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> OSITO Health Expert Electronic Stimulator User Manual (Models AST-300C & AST-300D)

OSITO AST-300C, AST-300D

OSITO Health Expert Electronic Stimulator User Manual

Models AST-300C & AST-300D

1. IMPORTANT SAFETY INFORMATION

Please read all instructions and warnings carefully before using the OSITO Health Expert Electronic Stimulator. Failure to follow these instructions may result in injury or device malfunction.

- **Do not use** if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- **Do not use** if you are pregnant.
- **Do not use** if you have Deep Vein Thrombosis (DVT).
- **Do not use** on open wounds or damaged skin.
- Consult your physician before use if you have heart disease, hypertension, or any other medical condition.
- Keep out of reach of children.
- Always place bare feet on the stimulator (no socks).
- When using TENS pads, ensure both pads connected to a single wire are on the skin for proper function.
- Recommended usage is 20-30 minutes daily.

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.

2. PRODUCT OVERVIEW

The OSITO Health Expert Electronic Stimulator is designed to provide electrical muscle stimulation

(EMS) and Transcutaneous Electrical Nerve Stimulation (TENS) therapy for various parts of the body, primarily focusing on foot and leg circulation and pain relief. It features multiple modes and intensity levels for a customizable experience.

EMS Foot Massager for neuropathy



Image: The OSITO Health Expert Electronic Stimulator, a white device with black footpads, designed for muscle stimulation.

What's Included:

- OSITO Health Expert Electronic Stimulator Unit
- Remote Control
- TENS Pads (8 pieces)
- Electrode Wires
- USB Charging Cable
- Instruction Manual

Product Video:

Video: A detailed introduction to the foot massager, demonstrating its features and how it functions.

3. SETUP

1. **Charge the Device:** Before first use, fully charge the device using the provided USB charging cable. Connect the cable to the device's Type-C port and a suitable power source (car charger, laptop, power bank, or power socket). The LCD battery indicator will show charging status.



Image: The device charging via its Type-C port, with various power source options like car charger, laptop, power bank, and power socket.

2. **Prepare for Use:** Ensure your feet are clean and dry. Sit comfortably and place your bare feet on the designated footpads of the stimulator.
3. **Optional TENS Pad Connection:** If using TENS pads for other body areas, connect the electrode wires to the device and then to the TENS pads. Ensure the pads are attached to clean, dry skin.

Easy to Use

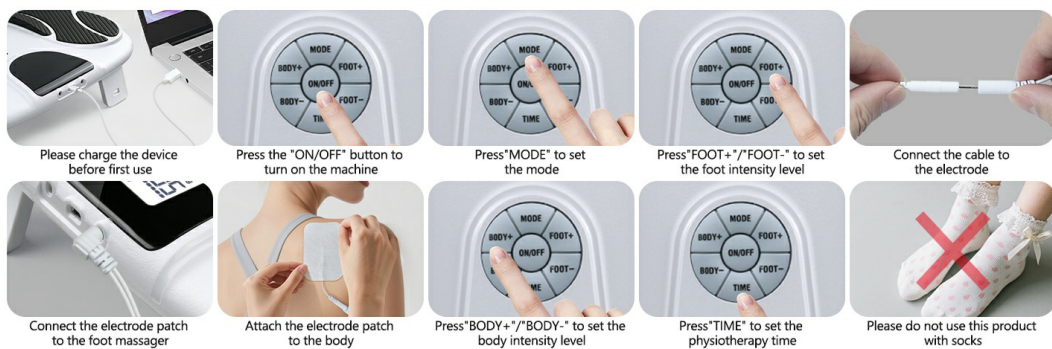


Image: Step-by-step visual guide on how to charge the device, turn it on, select modes, adjust intensity, connect electrode cables, attach TENS pads, and a warning not to use with socks.

4. OPERATING INSTRUCTIONS

The device can be operated using the control panel on the unit or the remote control.

Control Panel / Remote Functions:

- **ON/OFF Button:** Press to turn the device on or off.

- **MODE Button:** Press to cycle through the available stimulation modes (1-15).
- **FOOT+ / FOOT- Buttons:** Adjust the intensity level for foot stimulation.
- **BODY+ / BODY- Buttons:** Adjust the intensity level for TENS pad stimulation.
- **TIME Button:** Set the therapy duration. The device will automatically shut off after the set time.

