



[Manuals.plus](#) /

› [JASTEK](#) /

› JASTEK Ketone Breath Analyzer Instruction Manual

JASTEK JSCA0015

JASTEK Ketone Breath Analyzer Instruction Manual

INTRODUCTION

The JASTEK Ketone Breath Analyzer is a device designed to measure breath acetone concentration (PPM) as an indicator of ketosis. This manual provides essential information for the proper setup, operation, maintenance, and interpretation of results to assist users in monitoring their ketogenic state.



Image: The JASTEK Ketone Breath Analyzer, a white handheld device with a digital display, shown against a backdrop of fresh produce and meats, illustrating its use in dietary monitoring.

DEVICE OVERVIEW

Familiarize yourself with the components of your Ketone Breath Analyzer.



Image: Labeled diagram of the JASTEK Ketone Breath Analyzer, highlighting the Mouthpiece, LCD Display, Mode button, and ON/OFF button for easy identification.

- **Mouthpiece:** Where you blow into the device. Replaceable for hygiene.
- **LCD Display:** Shows readings, countdowns, and device status.
- **ON/OFF Button:** Powers the device on and off.
- **Mode Button:** Used for changing settings or viewing memory, if applicable.

SETUP

1. Battery Installation

The device requires two (2) AAA alkaline batteries (not included). Open the battery compartment, insert the batteries according to the polarity indicators, and close the compartment securely.

2. Initial Device Exhaustion (First Use)

Before the first use, or if testing another person immediately after your own test, the monitor needs to be exhausted to clear any residual gases from production or previous tests. This ensures accurate readings.

1. Press the ON/OFF button for 3 seconds to power on the device.

2. Wait for the 15-second countdown to complete. Do not blow into the device during this time.
3. Once the countdown finishes, power off the device.
4. Repeat this procedure 1-2 times (without blowing) before proceeding with your first actual test.

OPERATING INSTRUCTIONS

1. Pre-Measurement Cautions

For the most accurate and consistent results, observe the following precautions:

- Avoid brushing your teeth, smoking, drinking, or eating any foods for at least 30 minutes before taking a test.
- Test your ketone levels under consistent conditions each time. The recommended time is right after waking up in the morning, before consuming anything (in a fasting state).

2. Performing a Test

1. Press the ON/OFF button for 3 seconds to power on the device.
2. The device will warm up and perform an internal exhaustion cycle.
3. Once "START" is displayed on the screen, immediately blow into the mouthpiece for 5-6 seconds. Maintain a steady, gentle breath, similar to a "HAAAAAAAA" sound, rather than a sharp whistle.
4. The ketone meter will then analyze your breath.
5. The reading will be displayed on the screen after approximately 10 seconds.



Image: A visual comparison showing the traditional method of ketone testing via finger prick versus the modern breath testing method using the JASTEK Ketone Breath Analyzer.

3. Interpreting Breath Acetone Concentration Readings (PPM)

The device measures breath acetone in Parts Per Million (PPM). Use the following guidelines to interpret your results:

Readings:

- Breath Acetone Concentration (ppm): **0 ~ 1.9**

You are not in ketosis or just right before ketosis.

- Breath Acetone Concentration (ppm): **2.0 ~ 3.9**

You are at very early stage of ketosis.

- Breath Acetone Concentration (ppm): **4.0 ~ 9.9**

You are in a light status of ketosis.

The body fat is burning at a low pace.

- Breath Acetone Concentration (ppm): **10 ~ 39**

You are in the optimum level of ketosis.

This is the stable fat burning zone, the process of fat being used by the body as the main source of energy.

- Breath Acetone Concentration (ppm): **40 ~ 59**

Be Caution! You are approaching too much ketosis level.

Adjust your level to under 40ppm.

- Breath Acetone Concentration (ppm): **60 ~ 99**

Danger! You are in too high level of ketosis.

Ketoacidosis.

