iReliev®
Restore, Recover, Renew

Strength & Recovery System
Dual Channel TENS + EMS

Model #
ET-7070

Instruction and Operating Manual

Read Before Using

www.iReliev.com

CE 0120

Table of Contents

INDICATIONS FOR USE

Your iReliev® Dual Channel TENS + EMS System, model # ET-7070 is intended for:

- Temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.
- Temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities.
- Symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.
- Stimulation of healthy muscles in order to improve or facilitate muscle performance.

WHAT YOUR SYSTEM INCLUDES:

1. iReliev® TENS + EMS Device
2. Belt Clip & Holster
3. (3) AAA Batteries
4. (2) Lead Wires
5. Tote Bag
6. (2) 3.5” x 5” XL Electrodes
7. (4) 2” x 2” Electrode Pads

OPTIONAL UPGRADE:

Conductive Back Wrap Accessory, Model # ET-1515

Visit iReliev.com or your authorized reseller to purchase accessories and replacement pads.

Make sure you have everything:

1. iReliev® TENS + EMS Device
2. Belt Clip & Holster
3. (3) AAA Batteries
4. (2) Lead Wires
5. Tote Bag
6. (2) 3.5” x 5” XL Electrodes
7. (4) 2” x 2” Electrode Pads

TENS+EMS

Belt Clip & Holster

AAA Batteries

Lead Wires

Tote Bag

3.5” x 5” Pads

2”x2” Pads

SAFETY INSTRUCTIONS

Read instruction manual before operation. Be sure to comply with all “CAUTIONS” and “WARNINGS” in the manual. Failure to follow instructions can cause harm to user or device malfunction.

Please read the following information before using your i**Reliev Dual Channel TENS+EMS Device**

What is TENS?

The more precise term is **T**ranscutaneous (meaning “through the skin”) **E**lectrical **N**erve **S**timulation (TENS). A TENS unit is an electrical powered device used to apply an electrical current to electrodes on a person’s skin to relieve pain associated with sore or aching muscles.

What is EMS or NMES?

EMS stands for Electrical Muscle Stimulation (EMS), also known as neuromuscular electrical stimulation (NMES) is the elicitation of muscle contraction using electric impulses. EMS has the potential to serve as a strength training and rehabilitation tool as well as offer post-exercise recovery benefits. An EMS device is used to stimulate healthy muscles to improve muscle performance.

Warnings for proper use and safety

- Do not use this System if you have a cardiac pacemaker, implanted defibrillator (s) or any other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- Do not use this System if you have undiagnosed chronic pain.
- Do not use if you are pregnant. The safety of electronic muscle stimulation over the pregnant uterus has not been established.

- Do not use if you suffer from cancer. The effects of electronic stimulation on cancerous tissue is unknown.
- Do not use if you are under medical supervision for cognitive dysfunction as you may not be able to comply with safety instructions.
- Do not use if the unit is in close proximity to shortwave or microwave diathermy equipment or you are connected to high-frequency surgical equipment, because of risk of device interference.
- Do not wear the device or place electrode pads over areas at which drugs/medicines are administered (short-term or long-term) by injection (e.g. hormone treatment).
- Do not use if you have epilepsy.
- Do not use if you have recently undergone a surgical procedure.
- Do not use following acute trauma or fracture in case of critical ischemia of the limbs.

⚠ WARNING AND PRECAUTIONS

- If you are under the care of a Physician, consult with your Physician before using this system.
- The long-term effects of this system are not known.
- Do not place the pads on or close to your heart.
- Do not place the pads around or close to your neck.
- Do not apply stimulation over the neck. Severe spasm of the muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation over the neck could also have adverse effect on hearing or blood pressure.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal.

- Do not place the pads on or around your head. The effects of stimulation of the brain are unknown.
- Do not use the electrode pads over or close to sores.
- Do not place the electrode pads on the front or sides of the neck across or through the heart (one pad on the front of the chest and one on the back), in the genital region, or on the head, because of the risk of stimulating inappropriate muscles and organs.
- Do not place the electrode pads over any recent scars, broken or inflamed areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any part of the body where feeling is limited.
- Do not place the electrode pads over areas of injury or restricted movement (e.g. fractures or sprains).
- Do not use while sleeping.
- Do not use if you feel numbness.
- Do not use in or close to water.
- Do not use the pads over or close to cancerous lesions.
- Use the electrode pads only on normal, healthy, clean and dry skin. Do not use the electrode pads on open wounds or rashes, or over swollen, red, infected or inflamed skin.
- If you have ever had back surgery, consult your Physician before using this System.
- You must position the pads and operate the unit ONLY as indicated in this manual.
- Avoid placing the pads over metal implants.
- Do not use in the bath or shower, or in an environment of elevated humidity (e.g. Sauna, hydrotherapy, etc).

