

WELCOME TO BLACK BOX TECH LAB

Thank you for allowing us to be a part of your wellness team.

The Brain Tuner is a consumer product designed to be used as part of a Wellness Lifestyle. A commitment to healthy lifestyle choices is an important factor in the journey to Wellness.

The Brain Tuner supports the mind-body connection by offering harmonic frequencies that help create an inner sense of calm, balance and tranquility.

The Brain Tuner is designed to be used independently, but can also be used together with any of the our Products.

With proper care, your Brain Tuner should provide you many years of trouble-free use. Please understand that results will vary.

BEFORE USING

Please read this manual thoroughly before using your Brain Tuner. For the most up-to-date manual, please visit our website www.zyneng.com.

COMPLETE UNIT INCLUDES

- One (1) Brain Tuner Unit
- One (1) Pair of Ear Clips

DO NOT USE

1. Do not use in the following situations as safety has not been explored:

- a. In the case of pregnancy.
- b. With an implanted device such as a pacemaker, etc.

2. As with all electrical products do not use near water, when driving a car or when operating heavy equipment.

3. Do not:

- a. Suddenly increase the intensity to the maximum level. The intensity should be increased gradually to a comfortable level to ensure safety.
- b. Connect the Brain Tuner Cord to any other USB outlet, such as a computer or power supply.

CAUTIONS

1. If you are on psychiatric medication, have a neurological condition or seizures, please consult your health care provider prior to using the Brain Tuner.

2. If you experience an increase in tinnitus or ringing in the ears, please discontinue use.

3. If you experience headaches or nerve pain when using the unit, please discontinue use.

4. While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the Products constitutes your agreement that you are responsible for your decision to use the technology. we assumes no responsibility for any direct or indirect loss or damage believed to arise from using the our Products.

SUMMARY OF LIGHTS

RED: indicate a) the unit has sufficient power b) the circuits are operating properly c) which mode is operating (Flashing frequency) .

HOW TO USE THE BRAIN TUNER

1. Place the 9-Volt Alkaline battery in the unit.

a. On the back of the unit, slide off the battery cover.

b. Align the 9v battery electrode with the battery button so that the electrode is inserted into the battery button as in image 1.

Note: When installing the battery, please turn off the unit power..



c. Slide the 9-Volt Alkaline battery into the case and push down.

d. Slide the cover back onto the unit.

2. Clean the ear lobes to eliminate skin oils. This will allow for better conductivity.

3. Insert the cord into the output jack on the unit .



4. Place one Ear Clip on each ear lobe, positioning the Ear Clip with the conductive electrode at the back of the ear lobe and close to the jaw as in image 3.

Note: After putting on the ear clip electrode, make sure that the electrode is clamped to the earlobe. You can pinch the electrode firmly with your fingers.



5. Turn the unit ON by turning the ON/OFF switch clockwise.

The RED light will flash once.

If the lights do not come on, the battery may not be placed Correctly or Lack of electricity.

6. Gradually turn up the intensity to a comfortable level. The intensity should be comfortable.

7. Change modes by pushing the Mode button. The Red light indicates which Mode is selected and that the timing has started.

8. The unit will stop work when the 30-minute timed session has ended. The unit will automatically cycle into Sleep Mode. While in Sleep Mode, the battery is still being used. To save your battery, turn the unit OFF.

9. To do additional sessions, the unit will need to be turned off and restarted.

Notes:

Ear Clips: Please clean the surface of the ear clip electrode with medical alcohol to maintain conductivity..

User Guide

Harmonic Frequencies Using the Brain Tuner

The Brain Tuner supports the mind-body connection by offering harmonic frequencies that help create an inner sense of calm, balance and tranquility.

The 6 different modes of the Brain Tuner are comfort settings. The choice of modes enable the user to experiment to discover what feels or works best.

Simply place the ear clips on the ear lobes positioning them closer to the face side of the ear lobe.

- The Brain Tuner is timed for a ~30 minute cycle. One session is generally 1 to 2 cycles (30 - 60 minutes).
- When starting out, gradually increase the length and number of sessions per day.
- Use for a minimum of 30 consecutive days as it often takes at least 30 days of use to experience benefits.
- When doing multiple sessions per day, space the sessions throughout the day. For example, when doing 2 sessions do one in the morning and one in the evening.

Remember that one session is generally 1 to 2 timed cycles (30 - 60 minutes).

- When stopping, gradually reduce the amount of time you use the Brain Tuner per day. If you notice benefits diminishing, return to using the Brain Tuner regularly.

Basic Wellness Program:

- Use daily for 1 to 2 sessions.

Focused Wellness Program:

- Use daily for 3 sessions.
- Depending on how you feel and your own individual needs, you may need to apply the BrainTuner for many months or even incorporate it into your daily life.
- As you reach your wellness goals you can reduce the number and/or length of sessions

Changing Modes: When the Mode is changed during a timed session, the timing continues without interruption to complete a session of approximately 30 minutes.

Brain TUNER MODES

MODE 1-3 (550 uS pulse width)

Mode 1: 1,000 Hz modulated by 111.11 Hz,

Output = 1 Second ON, 1 Second OFF (0.5 Hz)

Mode 2: 1,000 Hz modulated by 111.11 Hz,

Output = Amplitude Modulated by 9.5 Hz

Mode 3: 1,000 Hz modulated by 111.11 Hz,

Output = Amplitude Modulated by 7.83 Hz Schumann (Earth)

MODE 4-6 (220 uS PULSE WIDTH)

Mode 4: 1,000 Hz modulated by 111.11 Hz,

Output = 1 Second ON, 1 Second OFF (0.5 Hz)

Mode 5: 1,000 Hz modulated by 111.11 Hz,

Output = Amplitude Modulated by 9.5 Hz)

Mode 6: 1,000 Hz modulated by 111.11 Hz,

Output = Amplitude Modulated by 7.83 Hz Schumann (Earth)

note:

The pulse width selection has the feature of shutdown memory, that is, the pulse width you choose is not affected by the shutdown, and the next time you turn on the unit, the default is the choice before the last shutdown. The way to distinguish between the two pulse widths is that the earlobe can feel the output energy density is different (the indicator light does not display the pulse width).

HOW IT SHOULD FEEL

1. The sensation is a pleasant buzzing. It is not necessary to turn the control up to an uncomfortable level. If it feels prickly or unpleasant, check the following:
 - a. clean the conductive electrode of the Ear Clips again.
 - b. clean the ear lobes.
 - c. Use your hands to help the ear clip electrode to clamp the earlobe..
2. With repeated use, the buzzing sensation may not be felt as much. The intensity may be turned up if desired.
3. You may feel a sensation on one side more than the other.
4. In rare instances, some individuals may not feel the current.
5. Regardless of how much energy is felt, all can have a therapeutic effect.

Frequently Asked Questions

What tips will help me get the most benefit from my Brain Tuner?

Create a Routine

Daily, consistent use is critical to getting the benefits from your Brain Tuner—it is best to use it daily for at least 4 weeks. And the best way to do that is to incorporate the Brain Tuner into your existing daily routines. Enjoy a daily walk, have a long commute or like to read or watch TV in the evening? These are all great opportunities to add the relaxing benefits of the Brain Tuner to your day. Choose a time and place that fits your lifestyle and make it a regular part of your day.

One person reported: "I use the Brain Tuner while reading in bed as it helps me have a better sleep."

Even when your routine is interrupted by travel or unexpected events, doing what you can to continue your Brain Tuner program will help to ensure you continue to get the most benefit from the unit. The Brain Tuner is completely portable, making it easier for you to continue with your Wellness Program.

Keep it Handy

Once you've determined when to integrate the Brain Tuner into your daily routine, keep your unit and accessories in an easily accessible spot. When you see them, you will be reminded to use it. For example, if you like to read in the evenings, keep the unit with your book. The relaxed feeling you get from using the Brain Tuner may be all the motivation you need to use it daily!

Here's what works for others:

"I keep my Brain Tuner on the nightstand beside my bed – all ready for me to use it at night."

"I keep my Brain Tuner on my desk at work. My co-workers think I'm listening to music as I work, when I'm actually using my Brain Tuner."

Be Prepared

Always being prepared will help minimize any disruptions to your routine. Keep both extra batteries and extra Conductive Electrodes on hand. That way, you can quickly replace a drained battery or Rubber Electrodes that have lost their conductivity.

