Nascool MFNI-061A

Nascool MFNI-061A Breathing Trainer Instruction Manual

Model: MFNI-061A | Brand: Nascool

1. Introduction

Thank you for choosing the Nascool Breathing Trainer. This device is designed to assist in improving respiratory muscle strength, enhancing lung capacity, and aiding in mucus clearance. It utilizes Oscillating Positive Expiratory Pressure (OPEP) technology to provide a drug-free, natural therapy for better breathing. Please read this manual thoroughly before first use and retain it for future reference.



Image 1: Overview of Nascool Breathing Trainer benefits including expanded lung capacity and improved breathing efficiency.

2. Product Overview & Benefits

The Nascool Breathing Trainer is a portable and compact device made with medical-grade materials, suitable for both kids and adults. It offers a drug-free, natural therapy to support respiratory health.

- **Expands Lung Capacity:** Helps to increase the volume of air your lungs can hold.

- **Improves Breathing Efficiency:** Strengthens respiratory muscles for more effective breathing.
- **Clears Mucus from Airways:** Aids in loosening and expelling stubborn mucus.
- **Relieves Shortness of Breath:** Regular use can alleviate feelings of breathlessness.
- **Enhances Coughing Effectiveness:** Makes coughs more productive in clearing airways.



Image 2: Visual representation of the advantages of the breathing trainer, including natural therapy and enhanced lung performance.

3. What's in the Box

Your Nascool Breathing Trainer package includes the following components:

- 1x Main Body of the Breathing Trainer
- 1x Travel Case
- 3x Steel Balls (different resistance levels)
- 1x Ball Bag
- 1x Hand Rope
- 1x User Manual



Image 3: The Nascool Breathing Trainer neatly stored in its customized travel case, alongside the three resistance balls.

4. Assembly

Follow these steps to assemble your Nascool Breathing Trainer:

1. Rotate the cap anticlockwise and detach it from the main body after you hear a click.
2. Put the desired stainless steel ball into the circular cone.
3. Close the cap and rotate it clockwise until you hear a click.
4. Take off the cap for the mouthpiece.

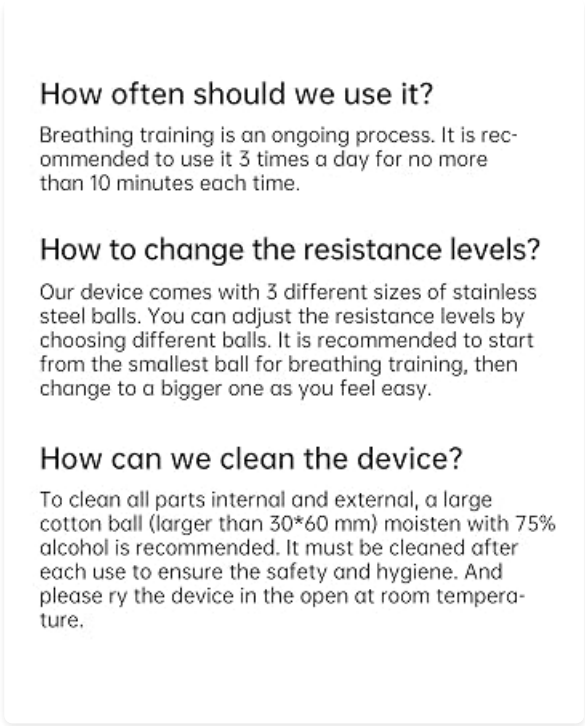


Image 4: Detailed diagrams illustrating the step-by-step assembly of the breathing trainer, including inserting the steel ball and attaching the mouthpiece.

5. Operating Instructions

For optimal results, it is recommended to use the device 3 times a day, for no more than 10 minutes per session.

1. **Take a deep breath and hold:** Inhale slowly and fully, then hold your breath for 2 to 3 seconds. Ensure the device is held horizontally with the front side facing upward.
2. **Exhale slowly and steadily:** Place the mouthpiece in your mouth, keeping your cheeks tucked in. Exhale deeply and slowly.
3. **Repeat the process:** Perform this cycle twice per minute. Use the device for up to 10 minutes per session.

