

Vital Leg

Model No. 2427

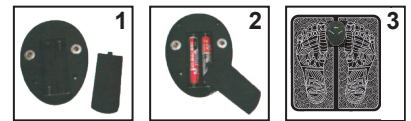
Please read carefully before use and keep for future reference

PARTS

- 1x EMS Foot Massager Mat
- 1x Control Device

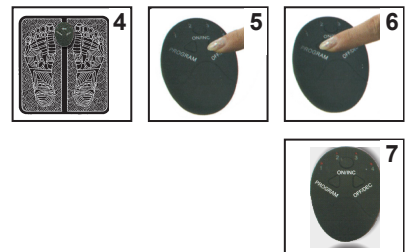
SETTING UP

- Locate the Control Device and turn over to reveal the battery compartment (1)
- Gently push down on the cover to remove and insert 2 AAA batteries (not included) (2)
- Replace the cover
- Attach the Control Device by aligning the two poppers and pushing down until they click into place (3)



HOW TO USE

- Sit in a comfortable position and place the mat flat on the floor. (4)
- Push the "On/Inc" button to start the mat. The mat will start at the lowest setting (5)
- Press "Programme" button to cycle between the 6 programmes. (6)
- Place both bare feet onto the mat. **You will not feel any effects if only one foot is on the mat, or you keep socks/stockings on during use.**
- Push the "On/Inc" button to increase to the desired intensity. (7)
- If Intensity is too high press the "Off/Decrease" button to lower the intensity
- The intensity of levels range between 1 and 10.
- To turn off Press "Off/Decrease" button repeatedly until mat has turned off
- The Control Device features automatic shut off technology that will turn the mat off after 15 minutes



MODES

There are 4 lights that denote which mode is in use. See light indicator below.

IMPORTANT NOTICES

Do not use if you have or suffer from any of the following

- A Pacemaker or AICD Device
- If you are pregnant
- If you have or have had Deep Vein Thrombosis (DVT)
- High Blood Pressure
- Have Heart Disease
- This appliance shall not be used by children and persons with reduced physical, sensory, or mental capabilities. Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Non-rechargeable batteries are not to be recharged
- Different types of batteries or new and used batteries are not to be mixed
- Batteries are to be inserted with the correct polarity
- Exhausted batteries are to be removed from the appliance and safely disposed of
- If the appliance is to be stored unused for a long period, the batteries should be removed
- The supply terminals are not to be short-circuited.

TECHNICAL SPECIFICATION

Function: EMS Foot Massager **Using Mode:** 6 modes **Intensity Level:** 10 levels **Voltage:** DC 3V **Output:** 9.8mA **Size:** 32*29.5*0.3CM
Suggested temperature of using environment: Around 15-35°C **Auto Shut-Off:** 15 Minutes **Frequency:** 1-100Hz **Weight:** 230g

FREQUENTLY ASKED QUESTIONS

Q: I cannot feel anything in my feet?

A: Sole setting is too low. Increase this until you can feel it (it goes up to 10)

Q: Yesterday I used it on sole setting 5, today I cannot feel anything?

A: Your body's response to the therapy will alter from day to day. Some days you may have to increase the sole setting to feel the benefits.

Q: My legs ache after using device

A: Either you had it on a sole setting that was too high for you (so reduce this setting next time you use it) or you have used too many times within a few days. Allow a rest period before using the device again. The Vital leg should not be used more than twice a day.

Q: I really don't feel anything when using the device, even on a high sole setting.

A: You may be dehydrated; the device sends tiny electrical impulses to sole of your feet. You need to drink plenty of water to feel maximum benefit.