Wait before using this system until:

- At least 6 weeks after the birth of your baby (consult your doctor before use).
- At least 1 month after an IUD contraceptive device (e.g. coil) has been fitted (consult your Doctor before use).
- At least 3 months after having a caesarean section (consult your doctor before use).
- If applicable, please allow heavy days of your menstrual flow to cease before use of this device. Vigorous abdominal exercise is not recommended under this circumstance.

⚠ Additional Precautions

- Keep this manual available whenever you use the system.
- The system is intended for personal use on healthy adults only.
- The effectiveness of the system depends greatly on a person's individual physical condition. It may not always be effective for every user.
- The safety of TENS + EMS stimulation during pregnancy has not been established.
- Use caution when and/or if:
  - User has skin areas that lack normal sensation.
  - Following surgical procedures if muscle contractions might impede the healing process.
  - Over a menstruating or pregnant uterus.
  - There is a tendency to hemorrhage following acute trauma or fracture.
- Place electrode pads in accordance with illustrations in this manual.
- This unit should not be used while driving, operating machinery or during any activity in which involuntary muscle contractions may place the user at undue risk of injury.

- This unit should not be used while driving, operating machinery or during any activity in which involuntary muscle contractions may place the user at undue risk of injury.
- Some users may experience skin irritation or hypersensitivity due to the electrical stimulation or the conductive medium.
- Keep the device out of the reach of children.
- This device should only be used with iReliev® brand leads, electrode pads, and accessories.
- Application of moderate heat (thermal wrap) to muscles as well as moistening skin prior to treatment improves treatment efficacy; use of cold packs on treated muscles after treatment is also recommended.
- The device is not intended for medical use, for the treatment of any medical condition or for any permanent physical changes.
- Contact ExcelHealth, or an authorized dealer, if your unit is not working correctly. Do not use in the meantime.
- An effective session should not cause discomfort.
- For first time users, stimulation can be an unusual sensation. We recommend that you begin in a seated position with low stimulation intensity settings to familiarize yourself with the sensation before progressing to higher intensity levels.
- Start all sessions in a sitting position (Fig. A1). If necessary, secure the limb(s) before using this device.
- Do not over exert yourself while using the device.

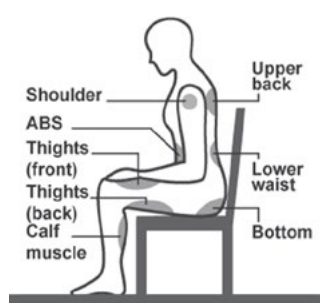


Figure A1

- Do not place pads over jewelry or body piercings.

Please use caution and consult your Physician before using system if any of the following conditions apply to you:

- You have any serious illness or injury not mentioned in this guide.
- You have recently undergone a surgical procedure.
- You take insulin for diabetes.
- You use the device as part of a rehabilitation program.
- If you have suspected or diagnosed heart problem.
- If you have suspected or diagnosed epilepsy.
- If you have a tendency to bleed internally following an injury.
- If areas of skin lack normal sensations, such as skin that tingles or is numb.
- During menstruation or during pregnancy.
- Some people are sensitive to stimulation. If your skin is sensitive to the feeling, please stop use immediately and consult your Physician.
- If skin under one of more pads feels irritated after using the device for a long period of time, use the device for a shorter period of time.
- Minor redness at stimulation placement is a normal skin reaction. It is not considered as skin irritation, and it will normally disappear within 30 minutes after the electrodes are removed. If the redness does not disappear after 30 minutes from the removal of electrodes, do not use the device again until after the redness has disappeared.

- Turn off the device if the stimulation feels unpleasant or does not provide pain relief.
- Keep your device out of the reach of children.
- Use your device only with the electrode pads and accessories by the manufacturer.
- Do not use this System when driving, operating machinery or when swimming.
- Before removing the electrode pads or optional back wrap, be sure to power off device to avoid unpleasant stimulation.

