



# iTera-Bio Lite

FOOT MASSAGER

## OPERATING MANUAL



Thank you for choosing iTera-Bio Lite.

Please read the manual carefully before use it and pay attention to safety guides to operate and use the product correctly.

Please keep this manual properly for future reference after reading.

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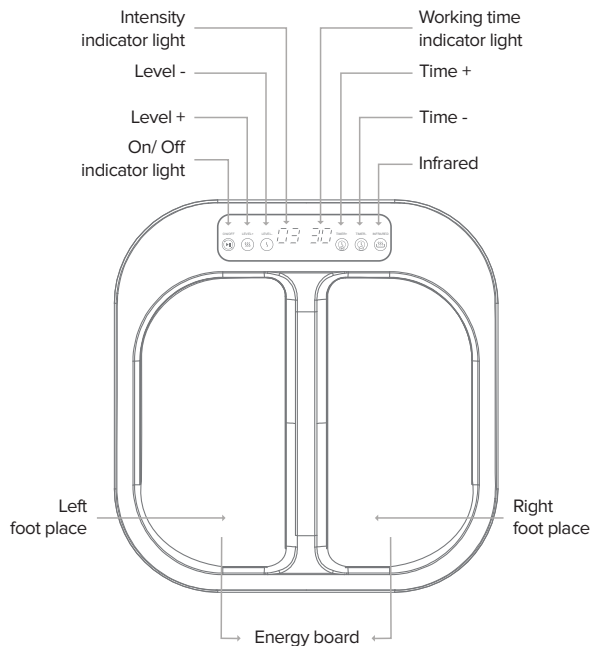
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## CHAPTER 1

# OPERATION PANEL INTRODUCTION

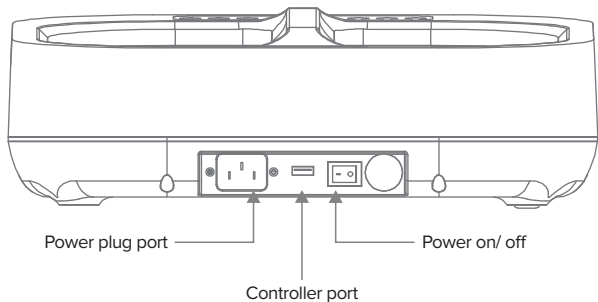
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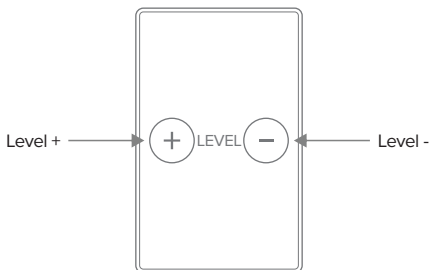
## REMOTE CONTROL AND COMPONENT DESCRIPTION

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### 2.1 Component Description



### 2.2 Remote Control Description



## CHAPTER 3

# OPERATION PROCESS

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1. Insert the plug into socket, switch the power button to "-". The red LED (on/ off indicator) will be lighted up. Intensity value led will display "01", time indicator LED will display "30", and machine is in standby mode.
2. In standby mode: Intensity is not allowed to be adjusted. Working time can be pre-set by pushing buttons "time +" and "time -". Infrared function can be turned on or off according to your needs. When infrared function is turned on, the energy board will be heated and indicator light above the infrared button will be on; When the infrared is closed, heating is stopped, and indicator light above infrared button goes out.
3. In standby mode, machine has automatic start function. When a pair of feet are placed on energy board, speaker buzzes, the white light of the on/ off indicator lights up, and starting to work auto. You can adjust your energy intensity through "level +" and "level -" button according to your comfort level. Time is not allowed to be adjusted when in use, and graphene function can be turned on or off.
4. During working time, cut down time indicator will decrease every 1 minute. When the time indicator decreases to "01", machine will be stopped and return to standby mode.
5. During working time, if any foot leaves energy boards, the white light of the on/ off indicator flashes and machine status is pause. In pause status, time and intensity level LED display will be pause before press on/ off button again. When both feet step on the energy board again, the machine will be in the standby mode after the remaining time is completed.
6. No matter whether the machine is in working or pause status, machine will return to standby mode by pressing on/ off button.

