have different treatment times. Please refer to page 17 for a list of these.*

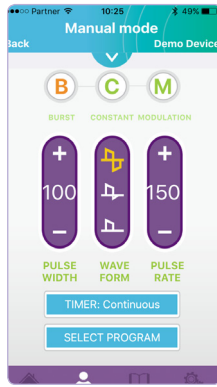
ii) **Condition Mode** 

Once selected, this mode enables you to choose a TENS treatment program associated with 15 different pain conditions (see page 13 for a list of conditions and treatment times).

Now follow the **'Commencing Treatment'** section as above.



iii) **Manual Mode**



This mode enables you to create a specific TENS setting where you can adjust the Pulse Rate, Pulse Width, the Waveforms and Treatment Time according to your requirements.

Manual mode settings

B - stands for Burst Mode (a rise and fall of impulses. Typically used for short term therapy sessions)

C - stands for Continuous Mode (a constant level of impulses. Typically used for short or long term therapy sessions)

M - stands for Modulation Mode (a ratio of impulses such that your body doesn't adjust to the stimuli. Typically used for long term therapy sessions)

Pulse Width - increases the space between each wave.

Pulse Rate - increases the frequency in which the waves travel through the skin. Typically the higher, the more comfortable the stimuli.

Wave Form - addresses different main conditions in more effective manners, e.g. mono-phasic wave is best for pain in the extremities.

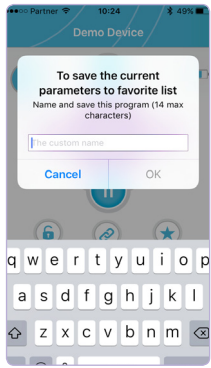
Timer: Chooses between 15, 30, 45, 60 and continuous minutes.

Once you have selected your parameters by choosing them on the screen press 'Select Program'.
You will now return the Home Screen.

N.B *Review page 18 for a more detailed explanation of these parameters.*

Now follow the **'Commencing Treatment'** section as found on page 11.

iv) **Favourite Mode** 



At any time you can save your favourite treatment via the home page, by pressing the 'STAR' button. Once pressed you can type and save the name of this program, which can be accessed at any time from the 'Favourite' Mode as found in the Programs section of the app (see page 10).

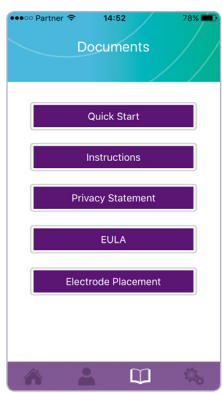
Once you have selected your 'Favourite' program, follow **'Commencing Treatment'** section as found on page 11.

N.B *Initial treatments should last for around 30 minutes, and for some people it may take 3-4 therapy sessions over the first couple days of use, for the body to acclimatise to electrotherapy. You should experiment with your settings and placement of the wings to find the optimal treatment settings.*

THE DOCUMENTS FOLDER

This can be accessed by pressing the **'book'** symbol at the bottom of the App. This contains the Quick Start Guide, Full Instructions, Privacy Statement, EULA (End User License Agreement) and Electrode Placement Chart.

It is recommended that you view these to obtain the most out of your iTENS device.



THE SETTINGS FOLDER

This can be accessed by pressing the 'Cog' symbol at the bottom of the App.

Rename

i) **Rename** - This is where you can personalise the name of your iTENS device. Select 'Rename' and type the required name then press 'OK'.

Track cumulative usage time

ii) **Track cumulative usage time** - You can view the length of time you have used your device in this section. To reset, press the 'Reset' button.

Track your result

iii) **Track your result** - Here you can enable or disable the "track your results" settings.
By enabling this function, you will be prompted to enter your pain level before and after your treatment. You can select this by sliding the purple ball back and forth to determine your pain level for before and after treatment.

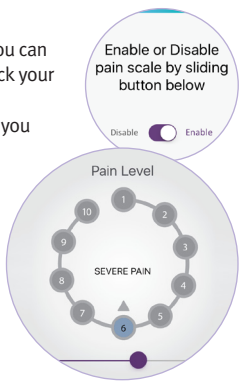


Chart your results

iv) **Chart your results** - Here you can chart and record your results and measure the benefit of using the iTENS device.

Other data points regarding your therapy sessions will begin to be tracked as well. Tracking can be disabled whenever needed.

N.B *There will no data initially.*

Other Features

1. When the intensity is set to zero or the iTENS has not been used 30+ minutes, the device will automatically shut down.
2. When the unit is turned on, it will automatically remember the mode which was previously used.
3. When switching between programs, the output level will automatically drop to zero.
4. When the treatment timer is set, it will begin to count down one minute at a time. Once it counts down to zero, the unit will automatically shut down.
5. When one or both electrodes are not placed firmly on skin, or they become loose from the skin, the output level will automatically drop to zero.
6. The selected program will only run when the intensity is set above zero.
7. The iTENS App can operate in the background of your phone or tablet enabling you to use it normally during treatment
8. The treatment time will be accumulatively recorded when the output level is above zero. Other track and chart features need to be enabled in the settings section of the App.