After strenuous exercises or exertion:

Always use lower intensity to avoid muscle fatigue.

Important:

- Do not use your device at the same time as any other device which transfers an electrical current into the body (e.g. another TENS device or EMS muscle stimulator).
- Cease using your device if you are feeling light headed or faint. Consult a Doctor if this happens.
- Do not touch the pads or metal studs while the device is switched on.
- Do not use the device if you are wearing a belly button ring. Remove ring before use.
- Note: If you are in any doubt about using device for any reason, please consult your doctor before using.

Electrode Pad Precautions

- To re-position the pads during a session, always pause the program currently running, reposition the pads as directed on page 18 or page 19 and then restart the program again.
- Only use iReliev® brand electrode pads with your device.
- The electrode pads are for single person use only.

- Other products may not be compatible with your unit and could degrade the minimum safety levels.
- Do not plunge the pads into water.
- Do not apply solvents of any kind to the pads.
- Always ensure the unit is OFF before removing the pads.
- Apply the whole surface of the pads firmly to the skin. Do not use pads which do not adhere properly to the skin.

Adverse Reactions

- You may experience skin irritation and/or minor burns beneath the stimulation electrodes applied to your skin.
- Do not apply electrodes to head or face. You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes, head and face.
- You should stop using the device and should consult with your physician if you experience any adverse reactions from the device.

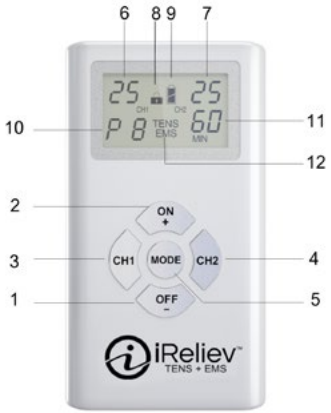
Conditions that may affect your system

Since the device is a battery-operated electronic system, its output performance and safety may be affected greatly in extreme humidity. Therefore, it is very important to keep the device dry to ensure the safety and performance of the device.

Checkout the Step by Step Video at:
https://ireliev.com/step-by-step-video-guide/

or Use QR Code reader to watch the Step by Step Video

STEP BY STEP SET UP GUIDE



1	Power off/adjust/decrease key
2	Power on/adjust/increase key
3	CH 1 (Channel 1) Key
4	CH 2 (Channel 2) Key
5	Program Mode (Therapy time selection)
6	CH 1 intensity level
7	CH 2 intensity level
8	Lock status indicator
9	Battery status indicator
10	Program Modes: TENS P1 thru P8 EMS P1 thru P6
11	Therapy time remaining
12	Therapy Type (TENS or EMS)

1. Install Batteries

The battery compartment is located on the back of the device. (Fig. A) Open the battery compartment by pushing the battery cover marked “Open” downward (this area features raised marks for easy identification).

Insert 3 AAA (1.5 V) batteries in the battery compartment; match up the symbols (+/–).

Close the battery cover by carefully placing the stud into the slot in the rear area and sliding it upward, applying slight pressure.

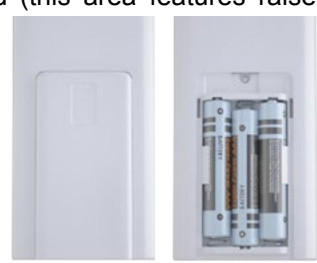


Figure A

Follow the same procedure when replacing the batteries.

▲Note: Important precautions regarding the batteries:
Keep away from children. Do not recharge. Do not short-circuit. Do not throw into a fire.

Please recycle old batteries.

Low Battery Status Indicator

The battery status indicator will be visible whenever the battery is low. This means that soon you will have to replace the batteries. (Fig. B)

The batteries should last between 30 and 60 applications depending on stimulation times, frequencies, intensities and use of single or dual channels.

Figure B

2. Connect Lead Wire Cable(s) to CH1 or CH2

Insert 1 or 2 lead wire cables into respective channel (Fig. C).

▲ Note: Fully insert lead wire(s) into Channel 1 (CH1) and/or Channel 2 (CH2) socket. This will ensure the safety feature intensity level reset is not activated.

▲ Note: The system will by default auto-set to “0” intensity on respective channel if lead wire cable(s) is not fully inserted.