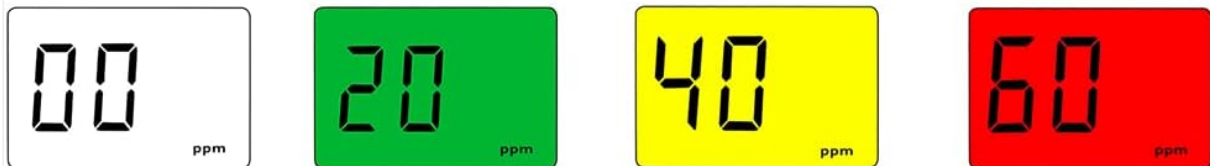


Image: A detailed chart outlining breath acetone concentration (PPM) ranges and their associated ketosis statuses, from no ketosis to ketoacidosis.

PPM Range	Ketosis Status
0 ~ 1.9 PPM	Not in ketosis or just before ketosis.
2.0 ~ 3.9 PPM	Very early stage of ketosis.
4.0 ~ 9.9 PPM	Light status of ketosis. Body fat is burning at a low pace.
10 ~ 39 PPM	Optimum level of ketosis. This is the stable fat burning zone, where fat is used as the main energy source.
40 ~ 59 PPM	Caution! Approaching too high ketosis level. Adjust your level to under 40ppm.

PPM Range	Ketosis Status
60 ~ 99 PPM	Danger! In too high level of ketosis. Risk of Ketoacidosis.



Image: A visual guide showing different PPM readings (00, 20, 40, 60) with associated color indicators, helping to quickly gauge ketosis levels.

MAINTENANCE

1. Mouthpiece Care

The mouthpiece is designed to be replaceable for hygiene. Ensure it is securely attached before each use. For cleaning, gently wipe the mouthpiece with a clean, damp cloth. Do not immerse the device in water.

HIGH ACCURACY



ERGONOMIC DESIGN



EXQUISITE MOUTHPIECE



Image: A close-up view of the mouthpiece, emphasizing its design and importance for accurate breath sampling.

2. Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it out of reach of children.

TROUBLESHOOTING

- **Inconsistent or Unexpected Readings:**
 - Ensure you have performed the initial device exhaustion procedure as described in the Setup section.
 - Verify that you are following all pre-measurement cautions (no eating, drinking, smoking, or brushing teeth 30 minutes prior).
 - Confirm that you are blowing steadily for the required 5-6 seconds immediately after "START" appears.
 - Check battery levels; low batteries can affect performance.
- **Device Not Turning On:**
 - Ensure batteries are correctly installed with proper polarity.

- Replace old batteries with new AAA alkaline batteries.
- Press and hold the ON/OFF button for the full 3 seconds.
- **Mouthpiece Detaches Easily:**
 - Ensure the mouthpiece is firmly pushed onto the device.
 - If the mouthpiece is worn or damaged, replace it with a new one.

SPECIFICATIONS

Model Number	JSCA0015
Brand	JASTEK
Power Source	2x AAA Alkaline Batteries (not included)
Detection Range	0 - 99 PPM Breath Acetone
Dimensions	Approximately 17.6 x 7.4 x 5.4 cm (6.1 x 2 inches)
Weight	Approximately 120 g
First Available	Jan. 19, 2021



Image: The JASTEK Ketone Breath Analyzer with its approximate dimensions of 6.1 inches in length and 2 inches in width indicated.

WARRANTY AND SUPPORT

Warranty Information

The JASTEK Ketone Breath Analyzer comes with a 12-month warranty from the date of purchase. If you are not satisfied with the product for any reason, a money-back option is available for 30 days after purchase. In case of a defect or malfunction within the warranty period, the product may be replaced at no charge.

Customer Support

Should you encounter any problems during the operation of your device, or if any parts are missing from your package, please contact the JASTEK customer service team for assistance. Refer to your purchase documentation for specific contact details.