Gel Pads

The pads that are supplied with your iTENS device are self-adhesive and can be used several times. Properly maintained gel pads can last up to 15 times. Your skin must be allowed to breathe, so the wings should be removed from the body periodically. When not in use, the pads can stay on the wings, covered with the protective liners and should be placed into the clear plastic poly bag, which should be resealed and kept closed afterwards.

After Use

Always ensure that the unit is turned OFF and place the iTENS wings into the resealable poly bag provided.

FAQ's:

Q Are there any side effects?

A No, it is totally drug free. There are no known side effects.

Q Can I use it with other medications?

A Yes. TENS is drug-free so you can use it with any other medication including paracetamol and ibuprofen.

Troubleshooting

Q Why does the pulse sensation not appear to be as strong after you have used the iTENS for a while?

A Increase the intensity, you may have become acclimatised to a lower setting.

Q Why does the pulse sensation feel strong but ineffective?

A You may need to reposition the gel pads (don't forget to switch the iTENS off before doing so).

Q What should I do if I can not feel any or little sensation even on a high intensity setting?

A Check that the gel pads are fixed to the skin and also check that the unit is charged. Check if the gel pads need replacing.

Body Diagram Parameters - used to treat specific areas of the body. All parameters are pre-programmed, except for the intensity. The Body Part program has 11 different types of treatment parameters as follow:

NO.	Program	Frequency (Hz)	Pulse width (uS)	Total time (min)
1	Wrist pain	100	50	30
2	Elbow pain	1-100	50-300	25
3	Shoulder pain	4	200	30
4	Quadriceps	2-150	50-250	40
5	Mid/upper back pain	2-120	100-250	40
6	Low back pain	2-100	75-250	40
7	Abdominal cramping	2-30	100	25
8	Hip pain	2-80	100-150	30
9	Knee pain	5-150	50-150	25
10	Ankle pain	5-150	50-200	30
11	Hand/foot pain	2-150	200	30

Condition Program Parameters - used to treat based a specific pain condition with a pre-set modes except for the intensity level which is adjustable. The Conditions program has 15 different types of treatment parameters as follows:

NO.	Program	Frequency (Hz)	Pulse width (uS)	Total time (min)
1	Acute pain	3-100	50	30
2	Chronic pain	2-70	100-250	35
3	Muscle spasm relief	3-25	200	30
4	Muscle rehabitation	1-25	200	35
5	Muscle stimulation	3-60	340	30
6	Sciatica	2-150	50-250	20
7	Epicondylitis	1-100	50-300	25
8	Post surgical pain	50-150	50-250	20
9	Neuropathy pain	1-120	50-100	30
10	Bursitis	70	150	60
11	Osteoarthritis	100	200	60
12	Rheumatoid Arthritis	70	200	60
13	Carpel Tunnel	5-100	50-200	20
14	Fibromyalgia	2-100	75-250	40
15	Tendonitis	1-100	50-300	25

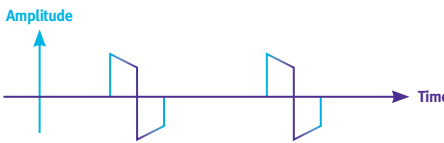
Specifications

Detailed information regarding the Waveform, Pulse Width, Pulse frequency, and Output voltage range.

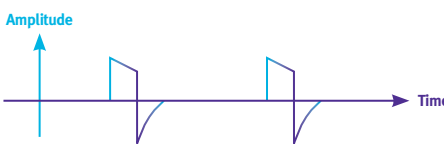
A. Waveform

There are 3 types of waveforms - adjustable in manual modes.

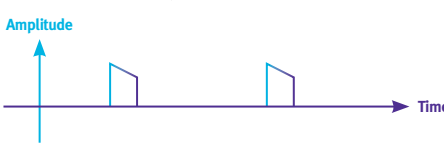
1. Symmetrical Bi-Phasic rectangular waveform



2. Asymmetrical Bi-Phasic rectangular waveform



3. Mono-Phasic waveform



Specifications continued

B. Pulse Width - adjustable in manual mode.

By clicking area above and below the center button, or +/- in the app, the pulse width can be adjusted from 50μS to 250μS in step of 10μS.

C. Pulse Frequency - adjustable in manual mode.

By clicking area above and below the center button, or +/- in the app, the pulse frequency can be adjusted to one of the following values (Hz):

1, 2, 3, 4, 5, 10, 12, 14, 16, 18, 20, 25,30, 35, 40, 45, 50, 60, 70, 75, 80, 90,100, 110, 120, 130, 140, 150.