Figure C

3. Connect Electrode Pads to Lead Wire(s)

Connect lead wire pins to 2 small or 1 XL pad per channel (fig. D), before applying to the skin. System requires that a minimum of 2 small electrode pads or 1 XL electrode pad per lead wire.

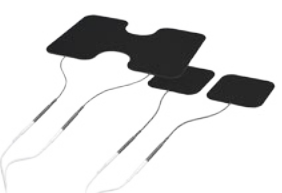


Figure D

▲ Note: The system will by default auto-set to “0” intensity on respective channel if correct number electrodes are not attached.

3a. Remove Electrode Pads from Plastic Film (Fig. E)

▲ Note: To preserve the integrity of the electrode pads, affix back onto film when your therapy has concluded.

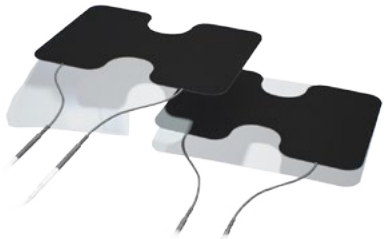


Figure E

▲ Note: The electrode pads are disposable and use an adhesive gel that will dry after prolonged use or storage. Pads should be replaced when they lose their adhesive quality, or you sense a change in stimulation sensation. If you're in doubt about the integrity of the pads, replace with new electrode pads.

▲ Note: The last treatment program you used will be stored and appear on the display, when you turn on the device.

4. Place Electrode Pads on your Skin (Fig. F)

Place electrode pads on your skin as per the diagram:

▲ Note: For your system to work satisfactorily, be sure that 2 electrode pads are placed properly on your skin as per page 18.

▲ Note: A minimum of 2 small electrodes or 1 XL Pad per channel is required.

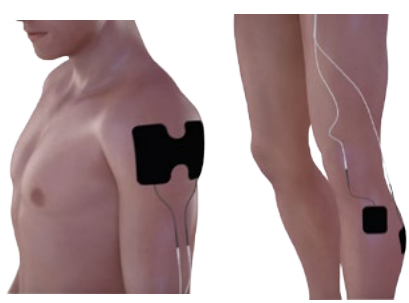


Figure F

5. Turning On & Off the Device

Power ON by pressing and releasing “ON/+” button.The device turns off automatically after the therapy session time has elapsed. (Fig. G)

Power OFF by pressing “OFF/“ button for three (3) seconds. The display will go blank and the device will turn off.

▲Note: To prevent unpleasant electric shocks, never remove the electrode pads while it is still turned on.

Figure G

6. Treatment Time

To select Treatment Time, press mode button (Fig. H) see lower right quadrant of LCD screen blink. Press and release “ON/+” or “OFF/-” to increase or decrease treatment time from 5-60 minutes.

▲Note: The device offers 12 preset times: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 minutes.

Figure H

▲Note: Time will countdown on the display in 1-minute increments for the duration of your session.

▲Note: The last treatment program you used will be stored and appear on the display, when you turn on the device.

7. Select TENS or EMS

To Select TENS or EMS: Press and release “MODE” button (Fig. I). Press and release “ON/+” or “OFF/-” (Fig. J) to toggle between TENS & EMS.

Figure I

Figure J

8. Select Therapy Modes (TENS P1-P8 or EMS P1-P6)

The device offers 14 pre-set treatment program modes (see table pages 21-22). Modes differ in varying pulse widths and frequencies.

To Select Therapy Mode: Press and release “MODE” button. On LCD, see lower right treatment time blink, press and release “MODE” button twice. (Fig. K) Program Mode P1-P8 will blink. Press and release “ON/+” or “OFF/-” to navigate to preferred therapy mode.

Figure K

▲ Note: Always start with the lowest intensity gradually increasing until you feel a “tingling” sensation. Never increase the intensity to a level that causes additional pain. Stay under the point of discomfort. Start with short sessions of 5-10 minutes until you are comfortable with the stimulation.

9. Select Intensity

Intensity is adjustable according to the channel selected.

To Adjust Intensity: Select the channel by pressing CH1 (Fig. L) or CH2. The “CH1” or “CH2” quadrant of the LCD will flash on the display. To increase or decrease the intensity, press “ON/+”, to increase or “OFF/– “ (Fig. M) to decrease pressing until the desired intensity level flashes on the display. Press “MODE” to save your selection.

▲ Note: You will feel the intensity increase or decrease as you select the intensity level. You can use this as a guide to select a level that is comfortable for you.