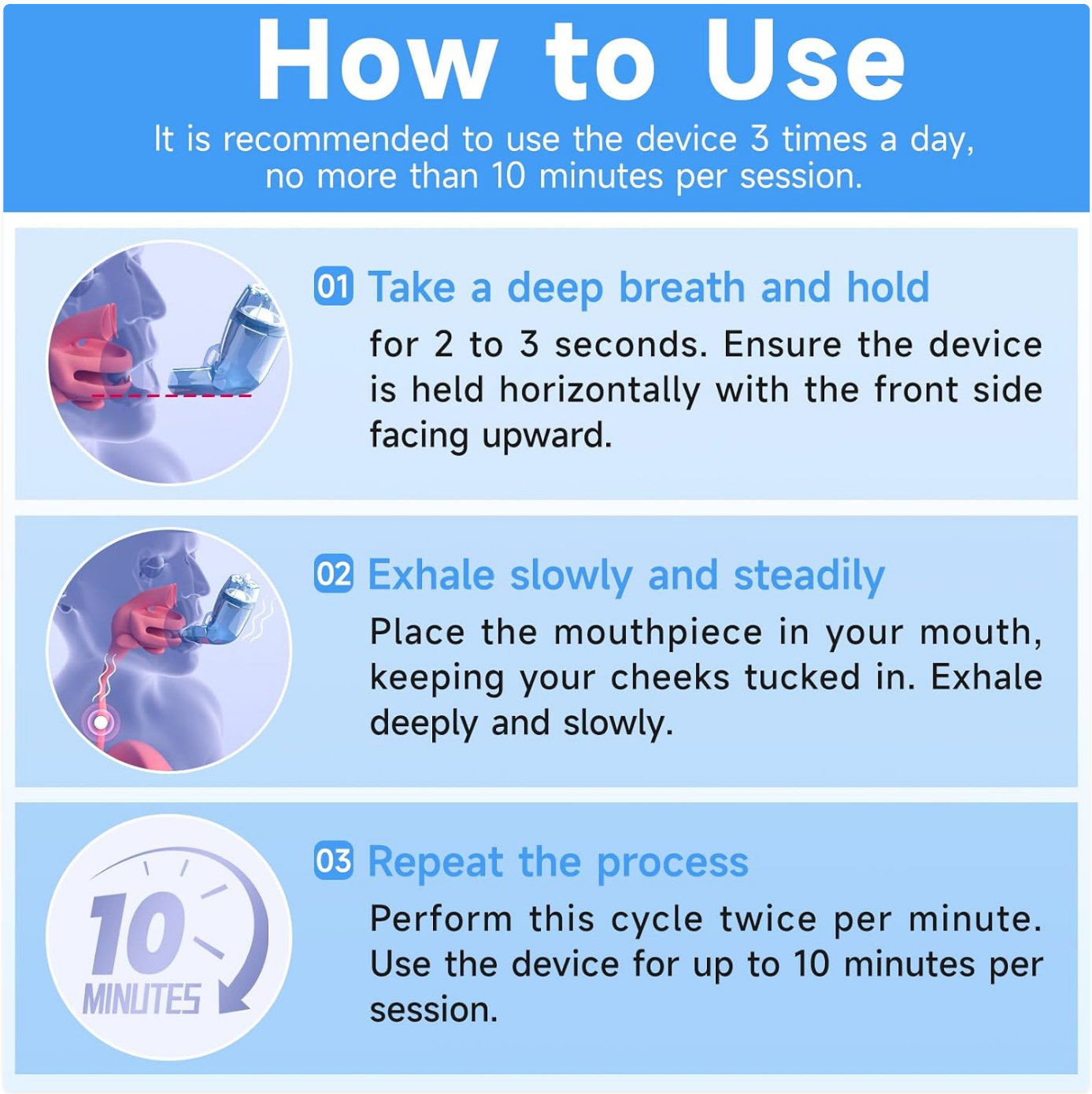


Image 5: Visual guide on how to properly use the Nascool Breathing Trainer, detailing the inhalation, exhalation, and repetition steps.

Video 1: Official product video demonstrating the use of the Nascool Breathing Trainer with Travel Case.

6. Adjusting Resistance Levels

The Nascool Breathing Trainer comes with 3 different sizes of stainless steel balls, allowing you to adjust the resistance level of your exhalation. The larger the ball, the greater the exhalation resistance.

- **16mm:** Recommended for kids and the elderly.
- **18mm:** Recommended for average users.
- **20mm:** Recommended for athletes or experienced users.

It is recommended to start with a smaller ball and gradually switch to a larger one as your breathing improves and you feel comfortable with the resistance.



Image 6: Illustration showing the three different sizes of steel balls (16mm, 18mm, 20mm) and their recommended user groups for adjusting exhalation resistance.

7. Cleaning and Maintenance

Proper cleaning is essential for hygiene and device longevity.

- To clean all parts, both internal and external, use a large cotton ball (larger than 30x60 mm) moistened with 75% alcohol.
- The device must be cleaned after each use to ensure safety and hygiene.
- Please dry the device in the open air at room temperature.

8. Applicable Users

The Nascool Breathing Trainer is widely applicable for:

- People suffering from breathing issues.

- Individuals experiencing excessive phlegm or weak cough.
- Professional athletes and outdoor enthusiasts looking to improve lung capacity and endurance.
- Vocalists (e.g., singers, speakers) aiming to strengthen their voice.



Image 7: Illustration showing various groups who can benefit from the breathing trainer, including athletes, vocal professionals, and individuals with respiratory issues.

9. Specifications

- **Product Dimensions:** 6 x 2 x 2.2 inches
- **Item Weight:** 8.01 ounces
- **Item Model Number:** MFNI-061A
- **Date First Available:** October 28, 2022
- **Manufacturer:** Nascool
- **Material:** Silicone

- **Product Care Instructions:** Hand Wash Only
- **Age Range (Description):** Baby (Note: Product description states 'Baby', but images and other text suggest suitability for adults and elderly as well. Consult a healthcare professional for specific age group suitability.)
- **Power Source:** Battery Powered (Note: This contradicts the nature of the device as a manual OPEP trainer. Please verify product details.)

10. Important Safety Information

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a healthcare professional before starting any new breathing exercise regimen, especially if you have pre-existing medical conditions.

11. Warranty and Support

For warranty information or product support, please refer to the contact details provided on the product packaging or visit the official Nascool website. Keep your purchase receipt for warranty claims.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question