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Greetings.

Thank you for your purchasing from OSITO.

If you have any question, please feel free to contact us.

**ACTIVATE YOUR 24-MONTH WARRANTY to Get TENS ELECTRODE PADS**

Register within 2 weeks after receiving your Foot Circulation Massager

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Sincerely  
OSITO

# Health Expert Electronic Stimulator

E.M.S Scientifically proven



Wellkang Ltd  
Address: Suite B, 29 Harley Street, London W1G 9QR, England, UK



Shenzhen OSTO Technology Co., Ltd  
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Longgang Street, Shenzhen City, China.



2020-09

Keep Healthy  
Cherish Life

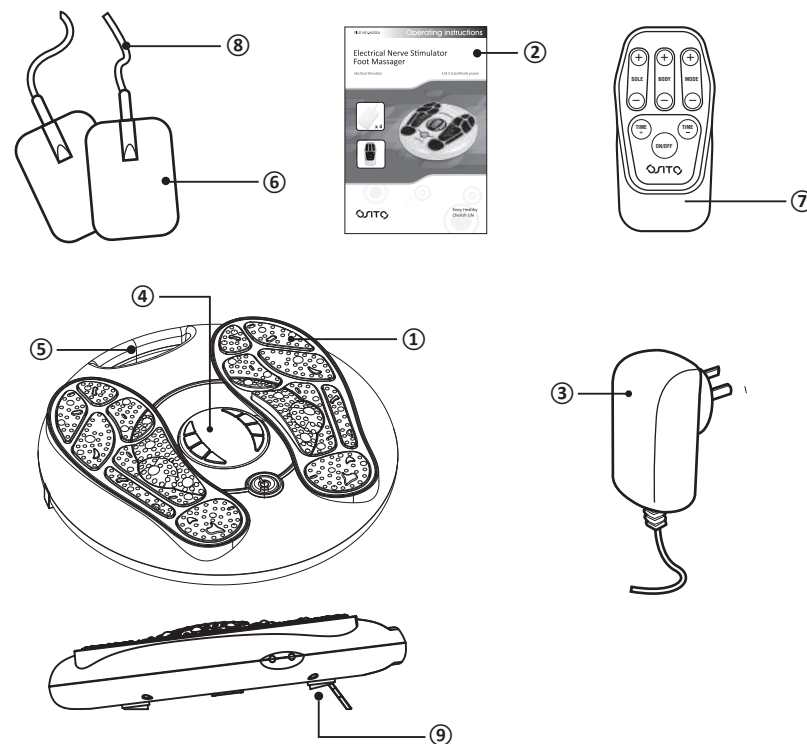
Thanks for purchasing our Health Expert Electronic Stimulator. Before using it, please read the user manual carefully, especially the caution part, so that you can operate it correctly. The user manual should be well kept for your reference at any time.

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## Parts identification

- |                                   |                      |
|-----------------------------------|----------------------|
| ① Electrode Silicon Area for Feet | ② User manual        |
| ③ Adapter                         | ④ LCD Screen         |
| ⑤ Handle                          | ⑥ Electrode Gel Pads |
| ⑦ Remote Controller               | ⑧ Output Wires       |
| ⑨ Ergonomic Support Frame         |                      |



## Function and intended application of the equipment

The principle of our Health Expert Electronic Stimulator is the low frequency current that stimulates each spots of the human body, causing muscle contraction or relaxation.

When a muscle is relaxing, a large amount of blood enters in it. When a muscle is contracting, the blood which contains metabolites is sent out. This kind of actions will recycle blood and can help to accelerate the blood circulation and alleviate pain, swelling, fatigue and other symptoms.

The expected purpose of our Health Expert Electronic Stimulator is to alleviate or reduce human muscle pain, swelling, fatigue ache and promote the blood circulation.

1. Adapted to better ABS materials and designed according to man-machine engineering science. The item looks very modern, fashion and delicate.
2. 50 kinds of electromagnetic wave intensity with continuous adjustment, it will meet your requirement for an ideal result with the proper sequence. :
3. Adjustable 5 to 90 minutes timer by using time button, default timer: 25 minutes.
4. There are 25 kinds of massage modes for sole and body, each impulse massage mode will improve different symptoms and eliminate fatigue.
5. All functions can be operated with a remote controller and are easy to use.

