



FOOT CIRCULATION PROMOTOR

Model NO: PM 605



INSTRUCTION MANUAL

Thank you for choosing the PureMate Foot Circulation Promoter to improve lower leg and foot circulation. Kindly read the instruction manual carefully and thoroughly before using the unit and keep it for future reference.

SAFETY INSTRUCTIONS

Ensure that all safety precautions are followed when using electrical appliances for the proper operation of the device. This instruction booklet describes the safety precautions to be observed during operation to prevent injuries to yourself, other persons and damage to the device. The content not only is suitable for this product but also suitable for electrical appliances in general.

- The DC power supply connector must only be disconnected from the unit when the main adapter is disconnected from the mains.
- Keep your unit out of reach of children.
- DO NOT stand on the unit, only use in seated position.
- This appliance is not intended for use by persons 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.
- If you are in any doubt about using the PureMate Circulation Promoter for any reason, please consult your doctor before use.
- DO NOT dismantle the unit and keep away from the direct heat.
- Repair and service must only be undertaken by PureMate or an authorized distributor.
- PureMate will not accept any responsibility if the guidelines and instructions supplied with the unit are not followed.
- Should any irritation occur on or around the feet, discontinue use and contact PureMate or your GP.
- Always consult your GP and obtain a diagnosis if you do not know what is causing your pain.

FOOT CIRCULATION "DO'S AND DON'TS"

The PureMate Circulation Promoter is safe and easy to operate, as with other forms of EMS equipment, some care is needed while using it. Please always follow the guidelines below and read this instruction manual carefully and thoroughly before use.

Do not use it:

- You have an electronic implant (e.g. cardiac pacemaker).
- You are in the early stage of pregnancy.
- You are being treated for existing DVT (Deep Vein Thrombosis).
- You have broken skin on the soles of your feet.

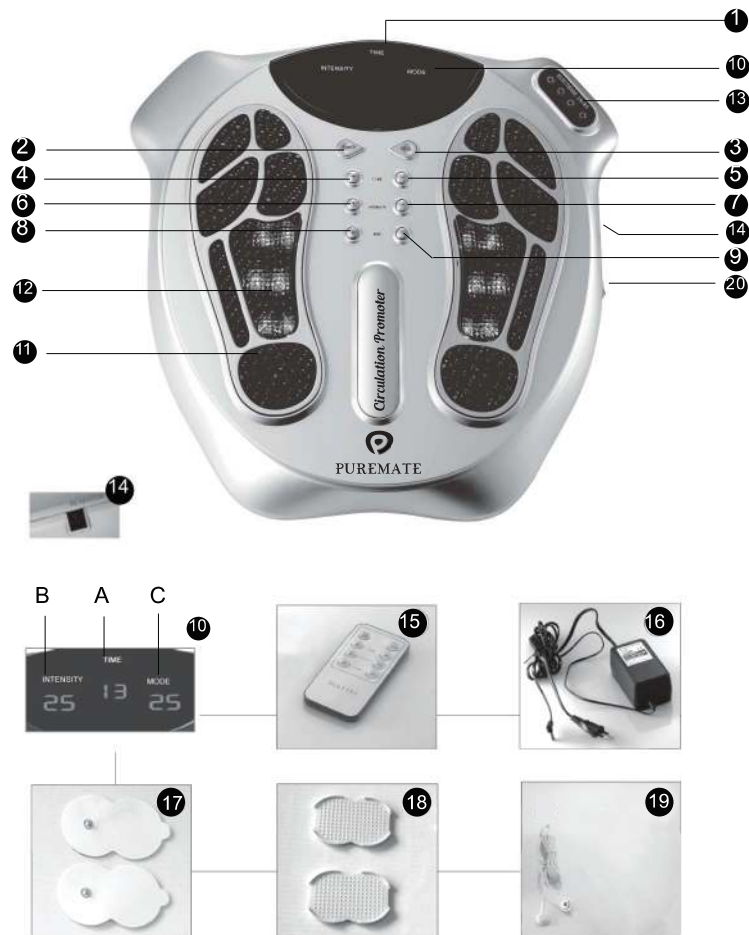
Please consult your GP before using the circulation promoter it:

- You have a history of heart disease or cardiac condition.
- You suffer from Epilepsy.
- You suffer from Multiple Sclerosis.
- You suffer from Phlebitis in its active phase (inflammation of a vein).
- You suffer from inflamed tissue through disease or injury.
- You suffer from varicose veins in its later stage.
- You are using for a medical condition.
- You suffer from reduced sensitivity in lower legs and feet (associated with diabetes).