D. Output Voltage Range - adjustable in all modes.

Model:	*iTENS*
Channel:	*Single*
Output:	*Maximum 130 mA (peak value) across 500 Ohm load*
Pulse Width:	*From 50μS to 250μS adjustable*
Pulse rate:	*From 1Hz to 150Hz adjustable*
Waveform:	*Symmetrical Bi-phasic rectangular* *Asymmetrical Bi-phasic rectangular* *Monophasic rectangular*
Treatment timer:	*15, 30, 45, 60min, unlimited*
Mode:	*Body Diagram Conditions Manual mode*

iTENS - EMC Information

1) ** This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.*
2) ** Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.*
3) *Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!*
4) ** Caution: this machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.*

Guidance and manufacturer's declaration – electromagnetic emission		
The iTENS is intended for use in the electromagnetic environment specified below. The customer of the user of the iTENS should assure that it is used in such an environment.		
Emission test	***Compliance***	***Electromagnetic environment – guidance***
RF emissions CISPR 11	*Group 1*	*The iTENS use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.*
RF emission CISPR 11	*Class B*	*The iTENS is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.*
Harmonic emissions IEC 61000-3-2	*Class A*	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	*Complies*	

iTENS - EMC Information continued

Guidance and manufacture's declaration – electromagnetic immunity			
The iTENS is intended for use in the electromagnetic environment specified below. The customer or the user of iTENS should assure that it is used in such an environment.			
Immunity test	***IEC 60601 test level***	***Compliance level***	***Electromagnetic environment - guidance***
Electrostatic discharge (ESD) IEC 61000-4-2	*±6 kV contact ±8 kV air*	*±6 kV contact ±8 kV air*	*Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.*
Electrical fast transient/ burst IEC 61000-4-4	*±2 kV for power supply lines ±1 kV for input/ output lines*	*±2kV for power supply lines*	*Mains power quality should be that of a typical commercial or hospital environment.*
Surge IEC 61000-4-5	*± 1 kV line(s) to line(s) ± 2 kV line(s) to earth*	*±1 kV differential mode*	*Mains power quality should be that of a typical commercial or hospital environment.*
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	*<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (>95% dip in UT) for 5 sec*	*<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (>95% dip in UT) for 5 sec*	*Mains power quality should be that of a typical commercial or hospital environment. If the user of the iTENS requires continued operation during power mains interruptions, it is recommended that the iTENS be powered from an uninterruptible power supply or a battery.*
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	*3 A/m*	*3 A/m*	*Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.*
NOTE UT is the a.c. mains voltage prior to application of the test level.			

iTENS - EMC Information continued

Guidance and manufacture's declaration – electromagnetic immunity			
The iTENS is intended for use in the electromagnetic environment specified below. The customer or the user of the iTENS should assure that it is used in such an environment.			
Immunity test	***IEC 60601 test level***	***Compliance level***	***Electromagnetic environment - guidance***
Conducted RF IEC 61000-4-6	*3 Vrms 150 kHz to 80 MHz*	*3 Vrms*	*Portable and mobile RF communications equipment should be used no closer to any part of the iTENS, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.* ***Recommended separation distance*** $d = 1{,}2\sqrt{P}$
Radiated RF IEC 61000-4-3	*3 V/m 80 MHz to 2.5 GHz*	*3 V/m*	$d = 1{,}2\sqrt{P}$ *80 MHz to 800 MHz* $d = 2{,}3\sqrt{P}$ *80 MHz to 2,5 MHz* *Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,[a] should be less than the compliance level in each frequency range.[b] Interference may occur in the vicinity of equipment marked with the following symbol:* 

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the iTENS is used exceeds the applicable RF compliance level above, the iTENS should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the iTENS.

b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

iTENS - EMC Information continued

Recommended separation distances between portable and mobile RF communications equipment and the iTENS .

The iTENS is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the iTENS can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the iTENS as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	***Separation distance according to frequency of transmitter (m)***		
	150 KHz to 80 MHz $d = 1{,}2\sqrt{P}$	***80 MHz to 800 MHz*** $d = 1{,}2\sqrt{P}$	***800 MHz to 2.5 GHz*** $d = 2{,}3\sqrt{P}$
0.01	*0.12*	*0.12*	*0.23*
0.1	*0.38*	*0.38*	*0.38*
1	*1.2*	*1.2*	*2.3*
10	*3.8*	*3.8*	*7.3*
100	*12*	*12*	*23*

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Guarantee

Your TENS machine is guaranteed for a period of 2 years against manufacturer's defects. Please record purchase details in the space provided below for your record purposes.

The guarantee does not include leads, gel pads, electrode wings or strips.

Name of product: iTENS

Date of purchase: _____

Invoice number: _____

body clock

Distributed by:
Body Clock Health Care Ltd

108 George Lane, South Woodford, London, E18 1AD UK
For: iTENS LLC, Akron, USA.
www.bodyclock.co.uk sales@bodyclock.co.uk
+44 (0)20 8532 9595

Manufactured by: EasyMed Instruments Co. Ltd
5F– 6F, Block A, Gupo Gongmao Building, Fengxiang Industrial District, Guangdong, CHINA. Patent-pending. Designed in the USA.
Made in China with USA Gel

CE

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