Figure L

Figure M

SPECIAL FEATURES:

Lock Function

Press and hold “ON/+” and “OFF/-” keys simultaneously for 3 seconds to lock/unlock the device (Fig. N). The lock function prevents accidental setting changes.

This feature is particularly helpful when placing the device inside your pocket, purse or wearing on your belt clip.

Figure N

Intensity Level Reset

For your safety, the intensity level will default to “0” and will not increase past “1” if the device is not set up properly. (Fig. O)

Please follow the necessary steps 1-9. Be sure to have quality electrodes firmly affixed according to placement guide on the following pages.

Figure O

Intensity level reset will occur in the following instances:

- After the therapy session has elapsed.
- If electrodes are not affixed firmly or or setup procedure is not followed.
- If therapy type or program has been changed.

System Defaults & Features

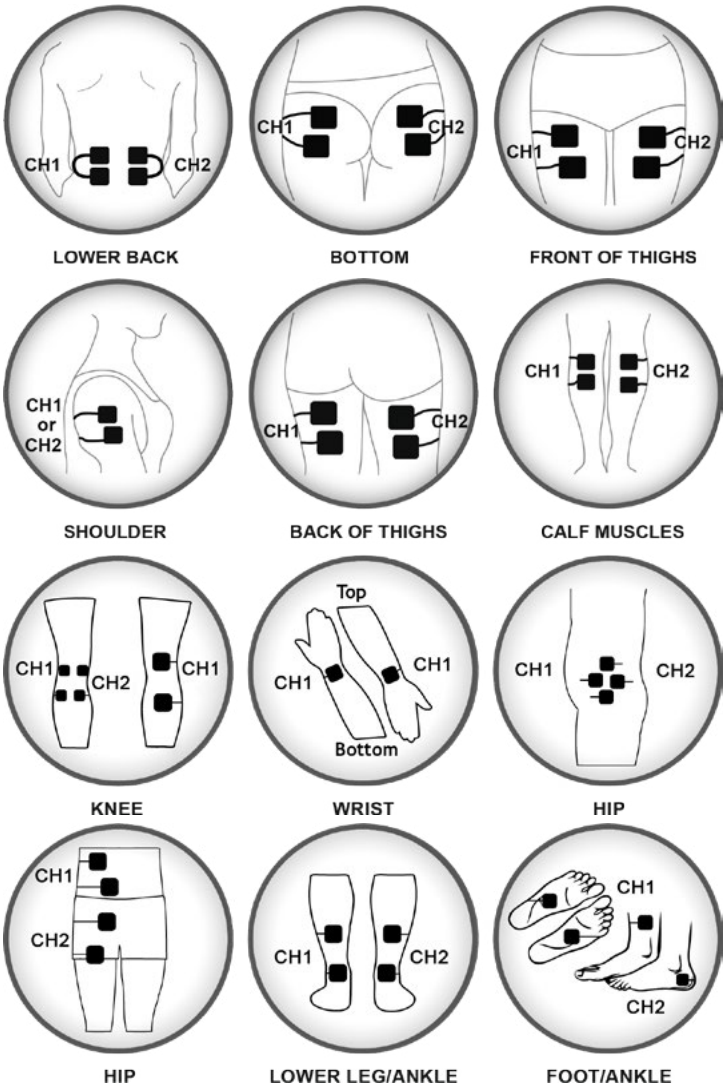
▲AUTOMATIC SHUTOFF: The device turns off automatically when the therapy time has elapsed or when no button is pressed for 60 seconds.

▲MEMORY: The most recently set therapy time is stored. If you change the program mode during your therapy, the previous therapy time won’t restart, unless you reset it. The last-treatment program you used will appear on the display, when you turn on the device.

▲Press MODE to save your selection. The program selected will appear on the display the next time you turn on the device.

