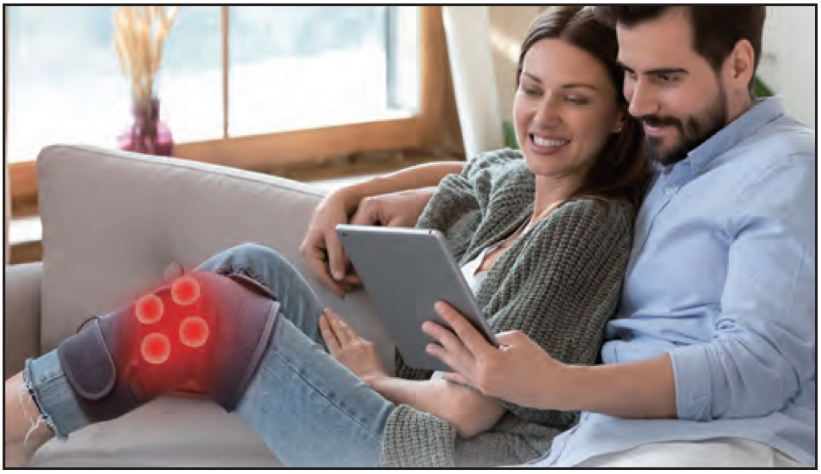
EdenPURE®

TotalRELIEF™ Knee Heating Pad



Owner's Manual

PLEASE READ AND SAVE THESE INSTRUCTIONS

Model Numbers: H41K1/A6012

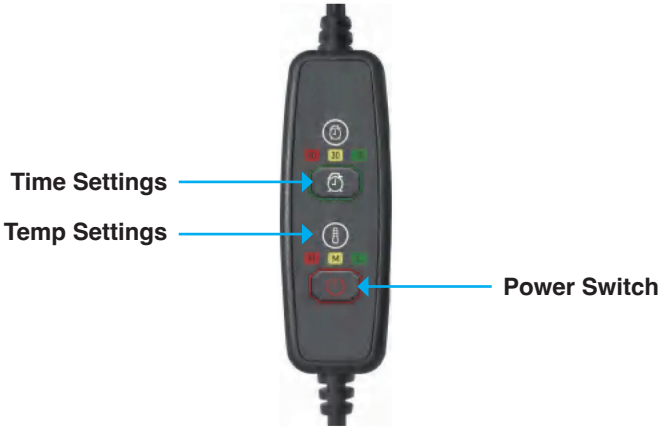
FEATURES

The EdenPURE® TotalRELIEF™ Knee Heating Pad contains premium natural gemstones. The digital controller has an auto shut-off, adjustable temperature and timer settings, and a memory function. It provides safe, long lasting, deep penetrating therapeutic heat and is flexible enough to wrap around body parts.

ASSEMBLY INSTRUCTIONS

- Open the bag and lay out all components.
- Connect the Heating Pad to the Digital Controller. Connect the controller to the AC-DC Adapter.
- Plug the AC-DC Adapter into the wall outlet.

DIGITAL CONTROLLER



ON/OFF

- Turn on and off by pressing the Power Switch.

Heat

The digital controller has three heat levels: High (H), Medium (M) and Low (L) ranging from 104° to 158° F. When you turn the unit on, the default heat setting is Low (L). The temperature light above the power button will be green. Press the power button again and it will turn to yellow, indicating that the pad is on Medium (M) heat. Press it again and it will turn to red, indicating that the pad is on High (H) heat. Press the power button one more time to turn the pad off.

Note: Please allow 5-10 minutes for the far infrared energy in the stones to build up and for the pad to heat up. Once you are ready to use it, adjust the temperature to your tolerance.

Timer:

The digital controller allows you to set the timer to automatically shut off. By pressing the Timer Button you can adjust the timer to shut off in 15, 30 or 60 minutes. When you press the Timer Button once, it will turn on and the light will be green, indicating that it is set for 15 minutes. Press the Timer Button again and it will turn yellow, indicating that it is set for 30 minutes. Press it again and it will turn red, indicating that it is set for 60 minutes. The unit will then shut off according to what length of time you have set it for.

USAGE INSTRUCTIONS

- Before each use, make sure that all connections are tight and snug.
- Before each use, plug the pad into the wall outlet. It is recommended that you use a surge protector.
- Before each use, make sure that the functions of the digital controller are working properly.

How hot to set the pad:

- You will need to adjust the temperature to your tolerance level. The temperature should never be set hotter than you can comfortably tolerate.

How to use the pad for relief:

- There is no specific protocol for any individual using a heating pad. Everyone responds differently and it is suggested that you limit the use of the pad to 20 minutes of continuous use for the

first several weeks to see how you tolerate the heat.

- Once you have become comfortable with the use of the pad, you can begin to use it for longer durations of continuous use. Please note that the longer the duration, the lower the heat needs to be. Learning to adjust the heat to your tolerance will be a key in achieving optimal results.

CLEANING, MAINTENANCE & STORAGE

Before cleaning or storing your heating pad

1. Ensure the power cord is disconnected from the power source.
2. Disconnect all power cords from the unit itself.
3. Follow all cleaning, care and maintenance instructions.
   - Do not submerge controller, converter or the pad in water.
   - Do not dry clean any part of the heating pad.
   - Do not use bleach or detergent to clean the pad.
   - Do not put it through a wringer.
   - Do not put it in the microwave.
   - Do not put it in the washing machine or dryer.
   - Do not iron the pad.
   - Do not use moth balls or repellent sprays of any kind.
   - Do not put any of the power cords into water.
   - Do not use the pad unless it's completely dry.
   - Do not attempt to clean each individual jade stone.