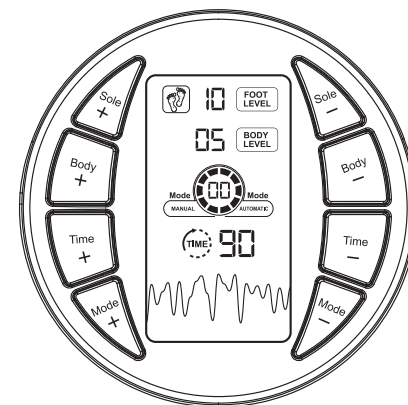
## Usage of Electrode Gel Pads

- The size of pads is 60x90mm
- Connect the output wire to the Electrode Gel Pads
- Then connect output wire to the Health Expert Electronic Stimulator
- Remove the protecting film from the adhesive pads
- Attach the electrode gel pads to the skin steadily
- Press the Switch button for 1 second to turn on the unit and adjust the stimulating mode and output intensity as you wish. (The display will show the mode and the level as you have selected)
- Keep the adhesive gel pads clean, and never put them under high temperature or direct sunshine.
- If the electrode get pads are insufficiently adhesive or dirty, wipe them with a wet cloth or change them to new ones. Do not clean the electrode gel pads with any chemical products.
- The effects of the pad will disappear after many times of using it. Please change to new pads if the pads have never been used in a whole year.

## Operation

**IMPORTANT:** This massager works by stimulating the muscles with low current and promoting blood circulation, thus reducing the fatigue and pain. NO VIBRATION.

- Soaking your feet with warm water at first, soften your skin, then use it, maybe it will work well. Please do not confuse the "Sole"(the output of feet) intensity and the "Body"(the output of electrode gel pads) intensity adjustment during using.



1. Put both 2 bare feet on the unit
2. Press the switch button to turn on the unit, then the LCD screen will light up
3. Then you can adjust the mode by pressing "Mode+" & "Mode-" to select different modes, The maximum is the 25th mode.
4. Please increase intensity by pushing the button "Sole+" & "Body+" or decrease intensity by pushing the button "Sole-" & "Body-", total of 50 intensities.
5. You can adjust the modes at any time, but once mode is resetting, the intensity will be returned to "0". To avoid shock from the new mode, the user should reset the intensity.
6. To terminate the massage period, user can turn off the unit at any time by pressing the Switch button.

**Tip: Please adjust the intensity gradually from lower to stronger.**

Sole+: increase the output intensity of foot sole.

Mode+: choose upward one mode from 25 preinstalled massage modes.

Body+: increase the output intensity of electrode pads.

Sole-: decrease the output intensity of foot sole.

Mode-: choose downward one mode from 25 preinstalled massage modes.

Body-: decrease the output intensity of electrode pads.

**Notes:**

- 1) Please note that the original recognized accessories, detachable parts and materials are approved by standard.
2. There is no need to check & replace the original power source frequently.
3. Usually, this device is affected by high frequency electromagnetic and microwave radiation machine, please stay far away from these machines, at least 1m from them, when using.

**Caution**

Suited for an adult: It is mainly used on adult, and required to be energetic and full of intelligence. For the following patients, they can only use this instrument after consulting doctors, otherwise it may cause accident or physical discomfort:


1. Extremely debilitating, critical illness patients should not use this product.
2. Patients with tumor, cancer, hyperthyroidism, tuberculosis active period or suppurative inflammation.
3. The aged and infirm people or people who have heart disease.
4. For patients who are nervous, scared and sensitive to electronic muscle stimulators, please, do not use it.
5. People who have severe diabetes, high fever, skin allergy, traumatic bleeding or fracture in healing period, please do not use it.
6. Patients with high blood pressure.
7. Abnormal skin or skin consciousness obstacle.
8. Some psychopath behavior.
9. People under treatment, or who suffer from body abnormalities.
10. If product performance changes as following: output level becomes weakened, stronger or even no output; if the display does not appear correctly or even becomes garbled and so on, please stop using the machine and return it to the manufacturer or the professional maintenance place.
11. The MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS (see page 13-16).
12. Portable and mobile RF communications equipment can affect MEDICAL ELECTRICAL EQUIPMENT.
13. The use of ACCESSORIES, transducers and cables other than those specified, with the exception of transducers and cables sold by the manufacturer of the EQUIPMENT or SYSTEM as replacement parts for internal components, may result in increased EMISSION or decreased IMMUNITY of the EQUIPMENT or SYSTEM.









**Warnings**

- 1) It is prohibited to use the product without doctor's agreement for a patient with an implanted electronic device (for example, a cardiac pacemaker).
- 2) Please note that a patient who is connected to H.F. surgical equipment may affect the stimulator, so please follow the doctor's suggestion.
- 3) Do not operate it in close proximity (e.g. 1 m) to a shortwave or microwave therapy equipment, which may produce instability in the stimulator output.

- 4) Please note that the following people should follow the doctor's suggestion before use: patient with tumor; chronic disease or serious disease; serious heart disease, insanity as well as pregnant woman.
- 5) Please don't let the electrode pads touch a metal substance, such as strap, watch, necklace and so on when the machine is working.
- 6) Please ensure your skin is neat and clean before using electrode pads.
- 7) Please do not use the machine in wet environment, such as bathroom.
- 8) Please do not sit or stand on the device, and do not cast or let it fall.
- 9) Please stop using it immediately if you feel any discomfort and nausea while using it.
- 10) Do not apply electrodes near the thorax, which may increase a risk of cardiac fibrillation.

**Explanation of figures, symbols, warning statements and abbreviations on the equipment**

1		(Symbol for "BATCH CODE". This symbol should be with Production Batch No, and next to graph, batch code and lot number and batch number and so on) Examples: 
2		(Symbol for "DATE OF MANUFACTURE". This symbol should be next to number) Production date of medical equipment (use mark  in front of the production date)
3		Symbol for "ATTENTION, CONSULT ACCOMPANYING DOCUMENTS"
4		After the adoption of the CE certification, CE mark is, as followed, drawn. Its vertical height shall not be less than 5mm, clearly visible, clear, durable, the CE conformity assessment procedures are made by a Notified Body, the Notified Body registration number should be the side of CE mark (Usually in the bottom right). The diameter of the CE marking should be not less than the 5MM semicircle of the two makes up, the XXXX at the lower right corner is the Notified Body identification number, such as the ITS-0413. All medical products sold in the EU market must have the "CE". Affix the CE mark indicates that: A. The equipment to meet the basic requirements of the MDD; B. The equipment within the EU can be legally sold in the market; C. The device has passed the conformity assessment procedures. The CE marks affixed to the medical devices have two types. That is, CE mark without Notified Body identification number and CE Mark with Notified Body identification number.

5		The Symbol for the Manufacturer (the “manufacturer” tag), the tag should contain the company name and address of the manufacturer. Product manufacturers, CE represents the name and address of importers and/or distributors.
6		Symbol for “Authorized Representative in the European Community” (“EU authorized representative” tag), the tag should include the company name and address of the company authorized by the European Union.
7		The waste products should be handled legally.
8		BF devices
9	 THIS SIDE UP	Upside
10	 FRAGILE	Fragile
11	 KEEP DRY	Keep dry
12		Stacking
13	<b>SN</b>	Device’s serial number

### Storage / Maintenance

1. Use wet cloth or neutral cleanser to wipe the machine, and don't use volatile liquid to clean the machine, such as benzene, thinner or gasoline.
2. Keep it away from magnetic field and reach of children.
3. Keep the machine far away from moisture, high temperature, direct sunlight or sprinkling water.
4. If the electrode pads are insufficiently adhesive or dirty, please wipe them with a wet cloth or change for new ones. Don't clean the electrode pads with any chemical products.
5. Please do not mantle, repair or rebuild the machine yourself, or manufacturer will not guarantee the repairing and after-sale services.
6. If not used for a long time, please remove batteries from the remote controller.

### Environmental protection

Please make a rubbish classification after use, such as electrode pads, carton box and so on.

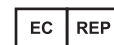
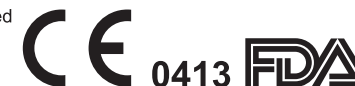
### Specifications

Model number: AST-300J

This equipment belongs to Type BF of Class II according to Clause 5.



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Rated: 5 V dc, 1000 mA

Powered by adaptor: HSMA05U-050100

Rated Voltage: 100-240V

Rated input: 0.1 A

Output waveform: Square wave

Pulse repetition frequencies: 1-200HZ

Maximum amplitude of output voltage: 72V

Software version No: MC0188F-REV-V1.0

Operation condition:

10 – 40 °C

30% RH ~ 75%RH

860 hPa to 1060 hPa

Store and transport condition:

0 – 40 °C

≤80% RH

860 hPa to 1060 hPa

Rated frequency: 50-60Hz

Rated output: 5v 1000mA

Pulse duration: 115 μS

Effect of load impedance: 1KΩ

### **Caution for Electrode Gel Pads (cleaning)**

Never stick two adhesive pads on each other.

Keep the adhesive gel pads clean, and never put them under high temperature or direct sunshine.

To protect the gel pads, always put the protection on the gel pad protector after use.

Don't touch the gel of the pads by your figure, or it will reduce the effect of the gel and make it lose its function.

Don't clean the electrode pads with hot water or any chemical products.

If the electrode pads become soiled, the adhesive power may decrease, and the skin might become irritated. If this situation happens, you should moisten the surface of the pads with water and wipe away the soiled portion, this will allow a pad restoration of the adhesive poser. But it will lose the adhesive power if there is too much water. The best way is to purchase another pads.

The electrode pads have passed the Biocompatibility test (Test report is SDFY-2006-2623).

The test report shows that they do not induce any irritation to the skin.

### **Trouble Shooting**

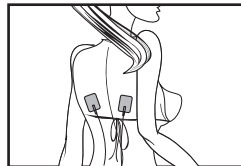
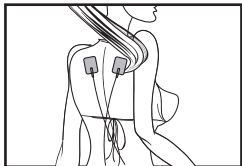
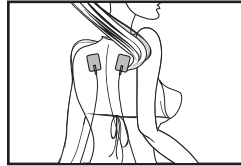
Questions	Reason	Solution
No stimulation	Is the wire connected? Is the protective membrane of the pads removed?	Connect the wire correctly. Remove the protective membrane of the pads.
Weak stimulation	Do the pads stick to the skin tightly? Do the pads stick overlapped? Are the pads dirty? Is the intensity weak? Is the stick place not good?	Stick the pads tightly. Detach the pads and stick again. Clean the pads. Adjust the intensity to be stronger. Change the stick place.
The skin become red and stings	Is therapy time too long? Are the pads too dry? Are the pads sticking too tightly? Are the pads dirty? Are the pads damaged?	Therapy time should always be 10-15 minutes at once. Clean with a wet cloth, then use again. Stick the pads less strongly on the skin Clean the pads. Change the pads.
The power cuts off during therapy	Did the pads fall off from the skin? Did the wire connect cut off? No battery? Is the therapy time over?	Turn off the power, stick the pads again. Turn off the power, connect the pads again. Change the battery to a new one. The power will turn off after 25 minutes therapy.

### **Description of Modes**

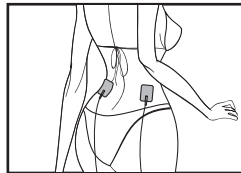
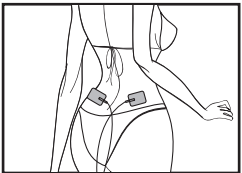
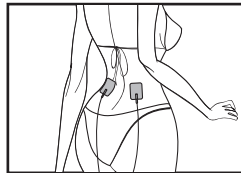
	Modes	Usage
TENS	1.Accupuncture Pushing	Promoting blood circulation by removing obstruction in collaterals,pain relief
TENS	2.Accupuncture	Promoting blood circulation by removing obstruction in collaterals Pain relief ,relieving rheumatism chills and pains
TENS	3.Accupuncture Kneading	Promoting blood circulation by removing obstruction in collaterals Pain relief ,relieving rheumatism chills and pains
TENS	4.Accupuncture Tapping	Promoting blood circulation by removing obstruction in collaterals Pain relief ,relieving rheumatism chills and pains
EMS	5.Scraping	Promoting blood circulation by removing obstruction in collaterals
	6.Squeezing	Promoting blood circulation,pain relief
EMS	7.Massage	Promoting blood circulation,pain relief
EMS	8.Pushing Massage	Restores the physical strength,Relieve fatigue,Improving the body's blood circulation,Strengthens the human body disease-resistant ability
EMS	9.Pushing Squeezing	Restores the physical strength,Relieve fatigue,Improving the body's blood circulation,Strengthens the human body disease-resistant ability
TENS	10.Accupuncture Squeezing	Promoting blood circulation by removing obstruction in collaterals Pain relief ,relieving rheumatism chills and pains
TENS	11.Accupuncture Hammering	Promoting blood circulation by removing obstruction in collaterals Pain relief ,relieving rheumatism chills and pains
TENS	12.Kneading	Relieve fatigue
TENS	13.Thumping	Promoting blood circulation,pain relief
EMS	14.Scraping Pressing	Promoting blood circulation by removing obstruction in collaterals
TENS	15.Cupping	Promoting blood circulation by removing obstruction in collaterals , Dispelling the colds , Eliminating swelling And alleviating pain
EMS	16.Body Shaping	Muscle training
TENS	17.Hammering	Relax muscles and relieve fatigue
TENS	18.Massage Tapping	Promoting blood circulation,pain relief
EMS	19.Pushing	Restores the physical strength,Relieve fatigue,Improving the body's blood circulation,Strengthens the human body disease-resistant ability
TENS	20.Rolling Pounding	Promoting blood circulation,pain relief
TENS	21.Squeezing	Activating blood to promote menstruation
EMS	22.Stoke	Relax muscles and relieve fatigue
TENS	23.Accupuncture Therapy Massage	Promoting blood circulation by removing obstruction in collaterals pain relief ,relieving rheumatism chills and pains
TENS	24.Shiatsu	Dredges the channels and collaterals,dredges the channels and collaterals, activates blood circulation
TENS	25.Rolling Kneading	Relax muscles and relieve fatigue

**Electrode pads therapy usage example**

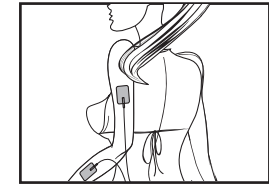
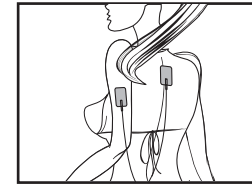
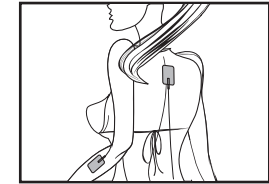
Shoulder and back  
Symptoms (Shoulder, back  
muscular pain and so on)  
Cutline



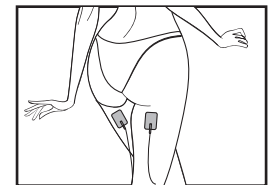
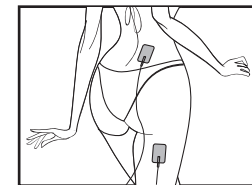
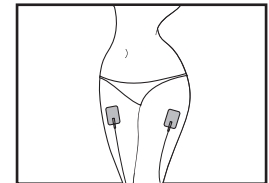
Waist  
Symptoms (Waist muscular  
pain and so on)  
Cutline



Arms  
Symptoms (Numb arm,  
muscular pain and so on)  
Cutline

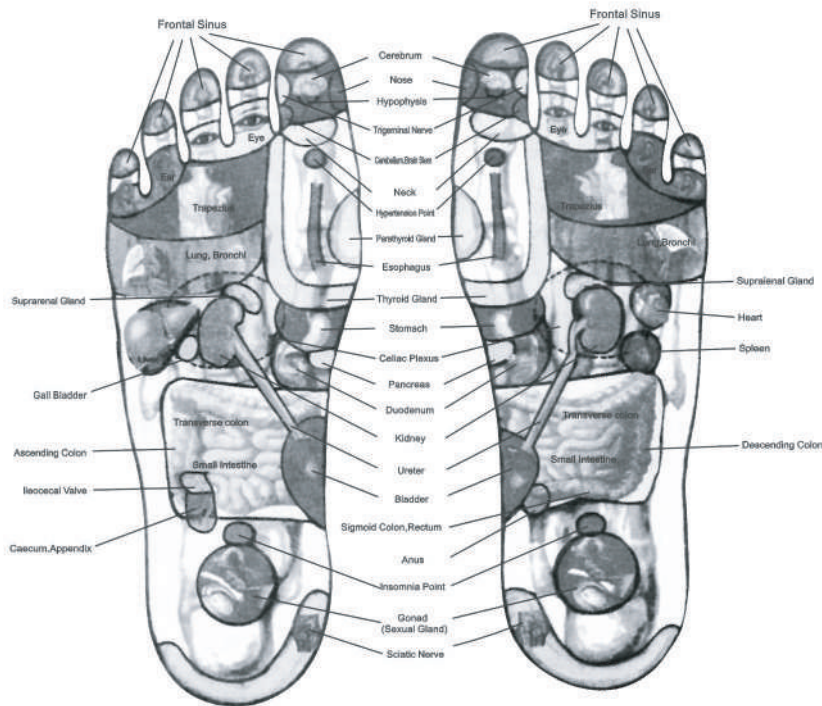


Legs  
Symptoms (Leg muscular  
pain and so on)  
Cutline





### Diagram of the Reflexive Zones of the Feet



### Accompanying Documents:

#### Instructions for use

1. AST-300J needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS;
2. Portable and mobile RF communications equipment can affect AST-300J.

#### Technical description

1. Warning that the use of accessories, transducers and cables other than those specified with the exception of transducers and cables sold by the manufacturer of the AST-300J, as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the AST-300J.
2. Warning : The AST-300J should not be adjacently used to or stacked with other equipment
- 3.

#### Guidance and manufacturer's declaration – electromagnetic emissions

The AST-300J is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300J should assure that it is used in such an environment.

Emissions	Compliance	Electromagnetic environment-- guidance
RF emissions CISPR 11	Group 1	The AST-300J 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 AST-300J 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 A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	



4.

Guidance and manufacturer's declaration – electromagnetic immunity			
The AST-300J is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300J should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	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	Mains power quality should be the one of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV line(s) and neutral	±1 kV line(s) and neutral	Mains power quality should be the one of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	±2 kV line(s) to earth <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 (>95 % dip in UT) for 5s	±2 kV line(s) to earth <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 (>95 % dip in UT) for 5s	Mains power quality should be the one of a typical commercial or hospital environment. If a dips or an interruption of mains power occurs, the current of the ast-300J may be dropped off from normal level, it may be necessary to use uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	If image distortion occurs, it may be necessary to position the AST-300J image intensifier further from sources of power frequency magnetic fields or to install magnetic shielding. The power frequency magnetic field should be measured in the intended installation location to assure that it is sufficiently low.
NOTE UT is the a.c. mains voltage prior to application of the test level			

5.

Guidance and manufacturer's declaration – electromagnetic immunity			
The AST-300J is intended for use in the electromagnetic environment specified below. The customer or the user of the AST-300J should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the AST-300J, 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 $d=2,3\sqrt{P}$ 80 MHz to 2,5 GMHz  where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation Distance in metres (m).  Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, <sup>a</sup> 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 80 MHz 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 and reflection from structures, objects and 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 access 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 AST-300J is used exceeds the applicable RF compliance level above, the AST-300J should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the AST-300J. b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.			

6.

**Recommended separation distances between  
portable and mobile RF communications equipment and the AST-300J**

The AST-300J is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the AST-300J can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the AST-300J as recommended below, according to the maximum output power of the communications equipment.

	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 $d=2,3\sqrt{P}$
<b>0.01</b>	<b>0.12</b>	<b>0.12</b>	<b>0.23</b>
<b>0.1</b>	<b>0.38</b>	<b>0.38</b>	<b>0.73</b>
<b>1</b>	<b>1.2</b>	<b>1.2</b>	<b>2.3</b>
<b>10</b>	<b>3.8</b>	<b>3.8</b>	<b>7.3</b>
<b>100</b>	<b>12</b>	<b>12</b>	<b>23</b>

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.

### **Warranty card**

Valid for warranty 1 year after the date of purchase:

Purchase Date:

Ordering from(Amazon/1688/eBay/Ali Express/DH gate/OSTO Web):

Order #:

Item Model:

Customer Info(Name/Tel/Add):

Description: