

## **User Guide & Precautions of iTera-Bio Device**

### **A. Who can use:**

It is essential for all users to be aware that the iTera-Bio device may not be suitable for individuals with certain physical and medical conditions listed in this guide.

Use of the iTera-Bio device is prohibited for the following individuals:

1. Individuals who experienced cardiopulmonary dysfunction in the past;
2. Individuals with neurological disabilities or impairments;
3. Individuals with high body temperature exceeding 38°C;
4. Individuals who rely on life-sustaining artificial heart-lung machines and other similar equipment;
5. Individuals with cardiac pacemakers and other metal artificial organs as well as metal implants;
6. Children or individuals who are unable to communicate effectively;
7. Individuals with sensory impairment or sensory disturbances;
8. Individuals who have undergone tumor or cancer cell tissue treatment (such as thyroid cancer, breast cancer etc.).

Use with caution if you are experiencing any of the following symptoms:

1. Those with bleeding tendency (such as patients with uterine fibroids, menstrual period), etc;
2. Those who are insensitive to heat (such as intervertebral disc herniation leading to compressed nerves, resulting in insensitivity of lower limbs);
3. Those who are incapable of taking care of themselves;
4. Those with diabetes or high blood pressure.

### **B. Preparation for use:**

1. It is recommended that all users must adjust the intensity of the energy meter from low to high gradually. Avoid directly going to a high level to prevent the user from experiencing excessive exercise reactions such as dizziness, shortness of breath, nausea, vomiting, etc;
2. Users are advised to drink enough water, at least two glasses before the session, to prevent adverse reactions such as dehydration due to excessive usage exposure.

### **C. When using:**

1. In case of any discomfort during use, it is advised to immediately switch off the power and temporarily discontinue its use.

### **D. Special Precautions:**

1. This product operates on the fundamental principle of utilizing various bio energies to accelerate blood circulation in the human body, promoting self-healing abilities. However, it is important to note that this increased circulation may impose a certain level of strain on the heart and lungs. Therefore, individuals with physical weakness may experience some discomfort. It is crucial for such individuals to strictly follow the scientifically recommended method of gradually increasing the intensity of the energy meter from low to high during operation;
2. The maximum exposure duration of this product should not exceed 2 times a day, with each session lasting 30 minutes. It is important to maintain a minimum interval of more than 4 hours between these sessions;
3. When using this product, please be cautious not to touch any part of your feet with your hands. Avoid placing only one foot on the metal plate and refrain from touching the metal plate with a single point, such as your tiptoe. Additionally, ensure that your knees do not come into contact with each other. These precautions are necessary to prevent overcurrent and the risk of burns;
4. When using this product, kindly ensure that you keep your bare feet apart and firmly pressed against the metal plate. Wearing socks while using the product is strictly prohibited to prevent excessive heat buildup on your feet. It is also strictly prohibited to place any objects on the metal plate;
5. When cleaning the product after use, avoid using water to wash the metal plate and operation panel. Instead, opt for a damp cloth to gently wipe them clean;
6. For prolonged periods of non-use, please ensure to power off the product!
7. Important reminder: Prior to using this product, please be sure to read the "Instruction Manual" carefully, and adhere strictly to the safety instructions provided.