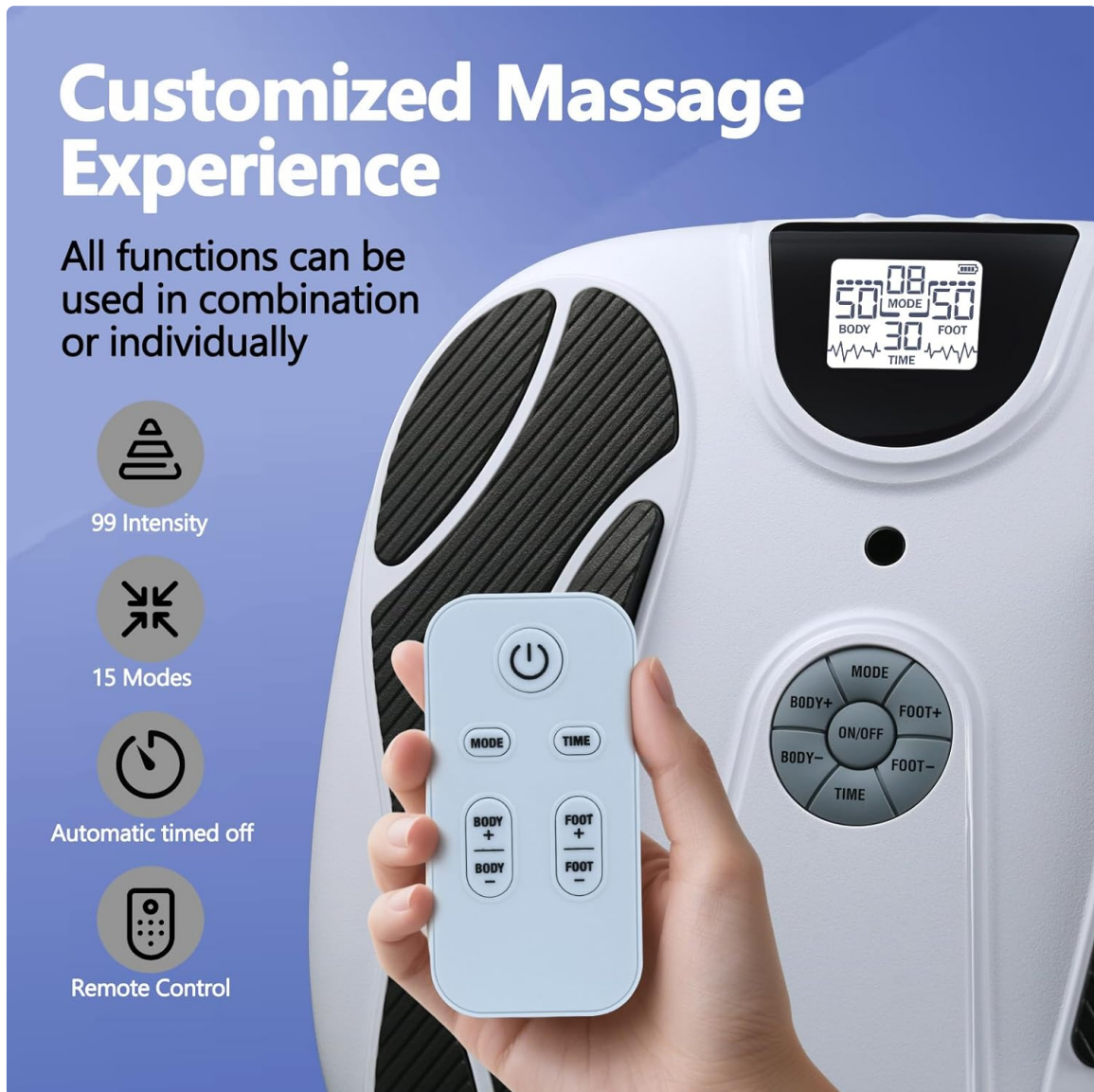


Image: The device's control panel and remote control, highlighting buttons for mode selection, intensity adjustment for body and foot, and timer settings.

Starting a Session:

1. Press the **ON/OFF** button to power on the device.
2. Select your desired mode using the **MODE** button. The device offers 15 modes, including relaxing, deep, and professional massage patterns.

The Best Choice for Family and Friends



Image: Visual representation of 15 modes and 20 intensity levels, categorized into relaxing, deep, and professional massage types, with an illustration of electrical stimulation on feet.

3. Adjust the intensity for your feet using the **FOOT+** and **FOOT-** buttons. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, stimulation.
4. If using TENS pads, adjust their intensity using the **BODY+** and **BODY-** buttons.
5. Set the session duration using the **TIME** button.
6. Relax and enjoy the stimulation. The device will automatically turn off when the timer expires.

5. USING TENS PADS

The included TENS pads allow for targeted pain relief on other body parts.

8 TENS Pads to Relieve Body Pain



Image: The OSITO stimulator with 8 TENS pads, illustrating their use on various body parts like arm, knee, shoulder, elbow, waist, thigh, leg, and abdomen for pain relief.

1. Connect the electrode wires to the TENS pads.
2. Plug the electrode wires into the designated ports on the side of the main stimulator unit.
3. Attach the TENS pads to the desired area of your body where you experience pain or muscle tension. Ensure the skin is clean and dry.
4. Adjust the intensity for the TENS pads using the **BODY+** and **BODY-** buttons on the device or remote.

TENS Unit Muscle Stimulator

8 pcs TENS pads for pain relief



Image: Eight TENS pads shown with examples of their application on different body parts for muscle stimulation and pain relief.

6. BENEFITS AND TARGET USERS

The OSITO Health Expert Electronic Stimulator is designed to provide various benefits:

- Relief from foot pain and muscle tension.
- Improvement of blood circulation.
- Support for recovery from conditions like plantar fasciitis and neuropathy discomfort.
- Relaxation of stiff muscles.
- Reduction of swelling in feet and legs.
- Potential improvement in sleep quality.