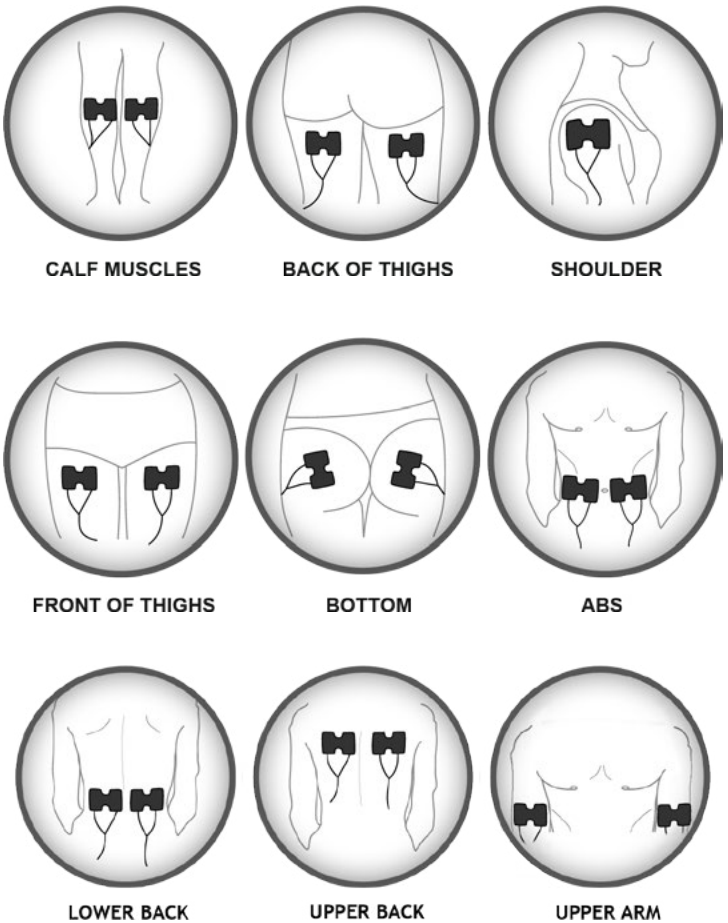
ELECTRODE PAD PLACEMENT

Small Pad Placement



XL Pad Electrode Pad Placement

Place electrode pads on your skin as per the diagram:



Electrode Pad Care & Maintenance

The electrode pads are disposable and use an adhesive that will dry after prolonged use or storage. Pads should be replaced when they lose their adhesive quality, or you sense a change in stimulation sensation.

• Make sure skin is clean dry, and free from lotion.

• Remove Electrodes by lifting the edge.

• While disconnecting or inserting pin, hold the pin connector

• Do not submerge Electrodes in water.

• Do not remove Electrodes by pulling the leadwire

• Do not pull the leadwire to remove the pin.

TENS Modes (Programs 1-8)

TENS Program Modes	Pulse Rate	Output Mode	Type of Pain	Potential Benefits	You Should Feel
P1	15Hz	Constant	Chronic Pain	•Pain Gate Control •Pain relief associated with muscle groups	•Continuous comfortable tingling.
P2	60Hz	Modulated	Acute Pain	•Pain Gate Control •Help relieve muscle twitching/spasms	•Comfortable pulsing sensation
P3	60Hz	Constant	Chronic Pain	•Pain Gate Control •Pain relief associated with muscle groups	•Comfortable pulsing sensation
P4	2-60Hz	Modulated	Chronic Pain	•Achieve endorphin and gate response	•Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves) •Massage-like feeling
P5	60Hz	Modulated	Chronic Pain	•Achieve endorphin and gate response •Decreased muscle fatigue	•Variable mild tingling sensation (sensation should appear to come in waves) •Massage-like feeling
P6	7-60Hz	Modulated	Chronic Pain	•Decreased muscle fatigue	•Variable pulsing and pumping action (action should appear to come in waves)
P7	60Hz	Modulated	Chronic Pain	•Prevents accommodation of habituation	•Variable tingling and pumping action (action should appear to come in waves)
P8	2.45-245Hz	Cycle	Arthritis	•Combination of pain gate control & endorphin release •Pain relief related to muscle groups •Helps prevent habituation (re-occurrence)	•Massage-like feeling

All electrical specifications are ±20%

EMS Modes (Program P1-P6)

