Instruction manual





QUICK START UP GUIDE

SAFETY INFORMATION - IMPORTANT - PLEASE READ:

Should not be used by women in the first trimester of pregnancy ,by people fitted with a pacemaker or other implanted medical device, or anyone being treated for existing deep vein thrombosis (DVT). THIS DEVICE DOES NOT VIBRATE! IT USES ELECTRICAL IMPULSES, NOT VIBRATION.

For detailed operation of your Circulation Maxx please refer to the comprehensive instructions within this manual.

To use Circulation Maxx immediately follow this 6 point quick start guide:

- 1. Remove circulation maxx and its accessories the packaging
- 2. Insert batteries into the remote control (you don't have to use the remote control to use the device it's up to you)



- 3. Connect the DC adapter to a suitable mains outlet and plug the small DC socket into the device.
- 4. Turn on the power
- 5. Remove your footwear and socks or stockings. PLACE YOUR BARE FEET ONTO THE FOOT PADS. YOUR RIGHT FOOT ON THE RIGHT FOOT PAD AND YOUR LEFT FOOT ON THE LEFT FOOT PAD. BOTH FEET NEED TO BE ON THE DEVICE FOR IT TO WORK.
- 6. Sit in comfortable chair. Place your bare feet on the left and right foot plates. Increase the intensity levels for the foot by pressing the "SOLE^" or to press "SOLE V" to decrease the intensity. The intensity level ranges from 0-99, slowly increase the level until you begin to feel the micro-current stimulation

PLEASE NOTE, THE AIM IS NOT TO GET TO LEVEL 99 – JUST FIND A SETTING THAT IS COMFORTABLE FOR YOU.

For more information about BioEnergiser Products visit our website at: www.bioenergiser.com

FREQUENTLY ASKED QUESTIONS.

Q: I cannot feel the device vibrate?

A: THIS DEVICE DOES NOT VIBRATE

Q: I cannot feel anything in my feet?

A: May be your SOLE setting is too low. Increase this until you can feel it (it goes all the way up to 99)

Q: Yesterday I used it on SOLE setting 45, today I cannot feel anything?

A: Your body's response to the therapy will alter from day to day. Some days you may have to increase the SOLE setting to feel the benefits

Q:My legs ache after using the device

A: Either you had it on a SOLE setting that was too high for you (so reduce this setting next time you use it) or you have used it too many times within a few days. Just give your legs time to relax and then re-use the device

Q: I really don't feel anything when using the device; even on a high SOLE setting

A: You may be dehydrated, the device uses EMS which sends tiny electrical impulses to the sole of your feet.

You need to drink plenty of fluids to feel the maximum benefits. Or, you need to apply Revive Foot gel (you can order this by phone or on the website); this gel is specially formulated to boost the health benefits



Thank you for purchasing Circulation Maxx. We hope you will find it beneficial.

Please note, before using the device, please read the user manual carefully and keep it safe in case you have to refer to it at a later date. Please let your family and friends know about the device as they may find it of benefit too.

We also advise you to seek medical help or consult a doctor if your symptoms persist.

Content

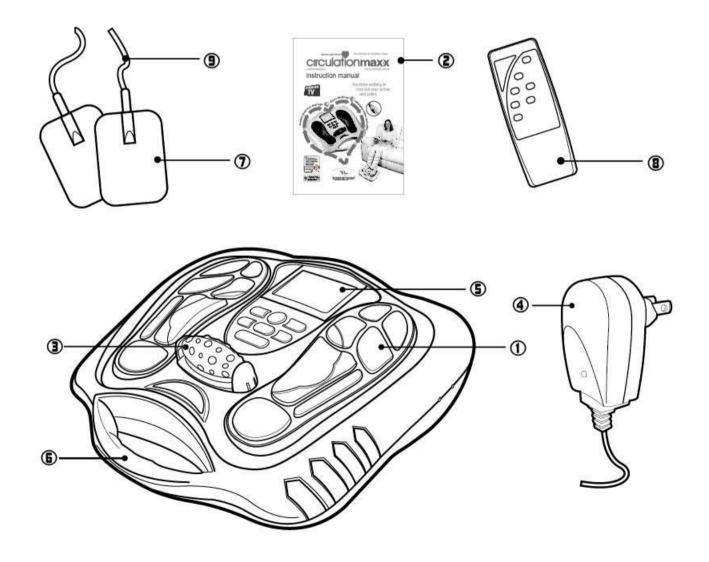
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Parts identification