Acceptable Cleaning Method

- Wipe the pad before the initial use and after each use using a gentle non-abrasive soap with a slightly moist towel.
- Let the heating pad dry completely before using.
- The heating pad cover is machine washable. Make sure it's completely dry before putting it back on the heating pad.

Routine Maintenance

- Inspect the heating pad both before and after each use.
- Examine the surface of the heating pad for any signs of abnormal or excess wear and tear, including blistering and cracking.
- Examine the power cords for cracks, blisters, frays or exposed wires.

Proper Storage

- To store your heating pad, clean the unit, let it dry completely and place the heating pad back into the supplied storage bag.

- Store the heating pad in a cool, dry place.
- Only transport the heating pad inside the included storage bag.
- Do not hang the heating pad by the power cord.
- Do not bend or put any additional weight on the heating pad.
- Do not allow the power cord to get pinched.

WARNINGS

If you have any health concerns, please consult your doctor before using this product.

- Do not cover the pad with a quilt, blanket or pillow when using it. These may be burned if the temperature of the heating pad is too high.
- Do not use this pad on a latex, silicone or sponge bed mattress, or on a sofa that's soft.
- Do not use this heating pad in conjunction with other heating products.
- Do not use while sleeping.
- Do not use on infants.
- Do not use if you are pregnant.
- Anyone with diabetes, poor blood circulation or with any disabilities should consult their physical before use.
- Burns can occur regardless of the temperature setting. Check your skin under the pad frequently to avoid burning and blistering.
- Do not use in an oxygen enriched environment or near equipment that emits oxygen.
- Do not fold pad and then apply weight (fold sharply).
- Do not use pins, nails, screws or any other metallic means to fasten this pad into place.
- Never pull the pad by the power supply cord or use the cord as a handle.
- Carefully examine the inner cover before each use. Discard the pad if the inner covering shows any signs of deterioration such as blistering or cracking.
- If smoke is coming from this pad, immediately unplug the power cord from the outlet.
- Use a 110V power outlet.
- Do not use this pad with liniments, salves or ointments that contain heat producing ingredients. This could result in your skin being burned.
- Never leave the pad unattended.
- Never use this pad directly on open wounds, acute injuries,

swollen or inflamed areas of skin.
- Do not use directly over your face or genitals.
- This pad should not be used by children without adult supervision. It should not be used on infants or children under the age of 6.

FREQUENTLY ASKED QUESTIONS

What is Far-Infrared Heat?

Far-Infrared Heat is the invisible part of the Sun's spectrum, not to be confused with ultraviolet light which may damage your skin. FIR is the safest energy form that is directly transmitted onto objects because of its specific wavelength. The human body can easily absorb far-infrared heat because of its deep penetrating ability. Studies have shown that far infrared waves can actually penetrate 2-3 inches deep into muscular tissue and ligaments. The thermal effect within the deep layers of tissue causes blood vessels in capillaries to dilate which improves blood circulation and promotes health and wellness.

How do Gemstones come into play?

Amethyst is known as a sedative-like stone with properties that make it ideal for meditation and calming. It has been used for centuries as a restorative gem and is also known to be a super conductor of energy. Amethyst helps focus infrared and proton energies into the body.

Jade has been used since prehistoric times and may have first been used for medicinal purposes on the Asian continent as early as 3000 years ago.

Tourmaline helps to detoxify tissue and body systems and also emits far infrared and negative ionic energies. These properties help Tourmaline to break down toxins within the body that the organs can then process out.

How do I best use the Heating Pad?

Use it as often as possible in your normal daily schedule. This pad is designed to be used either on top of or underneath your body. The individual can choose as to which part of the body to put it on. The soft format allows the pad to conform to the shape of the couch, chair or lounger, as well as drape over the body area where treatment is needed.

When should I feel results?

Many people experience immediate relief from tension and remedial pain. Some require several days of regular use to begin to feel the

benefits. The results will vary and depend on your underlying condition and how often the pad is used. To get the quickest results and greatest benefits, use your pad according to the directions and use it as often as possible.

What if I don't feel anything when using the Heating Pad?

Double check that all connections are made. Remember that this is not an old fashioned radiant heating pad. You should however feel deep penetrating heat.

The Far Infrared Heating Pad doesn't work like a conventional heating pad. The FIR heat from the pad is activated by your own body. It doesn't heat the ambient air surrounding the pad, so it will only feel warm to the touch. This allows the pad to get to the optimal heat yet not burn the individual as conventional pads might. By placing the pad against your body, you are allowing the far infrared rays to reach an optimal temperature and be absorbed by your body.

Can I burn myself with the pad?

It is possible if used on bare skin, but not likely, as the jade stones can become quite warm and everyone's thresholds for heat vary. We recommend using at least one layer of clothing as a protective barrier while using the heating pad.

Is the Heating Pad flexible? Can it be wrapped around a body part?

Yes. The format of the pad is totally flexible and made to mold to an area of discomfort for ultimate heating benefit and pain relief.

How long does the relief last?

Everyone responds differently. In general, for each hour of use, the effective therapy should las up to an additional hour.

Which side of the pad goes toward the skin?

The Jade stones go toward the body.

WARRANTY

The EdenPURE® TotalRELIEF™ Knee Heating Pad comes with a ONE YEAR LIMITED COMPONENT WARRANTY. If your unit does not appear to be working properly, please contact our service center by calling 1-800-225-6595. Prior to your call, we encourage you to visit out service related website www.edenpuresupport.com for troubleshooting tips and service instructions if needed.

To place an order:
Call 1-800-360-1070 or go to www.edenpure.com

EdenPURE®
7800 Whipple Avenue NW
N. Canton, OH 44720
custserv@edenpure.com

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