Important Note : To be used Bare feet without any socks and only operates when both feet are placed on the unit.

Components

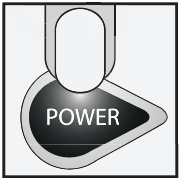
1. Mains unit
2. POWER button
3. AUTO button
4. TIME Increase (+) button
5. TIME Reduce (-) button
6. Intensity Increase (+) button
7. Intensity Reduce (-) button
8. Mode Increase (+) button
9. Mode Reduce (-) button
10. Function display screen: A, Time; B, intensity, C, Mode
11. Foot mat
12. Infrared light
13. Jack for connection wires
14. Jack for connection wires of the adapter
15. Remote control
16. Adapter
17. Adhesive pads
18. Storage plate for the adhesive pads
19. Connection wires: One pin with two wires;
20. Switch for infrared



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OPERATING INSTRUCTIONS

NOTE: This unit does not vibrate.



Press the Power button or press the on/off button on the remote control to turn on the unit.

Note: The timer will start to count down from this point.



Relax into a seated position. Place your clean and dry feet without any socks on the foot plates.

IMPORTANT: The circulation promoter will not function unless both feet are placed on the foot plates.

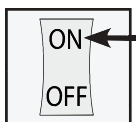
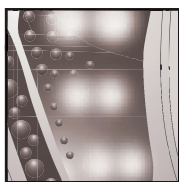


The unit default time is preset to 30 minutes. To adjust the time by press +/- button, it can be adjusted while the unit is working.

Note: Hold the buttons down to cycle through the modes. This cycle function is not available on the remote control.

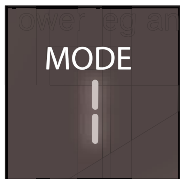
Infrared LED Lights

A series of infrared LEDs can be activated by turning on the switch located on the right-hand side of the machine. The penetrating infrared light is passively absorbed by the soles of the feet. The light energy does not heat the foot plate.



TREATMENT MODES AND INTENSITY

The units default setting is AUTO, which moves through the 15 modes automatically.



To change the mode:

Press the Auto button to disable the automatic function. Press MODE +/- buttons on the unit or remote control to change MODE.

Note: For best working results we recommend that the unit remains on automatic.



To change the intensity:

Press INTENSITY +/- buttons on the unit or remote control to change INTENISTIY.

Intensity range

0-29 Low Impact
















30-59 Medium Impact

60-99 High Impact

We recommend you begin on a low level of intensity (0-29) to start with until you get used to the sensation before progressing to a higher level. If you do not feel a tingling sensation the intensity level is too low. Please increase until you feel the muscles contracting.

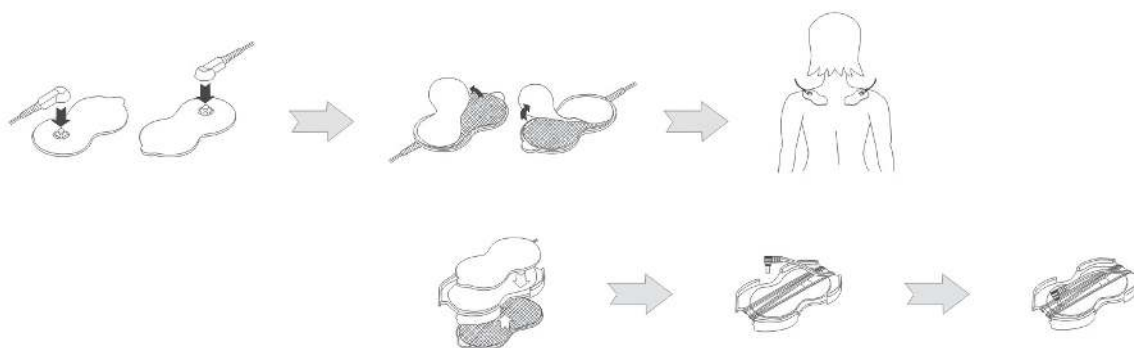
Note: Please be advised each individual has a different sensitivity and tolerance level of comfort, the recommended intensity levels are guidelines and needs to be set to each individuals sensitivity and comfort.

