

NeuroMyst

Quick Setup

READ FIRST

NEUROMYST

- NeuroMyst is a wearable that delivers low levels of electrical current.
- NeuroMyst is NOT a medical device.
- NeuroMyst is intended for encouraging a healthy lifestyle.

PRECAUTIONS

- Only apply electrical current that is tolerable.
- If you are pregnant or under active medical care, consult your physician.
- AVOID placing active electrodes in direct contact with skin.
- AVOID placing active electrodes across the chest.
- AVOID operating the device in humid environments.
- If you experience any severe reactions, stop using the device.

SIDE EFFECTS

- Mild skin tingling, burning, itching, irritation, and redness may occur.
- Headaches and visual sensations may occur.

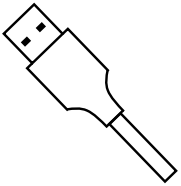
DO NOT USE THE DEVICE IF

- You have any electronic medical implant.
- You have a history of seizures or head injuries.
- You have any heart issues, blood disorders, or taking any blood thinners.
- You are under the age of 18.

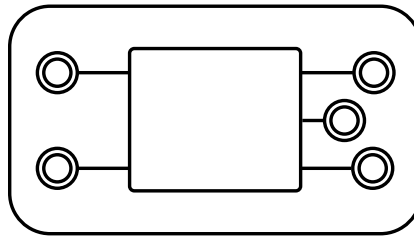
Kit Contents

Electronic Components

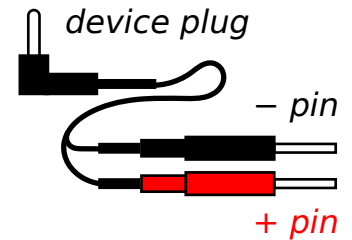
Charging Cable



NeuroMyst Pro

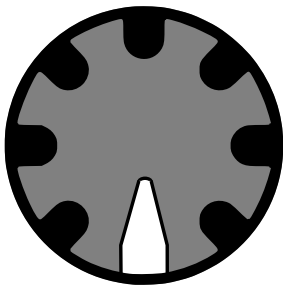


Electrode Connector

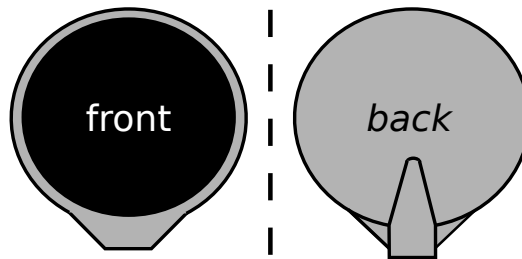


Sponge Electrodes

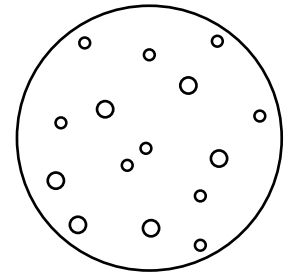
Case (2)



Electrode (2)



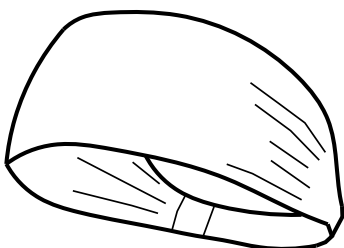
Sponge (4)



*Use 1 sponge per electrode
(2 extra sponges included)*

Other Accessories

Headband

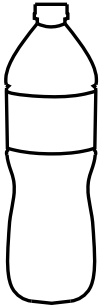


Carrying Case

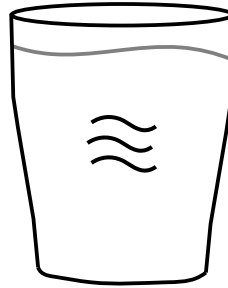


Step 1: Make the Saline

1. Measure half a liter of water.



2. Microwave water for 60 seconds.



3. Mix salt in water and stir.



CAUTION
Hot Water

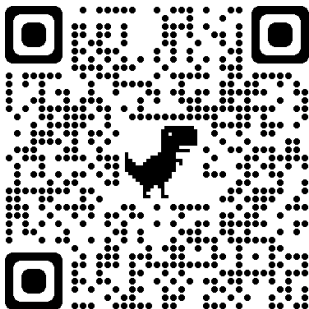
Tips for water:

- 1/2 liter fills up a common 16.9 oz bottle of water.
- Distilled water is best, but tap water also works.