Self-Care

A helpful part of the process of a wellness journey is acknowledging the triumphs as well as the bumps in the road. Keeping a journal of your experiences is a great way to track the overall benefits on your wellness journey. Looking back can be a great motivator when you see the changes that have come over time.

For additional tips, see the User Guide.

Do I need to have the Brain Tuner on high in order for it to work best?

The unit does not need to be turned up to maximum. Turn the intensity switch only until the current can be felt. It is best that the level of intensity be comfortable. With repeated use, the buzzing sensation may not be felt as much.

What can be done to reduce skin irritation on the earlobes?

A few individuals may experience skin irritation when using the Brain Tuner.

Here are some suggestions to reduce irritation:

Wash ear lobes before applying the Electrodes. Our skin has natural oils that can interact with the electricity which may result in a "stinging" sensation.

Clean your earlobes before each session, or

Use conductive gel or colloidal silver gel to wet the Ear Clip Electrodes before each session.

Turn down the intensity.

Wash ear lobes after each session and apply a healing gel or lotion such as aloe vera, vitamin E oil or MSM cream.

What are the six modes for?

The Brain Tuner provides six different Modes for you to experiment and discover which works best with you. The choice of Modes also allows you to try different Modes for comfort. You may find some Modes are more comfortable than others.

In all Modes, the base frequency of 1,000 Hz pulse-modulated by 111.11 Hz is present. Modes 1, 2, and 3 may seem stronger because the pulse width is wider. Modes 4, 5, and 6 may be perceived as having a gentler feel as the pulse width is narrower.

You will notice the only difference between the Modes is the output, or how the frequency is delivered. You can choose a different output depending on your feeling preference – one second on/one second off, or the 7.83 Hz Earth Schumann frequency.

One Mode is not considered to be more beneficial than another. You will receive a broad range of harmonic frequencies, not one single frequency, so you can't get it "wrong".

Is it okay to use the Brain Tuner on animals?

We don't know. We have no feedback about the Brain Tuner being used on animals nor have we tried it on our own pets. We do not know enough about the differences between humans and animals to be able to form an opinion on whether it would be safe or not. At this time, we do not recommend using the Brain Tuner on animals.

I've heard electricity can be harmful. Why is this unit beneficial?

There is a difference between harmful and beneficial electric current. Microcurrent, pulsed magnetic field and frequency units are designed to use safe levels of electricity. The units are all designed to work with the body's natural electricity.

On the other hand, high voltage transformers and power lines delivering electricity to our homes to run our household appliances and the wireless technology used by cell phones can have harmful effects.

How long should the battery last?

The SOTA Brain Tuner has been designed to ensure the maximum life of a battery. Battery life depends on how high you need the output and the type of battery used. We recommend a 9-Volt Alkaline battery as they usually last between 12–20 hours.

It is important to use 9-Volt Alkaline batteries. Batteries that are marked "Heavy Duty" or "Extra Duty" are designed for slow drain items and will not work as efficiently with the Brain Tuner.

Rechargeable 9-Volt batteries are also an option for powering the Brain Tuner. Be careful though – not all rechargeable batteries are the same size. The only way to be certain the battery will fit in the enclosure properly is to try it with your Brain Tuner.

Where is the Brain Tuner manufactured?

Made in China.

ELECTRICAL SPECIFICATIONS

POWER REQUIREMENTS

Use a 9-Volt Alkaline battery for proper operation.

OPTIONAL POWER INPUT

The Brain Tuner can also be operated using rechargeable batteries. When purchasing rechargeable batteries, it is suggested to take the unit with you to ensure the batteries will fit the enclosure.

OUTPUT SPECIFICATIONS

Maximum <1.5mA Peak ~25 Volts Peak-Peak into typical 4k ohm load. Minimum <~10uA, 10 Volt Peak-Peak at lowest setting. Output impedance ~30k ohm.

1,000 Hz (+/- 1%) pulse-modulated by 111.11 Hz (+/- 1%). Waveforms are Quartz Crystal-Controlled for precise frequency output. There is also a broad range of harmonic frequencies delivered in each pulse as observed on a frequency domain spectrum analyzer.

TROUBLESHOOTING

Please contact me 42451193@qq.com.