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Mystim MS46010

Pure Vibes Nervstimulator User Manual

Brand: Mystim | Model: MS46010

INTRODUCTION

The Mystim Pure Vibes Nervstimulator (Model MS46010) is an advanced electrical stimulation device designed for personal use. It features individually adjustable channels and three distinct programs, allowing users to customize their experience from gentle to intense. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your Pure Vibes device.

SAFETY INFORMATION

WARNING: Read all safety warnings and instructions before using this product. Failure to follow the warnings and instructions may result in electric shock, fire, serious injury, or property damage.

- Consult a healthcare professional before use if you have any medical conditions, including but not limited to, heart conditions, epilepsy, or if you are pregnant.
- Do not use on broken skin, open wounds, or areas with swelling, redness, skin eruptions, or inflammation.
- Keep out of reach of children.
- Do not immerse the device in water unless explicitly stated as waterproof for that specific component. The Pure Vibes device is waterproof, but ensure all connections are secure before exposure to water.
- Use only the accessories and electrodes provided or approved by Mystim.
- Discontinue use immediately if you experience any discomfort, pain, or adverse reactions.
- Do not use while driving or operating heavy machinery.

PACKAGE CONTENTS

Carefully unpack your Mystim Pure Vibes Nervstimulator and verify that all items are present and in good condition. The package should contain:

- Mystim Pure Vibes Nervstimulator Device
- Electrode Cables (2 sets)
- Self-adhesive Electrodes (multiple pairs)
- 9V Battery (Lithium Ion, included)
- Storage Case

- User Manual (this document)



Image: Contents of the Mystim Pure Vibes Nervstimulator package. Shown are the main device, electrode cables, self-adhesive electrodes, a 9V battery, and the carrying case.

PRODUCT OVERVIEW

The Pure Vibes Nervstimulator is a compact and intuitive device. Familiarize yourself with its main components:

- **Main Unit:** The central control unit with power, program, and intensity adjustments.
- **Electrode Ports:** Two ports for connecting electrode cables, allowing for dual-channel operation.
- **Intensity Dials:** Separate dials for each channel to adjust stimulation intensity.
- **Program Button:** Button to cycle through the available stimulation programs.
- **Battery Compartment:** Located on the back or bottom of the device.

SETUP

1. Inserting the Battery

1. Locate the battery compartment on the back of the Pure Vibes device.
2. Open the compartment cover.
3. Insert the included 9V Lithium Ion battery, ensuring the polarity (+/-) matches the indicators inside the compartment.
4. Close the battery compartment cover securely.

2. Connecting Cables and Electrodes

1. Connect one end of the electrode cable to an electrode port on the Pure Vibes device.
2. Attach the other end of the electrode cable to the self-adhesive electrodes. Ensure a firm connection.
3. Peel the protective film from the self-adhesive electrodes.
4. Apply the electrodes to clean, dry skin in the desired area. Ensure good contact for optimal performance.

Note: For optimal conductivity and comfort, ensure skin is clean and free of oils or lotions before applying electrodes.

Replace electrodes when they lose their adhesiveness.

OPERATING INSTRUCTIONS

1. Power On/Off

- To turn on the device, rotate either intensity dial clockwise from the "OFF" position.
- To turn off the device, rotate both intensity dials counter-clockwise until they click into the "OFF" position.

2. Program Selection

- The Pure Vibes device offers 3 different programs.
- Press the "Program" button to cycle through the available programs. Each press will advance to the next program.
- Refer to the device's display or indicator lights (if present) to identify the active program.

3. Adjusting Intensity, Pulse Width, and Pulse Rate

- **Intensity:** Use the individual intensity dials for each channel to increase or decrease the strength of the electrical stimulation. Start at the lowest setting and gradually increase to a comfortable level.
- **Pulse Width & Pulse Rate:** These parameters are arbitrarily adjustable for the user, allowing fine-tuning of the stimulation sensation. Consult the device's specific controls for these adjustments, which may be integrated into the program selection or separate dedicated controls.

4. Usage Guidelines

- Begin with short sessions (e.g., 15-20 minutes) and gradually increase duration as desired.
- Always ensure electrodes are securely attached to the skin before increasing intensity.
- If the sensation becomes uncomfortable, reduce the intensity immediately.
- Do not share electrodes with others for hygiene reasons.

MAINTENANCE AND CARE

Cleaning

- Wipe the Pure Vibes device with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- For electrodes, gently wipe the adhesive side with a damp cloth if needed, and allow to air dry before reattaching the protective film.

Storage

- Store the device and accessories in the provided storage case in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove the battery if the device will not be used for an extended period to prevent leakage.

Battery Replacement

- When the device's power indicator shows low battery, or if performance diminishes, replace the 9V Lithium Ion battery following the "Inserting the Battery" steps in the Setup section.
- Dispose of used batteries according to local regulations.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Battery is dead or incorrectly inserted.	Check battery polarity, replace battery if necessary. Ensure intensity dials are turned ON.
No sensation or weak sensation.	Electrodes not properly attached; intensity too low; worn-out electrodes; faulty cable.	Ensure electrodes are firmly on clean skin. Increase intensity gradually. Replace old electrodes. Check cable connections.
Sensation is uncomfortable or stinging.	Intensity too high; poor electrode contact; dry skin.	Reduce intensity. Re-position electrodes for better contact. Ensure skin is clean and moisturized (if applicable for electrode type).

SPECIFICATIONS

- **Model:** MS46010
- **Brand:** Mystim
- **Power Source:** 1 x 9V Lithium Ion Battery (included)
- **Channels:** Individually adjustable channels (typically 2 for TENS units)
- **Programs:** 3 pre-set programs
- **Adjustable Parameters:** Intensity, Pulse Width, Pulse Rate
- **Product Dimensions:** Approximately 3.94 x 1.97 x 1.97 inches (10 x 5 x 5 cm)
- **Weight:** Approximately 7.05 ounces (200 grams)
- **Water Resistance Level:** Waterproof (for the device itself, not necessarily all accessories)
- **Manufacturer:** Mystim
- **First Available Date:** January 31, 2014

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For further assistance, please refer to the official Mystim website or contact customer support.