EMS Program Mode	Pulse Rate	Output Rate	Work Out Program	Potential Benefits	You Should Feel	EMS Suggestion
P1	40-99Hz	2 Sec. On 1 Sec. Off	Exercise Prep	•The program can gently warm muscles prior to exercise	•Rhythmic Massage	•Increase the intensity until you get a strong but comfortable muscle movement. •10 min/duration
P2	4Hz		Muscle Recovery	•The program produces muscle twitches at very low frequency •For Muscle Recovery from fatigue and relaxation to help decrease muscle stiffness	•Tapping Massage	•Use after intense exercise to promote recovery & relaxation •30 min/duration
P3	5Hz		Active Recovery	•The program produces muscle twitches at very low frequency •For Muscle Recovery from fatigue and relaxation to help decrease muscle stiffness	•Soft Tapping Massage: Similar to P2 but twitch rate is slower resulting in softer tapping	•Use after intense exercise to promote recovery & relaxation •20 min/duration
P4	99Hz	2 Sec. On 1 Sec. Off	Active Recovery	•The program activates the muscle in a short contraction/ relaxation cycle	•Kneading Massage	•Use after intense exercise to promote recovery & relaxation •20 min/duration
P5	4-20Hz	2 Sec Ramp Up 6 Sec. On 2 Sec. Ramp Down 1 Sec. Off	Endurance	•The program uses a low frequency pulse to initiate slow twitch fibers for developing aerobic capacity & capillary supply •It helps improve fatigue resistance during long duration moderate intensity exercise	•The exercise comprises alternating sequence of work and rest phases lasting several seconds	•Increase the stimulation intensity until you get a strong and deep muscle contraction. •Do not exceed your comfort level •20 min/duration
P6	50Hz	2 Sec Ramp Up 5 Sec. On 3 Sec. Ramp Down 10 Sec. Off	Muscle Strength	•The program uses a low frequency pulse to initiate fast twitch fibers for developing aerobic capacity and capillary supply and is used for improving maximum muscle strength	•The exercise comprises a sequence of work phases separated longer relaxation phase. Strong deep muscle contraction	•Increase the stimulation intensity until you get a strong and deep muscle contraction. •Do not exceed your comfort level •20 min/duration

CARE AND MAINTENANCE

The Device

The device may be wiped clean with a small amount of soapy water on a clean cloth. Do not submerge the device in liquids or expose it to large amounts of water.

▲Never use aggressive cleaning products of stiff brushes to clean the device.

▲Remove the battery before cleaning the device.

▲Do not use the device again until it is completely dry.

▲Do not expose the device to direct sunlight and protect it from dirt and moisture.

Cables

▲Disconnect the cables from the device and electrodes.

▲Do not pull on the cables, only on the connectors attached to the ends of the cables.

How to Store Your System

▲Store your System at room temperature in a dry place, out of the reach of children.

▲If the device will not be used for more than a week, remove the battery from the device.

Troubleshooting Guide

Potential Problem	Cause	Remedy
• Device does not turn on	• No batteries are detected or are expired	• Replace batteries
• The device turns on and then off again	• Battery not inserted or life expired.	• Re-insert batteries according to instructions • Or replace batteries
• The device turns on, but intensity cannot be increased beyond "1" for extended period. Auto intensity reset safety feature is initiated.	• System not set-up properly or resistance to pads not detected by device.	• Connect lead wire (s) to device, electrodes to lead (s) & place on body part. 2 small or 1 XL electrode pad per channel is required. • Replace used electrode pads. The quality of the gel may be diminished.
• The device turns on, but does not generate electric pulses	• Lead wire cable or electrodes are broken or disconnected • Treatment time expired	• Replace/reconnect lead wires. • Ensure lead wire plug is properly seated in channel CH1/CH2. • Switch the device to the OFF position and then power ON
• The device does not turn on even though new batteries are installed		• Contact ExcelHealth at 406-672-6066 or visit us at www.iReliev.com. We want your iReliev experience to be great.

Technical Specifications

Specification Type	Specification Description
Channel	• Dual channel, isolated channels
Pulse Amplitude	• Adjustable 0-80mA peak into 500Ω load per channel
Pulse Rate	• As pre-programming operation mode
RMSV at 3.5 V (max)	• RMSA at 1.3mA (max.)
Pulse Width	• As pre-programming operation mode
Timer	• 5-60 minute adjustable
LCD	• Shows modes, pulse rate, pulse width, timer, CH1/CH2, intensity level
Wave Form	• Symmetrical bi-phasic square pulse
Charge per Pulse	• 20.8 micro-coulombs maximum
Environmental Operating Conditions	• +50°F (10°c) to +104° (40°c) • 40-90% max. Relative humidity
Environmental Transportation & Storage Conditions	• +14°F (-10°c) to +140° (60°c) • 30-95% max. Relative humidity
Device Weight	• 75 grams or 2.64 Ounces (Battery Included
Dimensions	• 3.54" (H) x 2" (W) x .76" (D)
Power Source	• 3 x AAA/ 1.5 Volt Batteries