FDA-approved Class II Medical Device

- FSA/HSA approved
- Improve foot neuropathy
- Relieve body pain
- Relax stiff muscles
- Reduce swelling of feet and legs
- Promote blood circulation
- Improve sleep quality

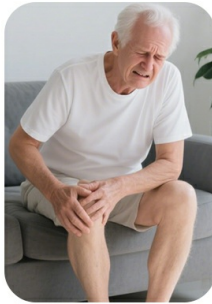
Image: A doctor standing next to a list of benefits, including FSA/HSA approval, improved foot neuropathy, pain relief, muscle relaxation, reduced swelling, promoted blood circulation, and improved sleep quality.

Suitable for:

- Elderly individuals with poor circulation.
- Individuals experiencing neuropathy pain.
- People who spend long periods standing or sitting.
- Individuals who frequently wear high heels.

- Those with poor sleep quality due to discomfort.

Who is suitable to use the foot massager?



**Elderly with
Poor Circulation**



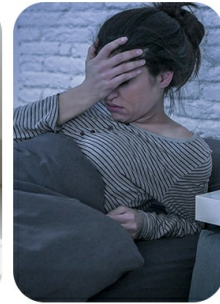
**Neuropathy
Pain**



**Long-standing
and sitting**



**Wear High
Heels**



**Poor Sleep
Quality**

Image: Illustrations of various individuals who can benefit from the foot massager, including the elderly with poor circulation, those with neuropathy pain, people with long-standing or sitting jobs, high heel wearers, and individuals with poor sleep quality.

7. MAINTENANCE

- **Cleaning:** Wipe the device and footpads with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **TENS Pads:** After each use, reattach the protective film to the TENS pads to maintain their adhesive quality. Replace pads when they lose their stickiness.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

- **No Power:** Ensure the device is fully charged. Connect the USB charging cable and allow it to charge for at least 2 hours.
- **No Stimulation:**
 - Ensure your bare feet are firmly placed on the footpads.
 - Increase the intensity level using the FOOT+ or BODY+ buttons.
 - If using TENS pads, ensure both pads connected to a single wire are making full contact with the skin.
 - Check that electrode wires are securely plugged into the device and pads.
- **Weak or Inconsistent Stimulation:**
 - Ensure TENS pads are not worn out; replace if adhesive is weak.
 - Clean skin thoroughly before applying TENS pads.
 - Ensure the device is adequately charged.

- **Remote Control Not Working:** Check the battery in the remote control and replace if necessary. Ensure there are no obstructions between the remote and the device.

9. SPECIFICATIONS

Brand	OSITO
Model Numbers	AST-300C, AST-300D
Product Dimensions	5 x 132.8 x 130 inches; 3 Pounds
Item Weight	3 Pounds
Power Source	Battery Powered (1 Lithium Ion battery included)
Target Use Body Part	Foot
Massager Form	Foot Massager Machine
Massage Therapy Technique	Rolling (EMS/TENS)
Special Features	Portable, Cordless
Material Type	Plastic
Color	White

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official OSITO website. Keep your purchase receipt for warranty claims.

11. CONTRAINDICATIONS

The OSITO Health Expert Electronic Stimulator should **NOT** be used by individuals with:

- Pregnancy
- Heart Diseases
- Hypertension
- Metal Implants
- Open Wounds
- Deep Vein Thrombosis (DVT)

This device is also not recommended for use by children.

Do Not Use in the Following Conditions

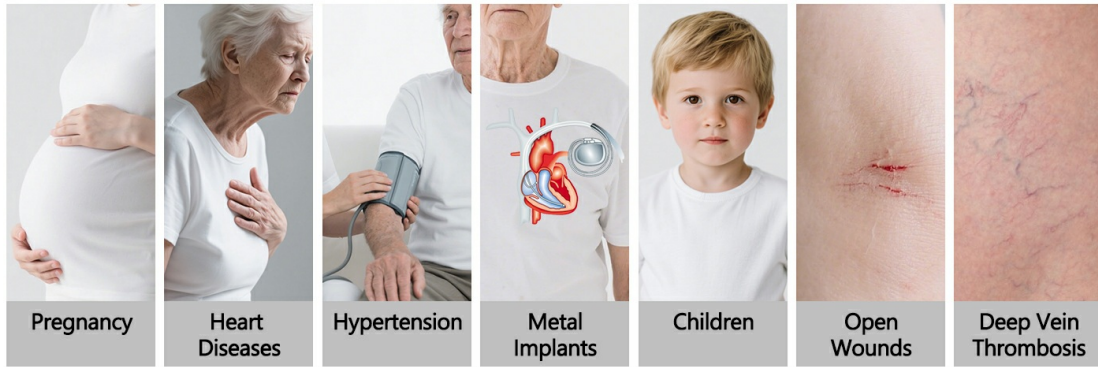


Image: Visual representation of conditions where the device should not be used, including pregnancy, heart diseases, hypertension, metal implants, children, open wounds, and deep vein thrombosis.