PROGRAMME

Mode	Intensity Recommended	Programme
	10	Massage 5 second pulse followed by a 2 second pause.
	15	Massage Rapid double pulses
	20	Swedish Massage Alternating foot-1 second rapid pulses
	25	Toning low impact Alternating foot -5 second pulses
	30	Toning-low/medium impact Alternating foot- 1 second wave
	35	Toning-medium/high impact Alternating foot-9 slow tap tone pulses
	40	Toning-high impact 3 second intense pulses followed by a 2 second pause
	45	Toning-high impact advanced 3 second soft tap tone pulses followed by a 2 second pause
	50	Workout — medium impact Alternating foot -8 intense pulses
	50-55	Workout 1-Medium/ High impact Alternating foot -1 quick burst.
	55-60	Workout 2-medium/ high impact Alternating foot -1 second rapid pulses followed by a 1 second pause.
	60-70	Workout 1- high impact Alternating foot -5 second rapid pulse followed by a 1 second pause
	70-80	Workout 2- High impact Alteranting foot-1 second rapid burst followed by a 1 second pause
	80-90	Workout1—high impact advanced Alternating foot-8 soft pulses
	90-99	Workout2- high impact advanced 3 second rapid deep toning wave followed by a 1 second pause

USING THE ADHESIVE PADS

- Please ensure the skin is clean before applying the adhesive pad. Do not use on any wounds. Connect the adhesive pads to the wires heads and insert into the electrode jack. Remove the transparent protection film from the adhesive pad, and then stick it on the corresponding position on your body, ensuring they are firmly applied to the skin, press increase(+) or reduce (-)button to adjust the INTENSITY to a comfortable level, The intensity on the function display screen will change between 00 to 99.
- After use, please put the adhesive pads on the storage plate and wrap the output cords around it.
- The program will stop automatically when the preset time is up.
- When the unit is not used, switch off and remove the plug from the electrical socket.
- Tip: Machine does not operate on the feet and body both at the same time.



FAQS:

Q. What is EMS and how does it really work?

A: When exercising, your muscles receive small electrical signals via nerve endings to stimulate a contraction. Once a muscle has contracted and the nerve is no longer sending a signal, the muscle relaxes. EMS mimics these signals repeatedly to reproduce the muscle contractions of physical exercise.

Q: Why can't I feel anything?

A.Both feet have to be place on the machine without any socks.

Q, Will I find it uncomfortable?

A. At low intensity you will feel a slight sensation. As intensity is increased, you will feel the tingling sensation decrease and the muscle contractions increase. Individuals have different tolerance levels of comfort, it is important that you find the level most suited to you.

Q. Why are my legs sore after treatment?

A. The chances are you have set the intensity level too high and you muscles are being overworked. Next time select a lower intensity level and ensure you leave enough time between sessions, allowing your muscles time to recover.

CLEANING AND MAINTENANCE

- Clean unit with a slightly damp cloth.
- Do not immerse in water.
- Do not clean with water cleaner.

Note: The power of machine is reduced to DC9V via transformer, so it is absolute effective and safe.

- This unit is not intended to be operated by means of external timer or separate remote-control system.

TECHNICAL SPECIFICATION:

Model No	:	PM605
Frequency	:	1Hz-50Hz
Input Power	:	DC9V
Output Power	:	Max 700mA
Rated Power	:	6.3W
Dimensions	:	45L x 42W x 17H [cm]

DISPOSAL OF THIS DEVICE



At the end of the product life cycle, you should not throw this machine into the normal household garbage but bring the product to a collection point for the recycling of electrical and electronic equipment.