Technical Symbols

Symbol	Symbol Description
	This symbol means “Serial number“
	This symbols means “Attention” consult the accompanying documents
	This symbols means “Manufacturer“
	This symbol means type BF equipment; this device offers protection against electrical shock by standard compliance to leakage current of electrode pad

The package of electrode pads are labeled as follows:

	This symbol means “used before”, represented as “YYYY-MM” (For year and month)

ELECTROMAGNETIC COMPATIBILITY

The device complies with current specifications with regard to electromagnetic compatibility and is suitable for use in all premises, including those designated for private residential purposes. The radio frequency emissions of the device are extremely low and in all probability do not cause any interference with other devices in the proximity.

It is recommended that you do not place the device on top of or close to other electronic devices. Should you notice any interference with other electrical devices, move the iReliev device as radio equipment may affect the operation of this device.

Guidance & manufacturer's declaration electromagnetic emissions

The ET-7070 is intended for use in the electromagnetic environment specified below. The customer or the user of the ET-7070 should assure that is used in such an environment.

Emissions	Compliance	Electromagnetic environment guidance
RF Emissions CISPR 11	Group 1	The ET-7070 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The ET-7070 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class C	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

Guidance & manufacturer's declaration electromagnetic immunity

The ET-7070 is intended for use in the electromagnetic environment below. The customer or the user of the ET-7070 should assure that it is used in such an envi ronment.

Immunity Test	IEC 60601	Compliance Level	Electromagnetic environment guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines	± 2 kV for power supply lines	Main power quality should be that of a typical commercial or hospital environment
Surge IEC 61000-4-5	± 1 kV line(s) and neutral	± 1 kV line(s) and neutral	Main power quality should be that of a typical commercial or hospital environment
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % UT (>95 % dip in UT) for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT) for 25 cycles <5 % UT	<5 % UT (>95 % dip in UT) for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT) for 25 cycles <5 % UT	Mains power quality should be that of a typical commercial or hospital environment. If the user of the ET-7070 requires continued operation during power mains interruptions, it is recommended that the ET-7070 be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	Not applicable	Not applicable

NOTE: UT is the a.c. mains voltage prior to application of the test level

Guidance & manufacturer's declaration electromagnetic immunity

The ET-7070 is intended for use in the electromagnetic environment specified below. The customer or the user of the ET-7070 should assure that it is used in such an environment.

Conducted RF IEC61000-4-6	V/m 80MHz to 2.5 GHz	3 V/m	Portable and mobile RF communications equipment should be use no closer to any part of the ET-7070, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance. $d = 1.2\sqrt{P}$ $d = 1.2\sqrt{P}$ 80 MHz to 800 MHz $d = 2.3\sqrt{P}$ 800 MHz to 2.5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and (d) s the recommended separation distance in meters (m). Field strengths from fixed RF Transmitters as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range. b. Interference may occur in the vicinity of equipment marked with the following symbol: 
Radiated RF IEC 61000 4-3	3 V/m 80MHz to 2.5 GHz	3 V/m	

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption & reflection from structures, objects & people.

A. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the ET-7070 is used exceeds the applicable RF compliance level above, the ET-7070 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as relocating the ET-7070.

B. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Guidance & manufacturer's declaration electromagnetic immunity

The ET-7070 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the ET-7070 should help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the ET-7070 device as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter *W*	Separation distance according to frequency of transmitter *m*		
	150 kHz to 80 MHz $d = 1{,}2\sqrt{P}$	80 MHz to 800 MHz $d = 1{,}2\sqrt{P}$	800 MHz to 2.5 GHz $d = 2{,}3\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance (d) in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where (P) is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

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The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.

The warranty applies to the main device and necessary parts and labor. Batteries, lead wires, electrodes, and other accessories are guaranteed to be free from defects in workmanship and materials at the time of purchase.

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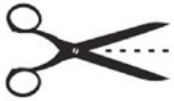
Please go to https://ireliev.com/registration to register your Dual Channel TENS + EMS System, Model # ET-7070 within 14 days of purchase to receive free gifts and discounts.

When registering your device. flip it as shown to reveal serial number. Enter serial number on the warranty registration form or complete warranty on the following page. Please send registration card within 14 days of purchase in a stamped envelope. All ireliev devices have separate serial numbers.



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