# TECHNICAL PARAMETERS AND ACCESSORIES

## 4.1 Technical parameters

PRODUCT NAME	iTera-Bio Lite
MODEL	<input type="checkbox"/> MLS-JC-03A (USA SG) <input type="checkbox"/> MLS-JC-03A (AUS SG) <input type="checkbox"/> MLS-JC-03A (EUR SG) <input type="checkbox"/> MLS-JC-03A (UK SG)
VOLTAGE	220-240V~
FREQUENCY	50/60Hz
POWER	270W
NET WEIGHT	3.5kg
GROSS WEIGHT	4.5kg
PRODUCT DIMENSIONS	371 x 379.5 x 125.9mm
PACKAGING SIZE	438 x 423 x 156mm

## 4.2 Accessories

Machine	1 unit
Remote controller	1 unit
Manual	1 unit
Power plug cable	1 unit

## CHAPTER 5

# ATTENTION

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### 5.1 Contraindications & Precautions

1. Pregnant women and children under age 10 are prohibited to use.
2. People with pulmonary dysfunction are prohibited to use.
3. People with disorders of consciousness are prohibited to use.
4. People with a body temperature of above 38°C are prohibited to use.
5. People who use life sustaining artificial heart and lung machines and other health equipment are prohibited to use.
6. People who suffer from bleeding tendency and bleeding illness are advised to use it cautiously. (eg. *Hysteromyoma*, and *Menstrual period* etc.)
7. People who are not sensitive to heat are suggested to be accompanied by family members.
8. People who implanted with cardiac pace maker, metallic artificial organs and embedded with metallic parts inside the body are prohibited to use.
9. People with severe heart disease are advised to use cautiously.
10. During operation, please turn off the power switch of the machine immediately in case of emergency (such as power failure and fault etc.)
11. If you feel physical abnormal or uncomfortable with the use of the machine on your body, please stop using it immediately.
12. Not recommended for children or people with difficulties of expression.
13. Please do not touch the working parts of the machine with metallic objects.
14. In case of smoke or peculiar smell during operation, please turn off power of machine immediately and contact the after-sales service personnel to solve the relevant problems.
15. During operation, both feet should fully contact with energy board. Single point contact with energy board is strictly prohibited to avoid burns.

## 5.2 Operation Precautions

1. During operation, please make sure to place both feet separately and firmly on the energy board. It is prohibited to cover your feet with socks to avoid heat accumulation that may cause burns. Also prohibited to cover the energy board with anything.
2. Please select suitable intensity level based on your comfort level. Low level is suggested for beginner and may gradually adjust to higher level. Should you feel the temperature is too high, please reduce the level immediately. High intensity level is not suggested for long time use.
3. Please read the operation manual carefully before using it and follow the instruction strictly.
4. Do not place the machine on an uneven place such as on a slope.
5. Please unplug the power supply each time after using it.
6. When cleaning the machine, do not wash the energy board and operation panel with water, but wipe it with a wet cloth.
7. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
8. Children should be supervised to ensure that they do not play with the appliance.

## 5.2 Safety Precautions

iTera-Bio Lite acts on the human body through its high-intensity electromagnetic energy field to achieve the health effect and the high energy intensity control must be operated accurately for optimum result.

### **Important warning:**

1. Please read the “Safety Precautions” carefully to avoid untoward reaction (electric shock and burns) from wrong operations. We hope every user can enjoy a safe and good product experience.
2. All users should strictly follow the safety levels of “Dangerous”, “Warning”, “Attention” mentioned here.





## Dangerous :



1. Both left and right foot (knees included) should not be touching each other during operation.



2. Feet should be firmly placed on energy board.



3. Avoid touching feet or energy board with hand during operation.



4. Forbidden to use it with other electromagnetic device.



## Warning :



1. Please reduce the intensity level or stop to use when you feel uncomfortable during operation and feedback to us.



2. Do not cover the energy boards with anything.



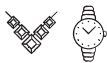
3. Not recommended for children or people with expression difficulties.



4. Do not suddenly remove your feet from energy board during operation.



## Attention :



1. Please remove all metallic objects from your body before using the device.



2. In case of power failure during operation, please unplug the machine.



3. Please do not touch the energy board with metallic objects.



4. Please do not use if under high temperature or humidity environment. (eg. shower room)



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