Tips for salt:

- You can measure 3/4 teaspoon with half of a common dinner spoon.
- Pickled salts are the purest, but any fine grained table salt works. Kosher and Sea Salts also work but add 50% more salt because they are not tightly packed.

Saline Tutorial

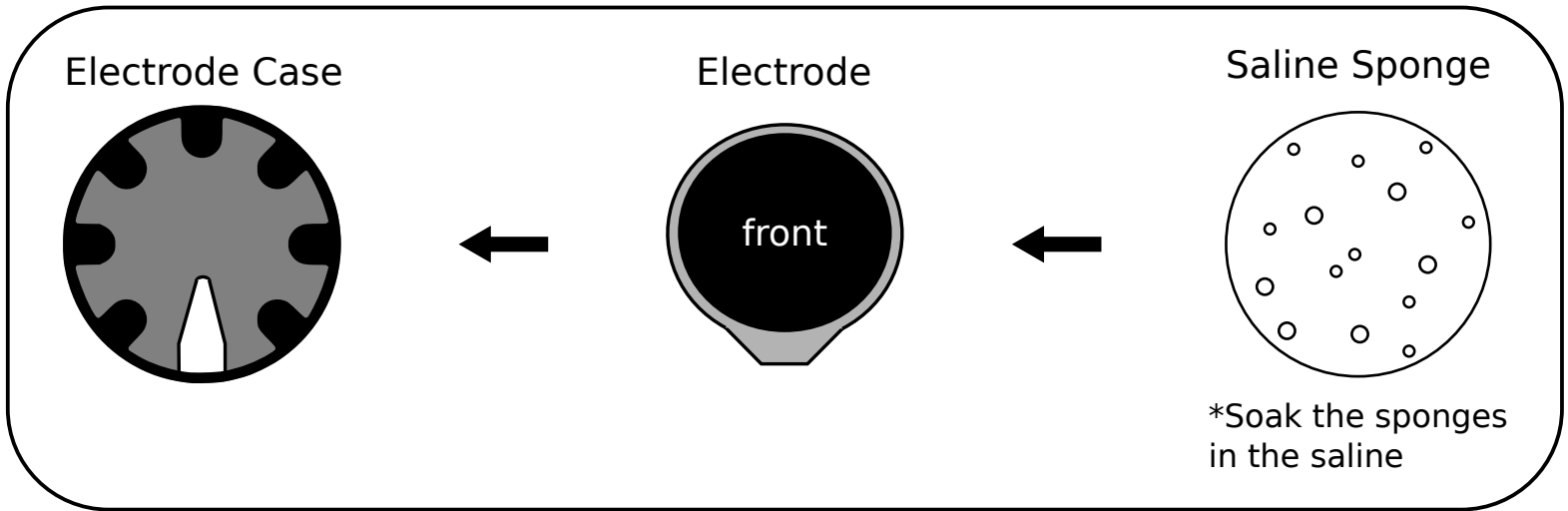


Point your phone camera at the dotted code and click the yellow YouTube Link.

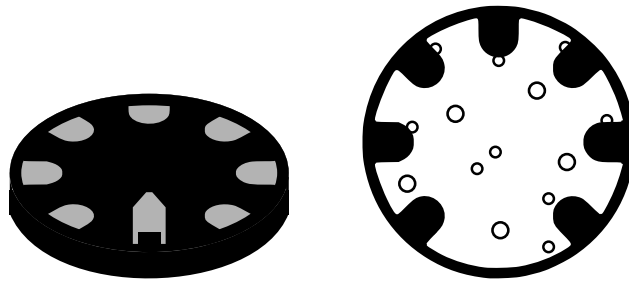
Tips for saline:

- Store bought 0.9% saline is fine.
- DO NOT use eye/nose rinsing salines.
- DO NOT use saline gels.

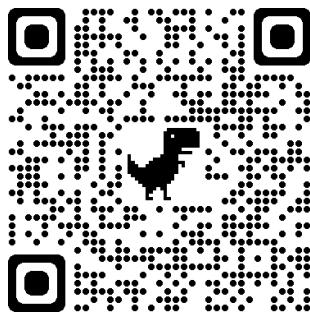
Step 2: Make the Electrodes



↓
Sponge Electrodes
(after assembly)



Electrode Tutorial

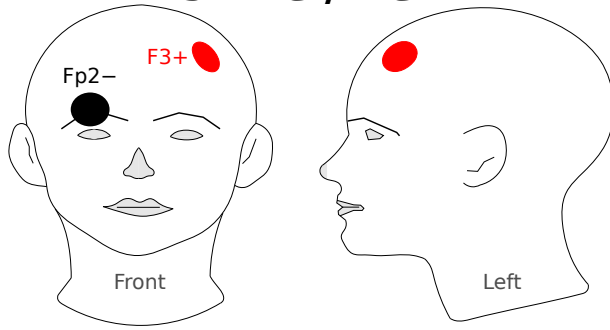


Point your phone camera at the dotted code and click the yellow YouTube Link.

Step 3: Place the Electrodes

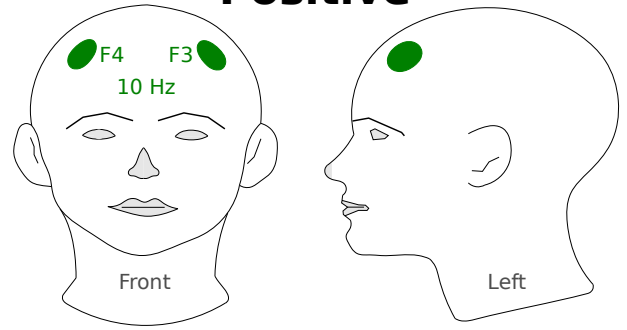
tDCS Preset

Smile / Zen

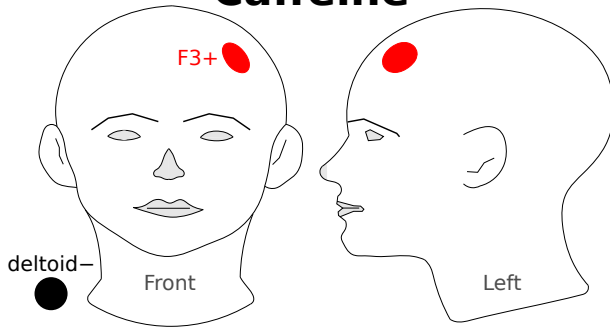


tACS Preset

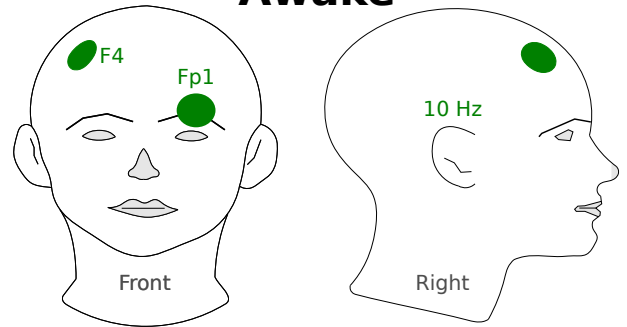
Positive



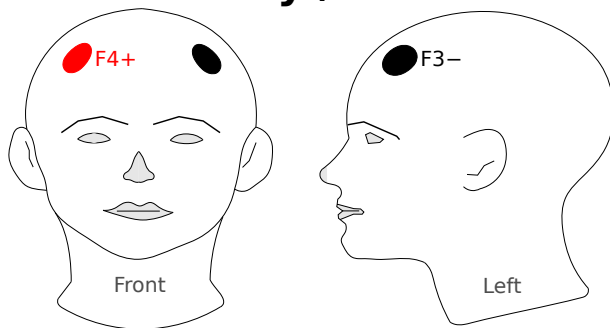
Caffeine



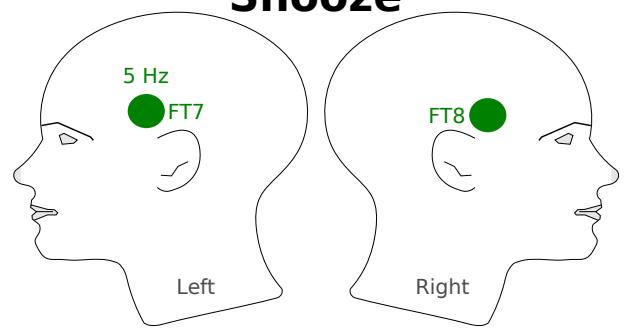
Awake



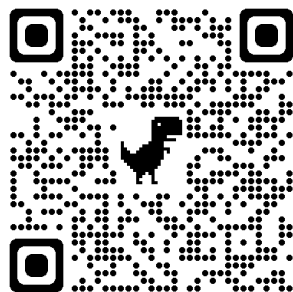
Satiety / Focus



Snooze



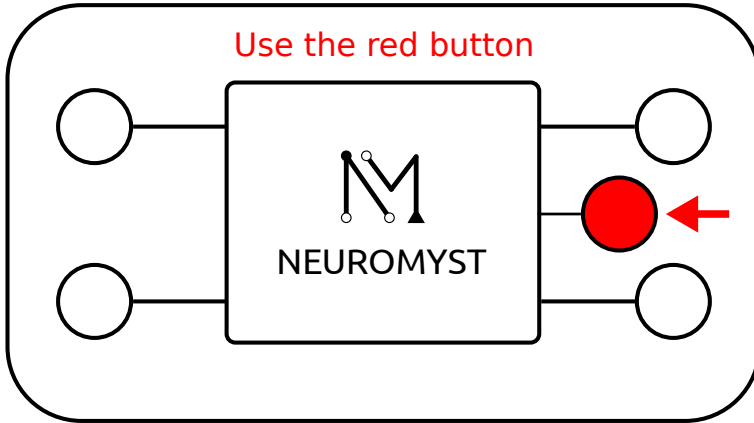
Other Montages



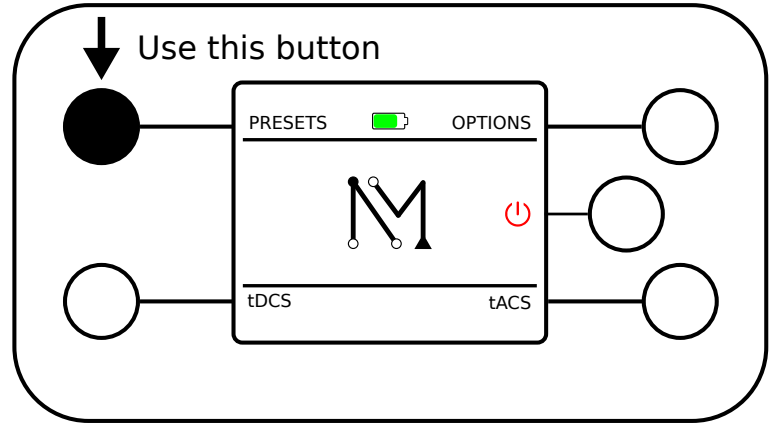
Point your phone camera at the dotted code and click the yellow YouTube Link.

Step 4: Run a Session

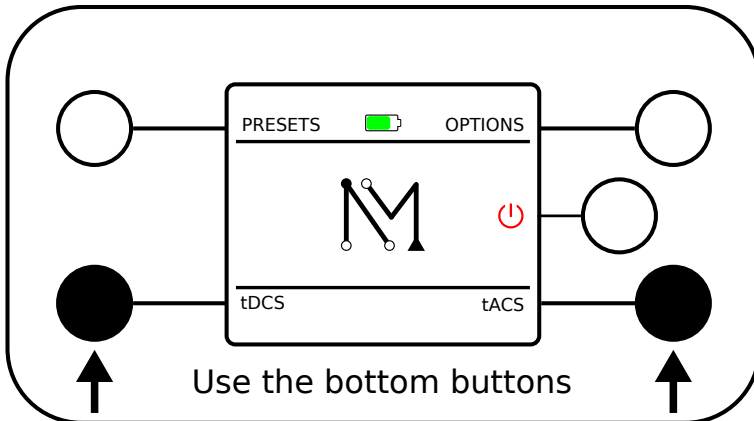
1a. Power on the device



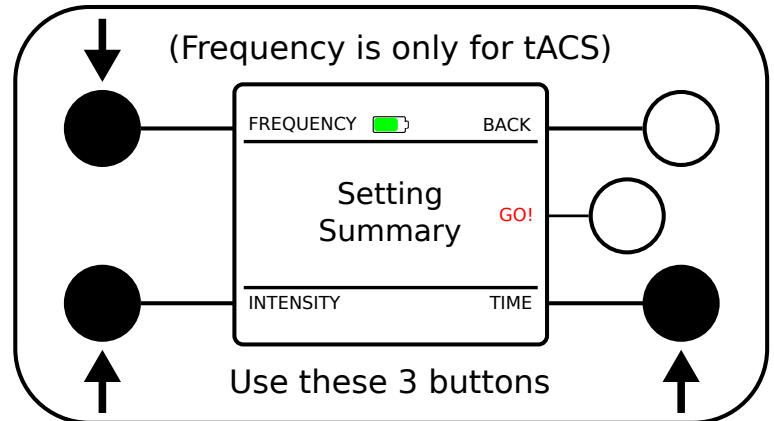
1b. Try a preset



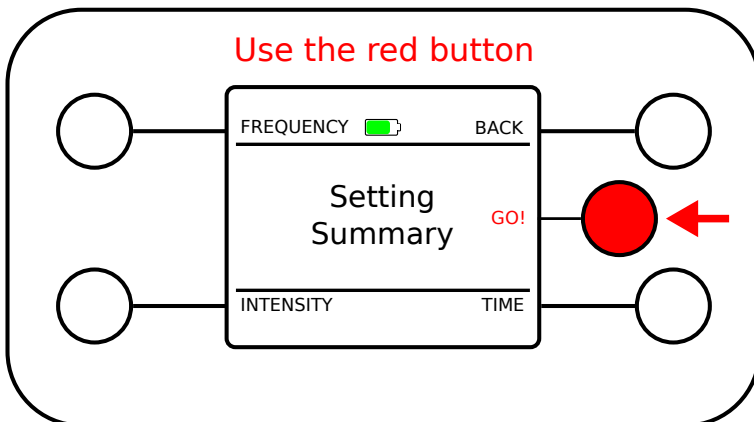
2a. Choose tDCS or tACS



2b. Adjust settings if needed

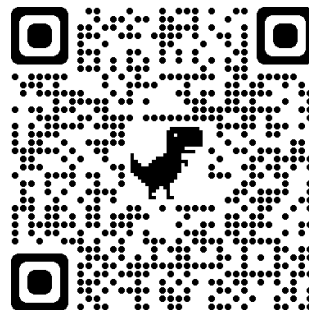


3a. Start the session



3b. Watch our session tutorial

Device Tutorial

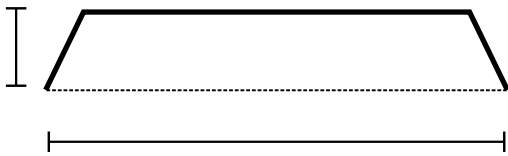


Point your phone camera at the dotted code and click the yellow YouTube Link.

Step 5: Learn the Lingo

tDCS: transcranial direct current stimulation

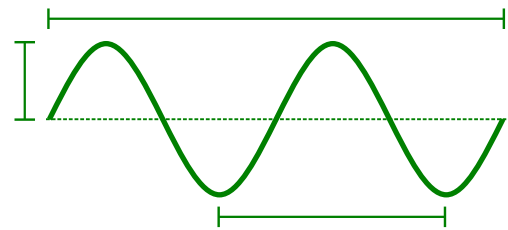
Intensity: strength of the current in milliamps (mA).



Time: duration of the session in minutes.

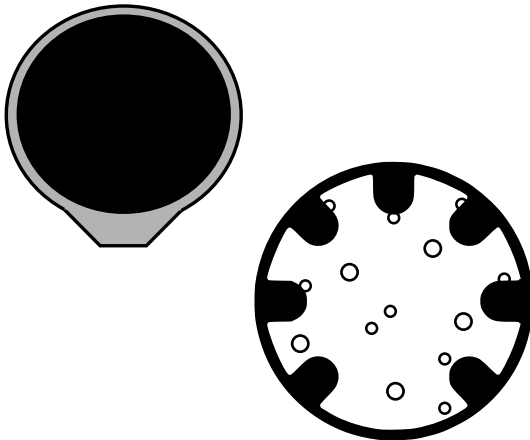
tACS: transcranial alternating current stimulation

tACS has **Intensity, Time, and**



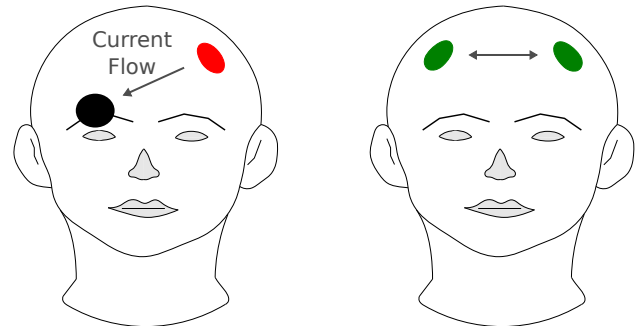
Frequency: speed of cycles per second (Hertz / Hz)

Electrode: black rubber pad that conducts the electricity.



Sponge Electrode: electrode covered with a saline-soaked sponge inside a case.

Montage: where the electrodes are placed on the scalp.



Anode: positive (+) electrode of tDCS where current enters the head.

Cathode: negative (-) electrode of tDCS where current exits the head.

Neutral: electrodes of tACS constantly alternate between + and -.

RELEASE FROM LIABILITY

Limited Output Device. The purchaser and users (collectively, the “User”) understand(s) that NeuroMyst is NOT a medical device. It is a consumer device for administering tDCS and tACS for promoting wellness. Nerudition LLC, and its agents and employees (collectively, the “Seller”) provide(s) no assurances that the device will modulate your mood or behavior.

Assumption of Risk. The User is aware that there are inherent risks associated with the use of tDCS/tACS. Risks include transient skin burning, tingling, itching, and visual sensations that can be remedied by adjusting the device’s stimulation parameters. To date, there are no serious adverse reported events in humans that have applied tDCS/tACS using currents of up to 4 mA with widely accepted safety standards. The User is voluntarily engaging in tDCS/tACS with knowledge of these risks and others. The User assumes any and all known, and unknown risks of property damage, or bodily or emotional harm that may result from use of this product.

Voluntary Agreement. The User is at least 18 years of age and legally competent. The User has fully read and understands this agreement, the user manual, and the assumptions of risk described herein. The User agrees to indemnify and hold harmless the Seller for any and all liability assumed by the User. Moreover, the User acknowledges the terms set forth herein are contractual and not immaterial.

ONE YEAR LIMITED WARRANTY

NeuroMyst Pro has a limited warranty for up to one year from the date of purchase. This warranty does not (i) cover device failure due to normal wear of abuse of components or (ii) apply to damages caused by repairs made or attempted by others. Notwithstanding the above, the Purchaser acknowledges that he/she is purchasing NeuroMyst Pro “as is”. As such, this limited warranty is given in lieu of all others, including warranties of merchantability and fitness for a particular purchase, and excludes all incidental or consequential damages. Please note that some states do not allow (a) limitations on how long an implied warranty lasts, or (b) limitations of incidental or consequential damages on warranty coverage, one or more which may apply to you. This warranty thereby acknowledges the legal rights of your state and province.