- 1) Electrode Silicon Area for Foot Pads
- 3 Sole massage roller
- (5) LCD Screen
- ② Electrode pads
- Electrode wire

- ② User manual
- 4 Adapter
- 6 Handle
- ® Remote controller





WHAT IS ELECTRONIC NERVE STIMULATION

INTENDED USE: Medical Purpose

PLEASE NOTE THAT IT MAY TAKE UP TO 4 WEEKS TO FEEL THE FULL BENEFITS OF THIS DEVICE.

WE ADVISE USING THE DEVICE AT LEAST ONCE A DAY.

IF YOU STOP USING THE DEVICE, YOU WILL STOP FEELING THE BENEFITS.

REMEMBER TO DRINK PLENTY OF FLUIDS AND KEEP HYDRATED. IF YOU ARE HYDRATED THE EFFECTIVENESS OF THE DEVICE WILL DECREASE.

THE ELECTRO PADS ARE THERE TO TARGET HARD TO REACH AREAS. YOU CAN USE THE ELECTRO PADS AT THE SAME TIME AS USING THE FOOT PADS.

THE DEVICE HAS 25 PROGRAMMES.

This Electronic Nerve Stimulator is intended to be used as a massager to relieve (muscle) pain, increase blood circulation, relax stiffness muscles, reduce swollen feet and ankles and fatigue. The massaging effect is achieved by electronic stimulation of the nerves through electrode pads placed on the skin. Various massage regions and treatment programmes can be selected.

Suitable Users: Please read "safety information" before using the unit. (This unit should not be used by people prohibited from doing so in "safety information".).

Environment: This unit is intended for home use only.

Effectiveness: Massager: relieve of (muscle) pain, stiffness and fatigue.

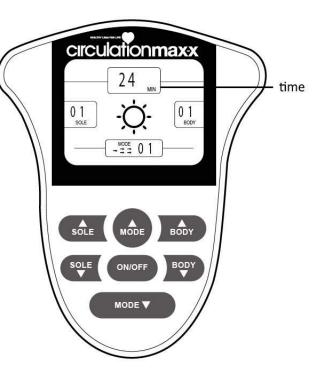
Precautions for use: Please read "Notes on safety" before using the unit.

Electronic Nerve Stimulation is a non-invasive, safe nerve stimulation intended to reduce pain. The Circulation Maxx uses proven neuromuscular electrical stimulation therapy to send micro current pulses through the soles of your feet. This type of electrical stimulation is clinically proven to be safe and effective and can be carried out in the comfort of your own home. The Circulation Maxx improves muscles function by stimulating nerves increasing the flow of blood helping to reduce PAIN, SWELLING, TIRED AND ACHING LEGS



Operation

- 1. Place you BARE feet on the foot pads at the same time (your left foot on the left pad and your right foot on the right pad).
- 2. Press the switch button about 3 seconds to turn on the unit, then the LCD screen will light up in Blue
- 3. Then you can adjust the mode by pressing "MODE \triangle "&"MODE ∇ "to select different modes, Maximum is the 25th mode
- 4. Please increase intensity by pushing the button of "SOLE \triangle ""BODY \triangle "Or decrease intensity by pushing the button of "SOLE ∇""BODY ∇"
- 5. You can adjust the modes at anytime, but once mode resetting, the intensity will be returned to "0". For avoiding user's shock from the new mode, the user should reset the intensity
- 6. To terminate the massage period, user can turn off the unit anytime by expressing the Switch button about 3 seconds.



PLEASE NOTE-THE AIM IS NOT TO GET TO '99' INTENSITY BUT FIND A COMFORTABLE SETTING FOR YOU

Tips: Please adjust the intensity gradually from lower to stronger.

Most of our customers feel the intensity from 40 + onwards, the device goes up to 99

ON/OFF: press the button about 3 seconds to switch on or off the unit

Sole \triangle : increase the output intensity of foot sole

Mode∆: choose one mode from 25 pre-moded massage modes~upward

Body \triangle : increase the output intensity of electrode pads

Sole ∇ : decrease the output intensity of foot sole

Mode ∇ : choose one mode from 25 pre-moded massage modes~downward

Body ∇ : decrease the output intensity of electrode pads

How to operate the remote control?

- 1. Open the battery cover behind of the remote control.
- 2. Put the two 7# (AAA) batteries into battery cassette in correct polarities.
- 3. Close the battery cover.



Notes:

- 1. Please note that the original recognized accessories, detachable parts and material which are approved by standard.
- 2. Usually, this device is affected by high frequency electromagnetism and microwave radiation machine, please be far away from these machines beyond 500mm when using

\triangle	Persons with the following consult must consult the doctor before using this unit: 1) acute disease 2) malignant tumour 3) infectious disease 4) pregnancy 5) cardiac dysfunction 6) high fever 7) abnormal blood pressure 8) skin sensory disorders or skin problems 9) receiving medical treatment, especially those feeling discomfort. May cause an accident or ill health.
	Do not use this unit near the heart, above the neck, on the head, around the mouth or on diseased skin. May cause an accident or ill health Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
	Do not use this unit simultaneously with other therapeutic device or in combination with ointments including spray type ointments. May cause discomfort or ill health. Operation in close proximity (e.g. 1 m) to a shortwave or microwave therapy EQUIPMENT may produce instability the STIMULATOR output.
	Do not use this unit for purposes other than treatment indicated in this manual. May lead to accident, problems, or failure of the unit.
	Do not insert the electrode cord plug into any place other than the electrode cord jack of the main unit. May cause an electric shock or accident.
®	Do not disassemble or remodel this unit. May cause fire, trouble, or accident.

	Caution
	If the unit is not functioning properly or you feel discomfort, immediately stop using the unit. If you feel any problems with your body or skin, consult the doctor and follow his/her instructions.
\triangle	If you want to move the Electrode Pad to another region or your body during treatment, be sure to turn off the power. If not, you may receive a strong electrical shock.
	Do not try to attach the Pads to any other person during the treatment. You may receive strong electrical shock.
	Do not start treatment while wearing an electronic device. The settings and timings of the device may be affected.
	Do not use this unit on infants or people not capable of expressing their intentions. May cause an accident or ill health. Do not use if you are under 18 years old.
	Do not use this unit in places with high humidity such as bathrooms or while taking a bath or shower. You will receive a strong electrical shock.
	Do not use this unit while sleeping. The main unit may develop trouble, or the pad may move to an unexpected region and cause ill health.
\bigcirc	Do not use this unit while driving. Receiving sudden strong stimulation may lead to traffic accident or trouble.
	Do not leave the Electrode Pad attached to the skin after treatment. Prolonged attachment may cause skin irritation or infection.
	Be careful not to allow any metal object, such as a belt buckle or necklace to come into contact with the Electrode Pad during treatment. You may receive a strong electrical shock
	Do not use cellular phones or other electronic devices near this unit.
	Put the Long Life pads only on skin or on the Long Life pads holder to avoid damage of the adhesive surfaces of the pads.



Explanation of figures, symbols, warning statements and abbreviations on the equipment

	Type BF applied part
\triangle	Attention consult accompanying documents
(€ ₀₄₇₃	CE Mark: conforms to essential requirements of the Medical Device Directive 93/42/EEC
X	DISPOSAL Do not dispose of electrical appliances as unsorted
LOT	Batch code
SN AST12	Serial number
2011	Date of manufacture
Company Address	Manufacturer

Storage / Maintenance

- 1. Use wet cloth or neutral cleanser to wipe the machine, and don't use volatile liquid to clean the machine, such as benzene, thinner or gasoline
- 2. Keep it away from magnetic field and reach of children
- 3. Keep the machine far away from moisture, high temperature, direct sunlight or sprinkling water
- 4. If the electrode pads are insufficiently adhesive or dirty, please wipe with a wet colth or change new ones. Don't clean the electrode pads with any chemical
- 5. Please do not mantle, repair or rebuild the machine in private, or manufacturer will not guarantee to repair it and the after-sale services
- 6. If not use it for a long time, please remove the batteries from remote controller

Environmental protection

Please make a rubbish classification after use, such as electrode pads, carton box and so on.

Specifications

Company: Bioenergiser Ltd PO Box 4359, Kidderminster, DY10 4WU, United Kingdom Address: Bioenergiser Ltd PO Box 4359, Kidderminster, DY10 4WU, United Kingdom

Model number: AST-300C

This equipment belongs to Type BF of Class | according to Clause 5.

Rated: 5 V dc, 1000 mA

Powered by adaptor: WT0502400

Rated Voltage: 100-240V

Rated input: 0.1 A

Output waveform: Square wave

Rated frequency: 50-60Hz

Rated output: 5v 1000mA

Pulse duration: 115 μS

Pulse repetition frequencies: 10-100HZ Effect of load impedance: 1KΩ

Maximum amplitude of output voltage: 72V



Operation condition: 0-40 ℃ 45 - 75 % RH

860 hPa to 1 060 hPa

Store and transport condition: 0 - 40 °C 45 - 75 % RH 860 hPa to 1 060 hPa

Caution for Electrode Gel Pads

Never stick two adhesive pads to each other.

Keep the adhesive gel pads clean, and never put them under high temperature and direct sunshine.

If the electrode gel pads are insufficiently adhesive or dirty, wipe with a wet cloth or change new ones. Don't clean the electrode gel pads with any chemical For protection the gel pads, always put it on to the gel pad protector after use.

Trouble Shooting-Electro Pads

Questions	Reason	Solution
No stimulation	Are the wires connected? Is the protective membrane cover removed from the pads?	Connect the wire correctly. Remove the protective membrane of the pads.
Weak stimulation	Are the pads stuck tightly to the skin? Are the pads overlapped? Are the pads dirty? Are the pads damaged?	Stick the pads tightly. Detach the pads,and stick again. Clean the pads. Adjust the intensity to be stronger. Change the stick place.
The skin becomes red and painful	Therapy time is too long? The pads too dry? The pads are sticked too tightly? The pads are dirty? The pads are damaged?	Therapy time always be 10-15minutes once. Clean with the wet cloth,then use again. Stick the pads tightly to the skin. Clean the pads. Change the pads.
The power cut off during therapy	The pads fall off from the skin? The wire connect cut off? No battery? The therapy time over?	Turn off the power,stick the pads again. Turn off the power,connect the pads again. Change new battery. The power will turn off after 15minutes therapy.



Description of Modes

MODE	PATTERN	
IVIODE	200.000	
1	Reflex points Pushing	
2	Reflex points	
3	Reflex points Kneading	
4	Reflex points Tapping	
5	Scrapping	
6	Squeezing	
7	Massage	
8	Pushing Massage	
9	Pushing Squeezing	
10	Reflex points Squeezing	
11	Reflex points Hammering	
12	Kneading	
13	Thumping	
14	Scrapping Pressing	
15	Cupping	
16	Body Shaping	
17	Hammering	
18	Massage Tapping	
19	Pushing	
20	Rolling Pounding	
21	Squeezing	
22	Stroke	
23	Reflex points Massage	
24	Shiatsu	
25	Rolling Kneading	

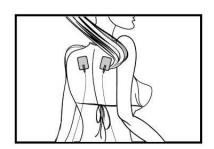


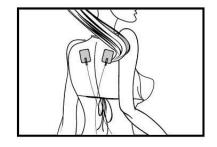
Electrode pads therapy usage example

TARGET AREA: Shoulder, Back

Symptom

Shoulder, back muscle ache, etc



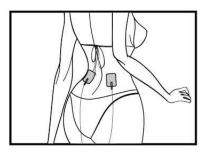


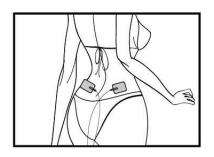


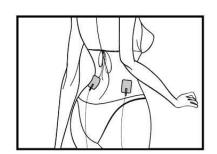
TARGET AREA: Back, Hips, Waist

Symptom

Discomfort, aches and pain





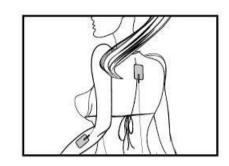


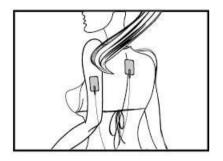


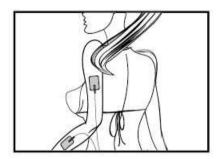
TARGET AREA: Arms

Symptom

Sore arms, aching muscles



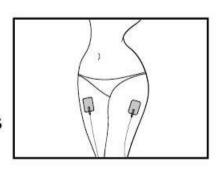


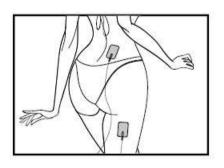


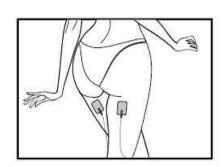
TARGET AREA: Legs

Symptom

Sore muscles, aches and pains









Troubleshooting & Maintenance

Problem	Cause	Rectification	
Device will not turn on	The adapter is not plugged correctly into device.	Check the mains power is switched on. The adaptor is in correctly.	
Power turns off too soon	Gel pads not attached correctly to the skin.	Attach Gel pads correctly to the skin	
	If you are using the batteries operation, then the batteries weak/exhausted	Fit new identical 1.5V alkaline batteries type AA	
Power turns off while using massager	Treatment period of 25 minutes is over and power turns off automatically	Restart treatment or turn off the massager.	
	If you are using the body massage, the electrode gel pad may be broken	Replace electrode gel pad	
It is difficult to attach Gel pad to the skin	 Transparent film not peeled off Gel pad applied immediately after washing Adhesive surface of Gel pad damaged The gel pads get dirty and lost their adhesive/stickiness 	 Peel off film on the adhesive surface of Gel pad Sufficiently dry Gel pad Replace Gel pad Replace Gel pad or clean the gel pad with a small drop of water onto the sticky side of the electrode pad and rub into the surface 	
Adhesive surface of Gel pad is sticky	- Use of Gel pad during perspiring - Gel pad washed too long and/or too frequently - Gel pads stored under high temperature, high humidity, direct sunshine	Leave Gel pad in freezer for overnight	
It is difficult to feel stimulation	-The soles of your feet are too dry or not moisturized -Your sole is not on the foot pedal properly -Gel pads not attached correctly to the skin -Gel pads overlap each other -Electrode cord not connected correctly -Applied intensity too weak	-put some water to your sole to moisture your sole. Ensure your feet are moisturized -Ensure both of your soles are placed on each pedal properlyAttach Gel pad firmly to the skin -Reattach Long Life pads with no overlap -Connect electrode cord correctly -Increase the intensity by turning the dial switch	
The skin turns red or the skin feels irritated	-Adhesive surface of Gel pads dirty or dry -Adhesive surface of Gel pads damaged	-Wash adhesive surface of Gel pads softly with your fingertips for about 3 seconds under slow running water -Replace Gel pads	



Accompanying Documents:

Instructions for use

- AST-300C needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS;
- 2. Portable and mobile RF communications equipment can affect AST-300C. technical description
- Warning that the use of accessories, transducers and cables other than those specified with the
 exception of transducers and cables sold by the manufacturer of the AST-300C as replacement parts
 for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the
 AST-300C.
- 2. Warning that the AST-300C should not be used adjacent to or stacked with other equipment

3.

Guidance and manufacturer's declaration – electromagnetic emissions

The AST-300C is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300C should assure that it is used in such an environment.

Emissions	Compliance	Electromagnetic environment guidance
RF emissions CISPR 11	Group 1	The AST-300C uses 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 emissions CISPR 11	Class B	The AST-300C is suitable for use in all establishments, including domestic establishments
Harmonic emissions IEC 61000-3-2	Class A	and those directly connected to the public low-voltage power supply network that
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	 supplies buildings used for domestic purposes.

After using the product

Clean the device with a soft, damp cloth but make sure squeeze a cloth dry and to clean the foot pedal area.

Store the Electrode Gel pads on the plastic pad protectors provided.

4.

Guidance and manufacturer's declaration - electromagnetic immunity

The AST-300C is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300C should assure that it is used in such an environment.

IEC 60601 test level	Compliance level	Electromagnetic environment guidance
±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
±2 kV for power supply lines	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
±1 kV line(s) and neutral	±1 kV line(s) and neutral	Mains power quality should be that of a typical commercial or hospital environment.
± 2 kV line(s) to earth <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 5s	± 2 kV line(s) to earth <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 5s	Mains power quality should be that of a typical commercial or hospital environment. If a dips or an interruption of mains power occurs, the current of the AST-300C may be dropped off from normal level, it may be necessary to use uninterruptible power supply or a battery.
3 A/m	3 A/m	If image distortion occurs, it may be necessary to position the AST-300C image intensifier further from sources of power frequency magnetic fields or to install magnetic shielding. The power frequency magnetic field should be measured in the intended installation location to assure that it is sufficiently low.
	±6 kV contact ±8 kV air ±2 kV for power supply lines ±1 kV line(s) and neutral ±2 kV line(s) to earth <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 25 cycles <5 % UT (>95 % dip in UT) for 5s 3 A/m	±2 kV for power supply lines ±1 kV line(s) and neutral ±2 kV line(s) to earth <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 25 cycles <5 % UT (>95 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5 % UT (¬95 %

NOTE UT is the a.c. mains voltage prior to application of the test level



5.

Guidance and manufacturer's declaration - electromagnetic immunity

The AST-300C is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300C 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 AST-300C, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	d=1,2 \sqrt{P} d=1,2 \sqrt{P} 80 MHz to 800 MHz d=2,3 \sqrt{P} 80 MHz to 2,5 GMHz 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 AST-300C is used exceeds the applicable RF compliance level above, the AST-300C should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the AST-300C. b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

6.

Recommended separation distances between portable and mobile RF communications equipment and the AST-300C

The AST-300C is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the AST-300C can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the AST-300C as recommended below, according to the maximum output power of the communications equipment.

	Separation distance according to frequency of transmitter m			
	150 kHz to 80 MHz 80 MHz to 800 MHz 800 MHz to 2.5 G			
0.01	0.12	0.12	0.23	
0.1	0.38	0.38	0.73	
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.



Warranty card

- we guarantee that the product is warranted against all defects for one year from the day of purchase without any charge for accessory or maintenance provided that the product is used correctly as instructed in the operation and instructions
- we charge for accessory cost only when the components are required to replace over 1 year and do not charge for maintenance
- please send the malfunction product to us or local dealers and we will pay immediate attention to it.

Valid for warranty 1 year after the date of purchase
Purchase date:
Consumer's Add:
Consumer's Name:
Consumer's Tel:
Dealer Name:
Dealer Add:
Dealer Tel:
Description: