

IMPORTANT: PLEASE READ BEFORE FIRST USE (#1)

Greetings. In this box is an advanced tool for self-care, called the BRAINtellec[®] 2 (B-2[™]).

If you choose to begin using the B-2 in the way it was intended for use, it is likely that you will be among the first pleased and proud pioneers of a new way to well-being, based on the self-optimizing power of the human brain.

The purpose of the B-2 is to help your brain rhythms achieve a state of deep relaxation in a way that is unlike any kind of practice or technology that has come before it. The B-2 is not a medical device, and it is not intended to diagnose, treat, cure, or heal any medical or psychological diseases.

Please understand that *the B-2 does NOT stimulate your brain directly*. The sensors on the headband will *read* your brain activity in real time, and the only energy or input that comes to you, is in the form of music-like sounds that you will hear through standard earbuds. It acts as a “*sound-based mirror for your brain.*”

The value of achieving brain states of relaxed flexibility on a regular basis, we believe, is to help the brain itself, to minimize negative aspects of daily life stress. Through regular use of the B-2, we anticipate that most individuals will experience at least one of the following benefits:

- 1. Improved ability to manage sleep**
- 2. Greater mental clarity**
- 3. Enhanced emotional well-being, including resilience to daily stressors**

You have heard of these kinds of benefits before. With the B-2, the benefits have a different qualitative feel, and they arise in a different way – not from the *outside-in*, but from the *inside-out*. And benefits that come from the inside-out sometimes have a different path to manifestation.

There is no potential for the B-2 to hurt you or your brain – remember, it only acts as a mirror. However, before one makes a decision to begin using the B-2, and to use it responsibly, it is critical to be aware that:

For some individuals, relaxation of brain activity at a deep level may entail experiences of one or more of the following indicators, that the brain is relaxed and on a path to self-optimization:

- *Increased sensitivity*, including to medications (both prescribed and over-the-counter), alcohol, recreational drugs, social situations or intimate relationship patterns, and/or other features of one’s household, work, or physical environment. In some cases, one may experience “reactions” to any of the above influences that they do not recall experiencing before. Especially, if you are using any medications, please review the side effect profile of each one (for example at www.rxlist.com, www.drugs.com, or other resources). If you have questions, talk to your prescribing health care provider or pharmacist.
- *Temporary changes in sleep, mood, or energy that are in a direction opposite to what was expected or desired*. As the brain undertakes deep, self-directed relaxation and reset, it may produce paradoxical experiences that may be surprising or uncomfortable. If a car is headed left, and the occupants wish to go straight, the driver will turn the steering wheel to the right. Analogously, experience with our core technology suggests that the brain too may sometimes make unexpected course-corrections as it moves toward a more consistently relaxed and flexible state. In particular, some individuals who are very emotionally reserved may experience a period of heightened emotionality after beginning use of the B-2.
- *Temporary sensation of fullness in the head that may be uncomfortable*. When we are deeply relaxed, learning becomes easier. In the brain, it is likely that true learning – a capacity to be

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- Adaptive to new situations – is accompanied by formation of new connection patterns in neural networks. Just as a physical workout causes increased blood flow to the muscles and may be accompanied by soreness, we model that the B-2 may facilitate adaptive changes in brain rhythms that are reflected in new physical connections at the level of individual neurons. Generation of these connections may be associated with increased brain activity and blood flow, which may in turn create a perception of physical fullness in the head.

If you are not prepared and willing to potentially experience any of the above, then please consider whether use of the B-2 is right for you at this time.

For most users, greater satisfaction from using the B-2 is likely to be achieved by integrating it thoughtfully and strategically, as part of a larger set of activities for health and wellness:

Therefore before beginning use of the B-2, please consider the following:

- What am I doing now – for example nutrition and exercise, supplements, medications, physical or psychological therapies – to maintain my health and wellness? Some of these may be synergistic with the brain's own capacity to relax itself, on its own terms, and some may be less so. Some individuals may wish to consider making changes to some aspect of their health and wellness plan or practice, possibly in conjunction with a health care provider. **If you have a medical or psychological condition, or are taking prescription medications, please have a discussion with your licensed health care provider about how to use the B-2 in an optimal way (see letter titled *B-2 for Health Care Providers*).**
- What is my goal, in using this device? The B-2 is not a toy. It is a precision tool designed to *help your brain help you*, to achieve your own highest goals for yourself, by supporting regular recovery of an advanced state of relaxation. We anticipate that most users who recognize the value of the B-2 will decide to begin using it on a regular basis, and we endorse that approach. As a next-generation platform for self-care, the value of the B-2 is multiplied if it has a companion in the form of your own thoughtful and individually-tailored program or practice for well-being. **If you do not have an active practice for your regular and continuously evolving *self-care*, we strongly encourage you to develop one, either on your own, or with the assistance of a health care provider, wellness coach, or other trusted person.**

If you are OK with the advisories that we have shared above, then:

Congratulations! You are ready to take a step toward upgrading your practice of wellness, with the help of an advanced instrument for brain-based self-care. For a guided walkthrough on your first use of the B-2, please see the *Start Guide* underneath this document.

For more information about how to make the most of your B-2 experience, or other B-2 related support, please go to: braintellect.freshdesk.com/support/home.

Sincerely,

Sung Lee, MD MSc

on behalf of the BRAINtellect Team

IMPORTANT: PLEASE READ BEFORE FIRST USE (#2)

Why a person should, potentially, NOT use the Braintellect® 2 (B-2™).

There are some people who may not be good candidates for the B-2. It is important to understand that B-2 supports the brain to relax itself, and in that state, it is likely that the brain will reset itself on its own terms.

B-2 is **not a toy** and does not assist you by soothing you with music, like other devices on the market. B-2 is not a mechanism to learn self-control of the brain function by the client, which a biofeedback or neurofeedback device intends. Neither is B-2 a device meant to create a meditative or heightened state of consciousness or awareness. Instead, B-2 is a device to reflect the brain's waves back to itself in order for it to relax. The B-2 is intended for brain relaxation and not simply soothing the individual like a massage or music might.

It is important to mention that the ability to relax the brain is the first major barrier to cross in prayer, meditation, and consciousness/awareness. Without achieving brain relaxation, practitioners of these disciplines are much less likely to be highly successful in achieving their desired states.

People who will not find B-2 satisfying for their intentions may include the following:

1. Those who expect a “silver bullet” – B-2 is not something that “makes” a change in anyone, but instead “supports” change by supporting the brain to relax and reset itself. Those who want a “silver bullet” to satisfy their needs may include;
 - a. Those not wishing to make an investment of their time. Using B-2 may take days or even weeks before experiencing positive effects. However, if barriers to brain relaxation are present (such barriers may include medications and/or highly stressful environments) it may take even longer.
 - b. Those who do not want to do the work. Some people want something outside themselves to “make” them into something new – B-2 will support the journey of well-being but it in no way controls that journey – that control is fully in the client's hands where it belongs.
 - c. Those who wish to use B-2 without consistency. **B-2 may require daily use for the first 10 days and multiple times per week following the initial 10 days.** There is always an investment in anything of great value.
 - d. Those wanting a Doctor or Therapist to treat them without taking the responsibility for their own journey. Just as the warning agreement of a gym membership states that the choice to exercise includes the ability to do so; *questions by a client as to whether they are able to relax and use B-2 should be directed to their health care provider.* B-2 will support a relaxed brain, but only the user can determine what ultimately happens when their brain does relax. For example, thoughts or dreams may change and include some unpleasant experiences from the past, which have been locked away from consciousness. “Stuffing” or “blocking out” past experience may not be as easy to maintain when the brain is relaxed and is resetting itself. Effectively the user may find this to be a step-back in order for the reset brain to take steps forward, but only the B-2 user can take this journey and take responsibility for the experience.
2. Those who expect soothing music should not use B-2. It is not engineered to produce harmonic sounds or a play list of favorite relaxing tunes. B-2 is engineered to produce sounds of variable tones and rhythms which are consistent with dominant brain frequencies which are firing at near real time. Sounds are those generated by the brain and the sounds a user hears are those which are produced by their brain at that time. Those exact sounds may not be the same as any other person. Sounds may even be much different from one use to the next for the same user as their conditions change.
3. Those who expect the brain to relax fully while using some medications, drugs, or alcohol should not use B-2. It isn't possible for the brain to relax fully if the chemical environment of the brain is compromised. Relaxing the brain on a regular basis may help facilitate physician guided work to reduce dosage of the medication/drug/alcohol toward ending use of the substance at some point. It may require weeks or months of B-2 use to complete this process and experience a fully relaxed brain, which can reset itself.

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4. Those who expect to immediately lose weight when using B-2 may be somewhat disappointed as B-2 is not a weight management device. However, with a relaxed brain, healthy choices can be made more readily and easily which often produces effective long term weight management objectives.
5. Those who expect a process without any discomfort. Anything in life which is of value has some degree of discomfort – one may not be accustomed to taking time regularly to sit and relax, or may not be accustomed to dreams or thoughts which may initially be part of the consciousness. A brain is likely the most complex of all systems known in the universe. Trusting that the brain can reset itself, if it is able to repeatedly relax over time, is an important aspect of well-being.
6. Though B-2 is not intended to produce awareness and focus; those who do not want to be more aware and alert would be best to refrain from using the B-2 device. A relaxed brain will, in fact, be much more likely to be aware and alert because the degree of brain fog is more likely to dissipate when the brain is able to relax and reset itself.
7. Those people who do not want to take full responsibility for their self-care are not candidates for B-2. This does not mean children or others whose capability to take responsibility is limited could not use B-2 to their advantage. It does mean that regular use, within suggested guidelines, will likely be of assistance in making good and healthier choices. So, if poor choices in the past for an individual are blamed on bad luck or difficult circumstances, that person may find it is more agonizing to make that poor choice after relaxing their brain and allowing for greater clarity of thought and courage to walk through difficulties.
8. Those who want spiritual enlightenment by use of the B-2 may be disappointed. A relaxed brain does not necessarily provide enlightenment. It does allow the exercise of choice to more readily be on the road to enlightenment.

B-2 is for the person seeking total wellness for themselves. These are the people who realize that the brain is the central control unit of all spheres of life wellness – mind, body, and spirit.

B-2 is for the seeker and high achiever and all of us at Braintellect will do everything possible to help the seekers and high achievers move toward their goals.

Your success using the B-2 is our success, and we support and encourage you in your B-2 supported well-being!

Lee Gerdes, CEO
Brainstate Technologies

****A note about the relationship between the BRAINtellect® and Brainwave Optimization®:***

If you have had the opportunity to experience *Brainwave Optimization* with a provider certified by Brain State Technologies, you will remember that a *Technologist* guided your experience. The Technologist could observe brainwave rhythms through up to **64 different locations** on your scalp, and then make adjustments to your “brain mirroring” process with sensitivity to the evolution of your brain rhythms, across those locations.

The B-2 focuses on **four constant** scalp locations that overlie brain regions key to regulation of *arousal* and the *emotions*. The B-2 uses “smart” software that senses brain activity in all four of these regions simultaneously, and its tones reflect algorithmic calculations made in real time, from data collected from all four locations.

If you have experienced *Brainwave Optimization*, we encourage you to think of the B-2 as a way to sustain and build on the benefits you experienced, and may continue to receive, with the support of your Technologist. After an initial series of sessions, many people continue seeing their Technologist for regular Brainwave Optimization sessions, much as they enjoy having regularly scheduled physical massages. We ourselves endorse that practice, and we believe that most individuals who have benefited from Brainwave Optimization, including B-2 users, will wish to continue to schedule regular sessions with their Technologist.

If you have never experienced Brainwave Optimization, and you experience benefit from using the B-2, you may wish to consider visiting a certified provider of Brainwave Optimization, so you can enjoy the “full-brain” relaxation experience that only these Technologists can provide. Please visit www.brainwaveoptimization.com to find a listing of certified *Brainwave Optimization* providers, or call **480.588.6840** for further assistance.

IMPORTANT: PLEASE READ BEFORE FIRST USE (#3)

IF YOU HAVE A MEDICAL OR PSYCHOLOGICAL CONDITION, OR ARE USING OVER-THE-COUNTER MEDICATIONS OR SUPPLEMENTS OR PRESCRIPTION MEDICATIONS, FOR HEALTH, SLEEP, OR STRESS MANAGEMENT

- 1) The B-2 is not a medical device, and it is not intended to diagnose, treat, cure or heal, any medical or psychological condition.

- 2) The purpose of the B-2 is to help its user achieve a state of deep relaxation and flexibility of brain rhythms. From this relaxed state, the brain can more easily “reset” itself from the day’s stresses, and one may experience one or more of the following:
 - a. Improved ability to manage sleep
 - b. Greater mental clarity
 - c. Enhanced emotional well-being

When a B-2 user experiences any of these benefits, it is not because they were “caused” by the B-2. Rather, the B-2 supports the individual, and their brain, to be naturally relaxed, so that they can make choices and achieve positive outcomes and experiences associated with natural well-being.

- 3) For some individuals, use of the B-2 may be associated with experiences that are indicators of a deeply relaxed and self-optimizing brain state. **These experiences are also produced by the brain itself.**
 - a. *Increased sensitivity*, including to medications (both prescribed and over-the-counter), alcohol, recreational drugs, social situations or intimate relationship patterns, and/or other features of one’s household, work, or physical environment.
 - b. *Temporary changes in sleep, mood, or energy that are in a direction opposite to what was expected or desired.*
 - c. *Temporary sensation of fullness in the head, which may be uncomfortable.*

Because not all individuals with medical or psychological conditions may be well prepared to handle the potential experiences described above, please speak with your licensed health care provider, before beginning use of the B-2, and bring the enclosed document, “B-2 Letter for HCP’s”.

- 4) For some individuals with medical or psychological conditions, and/or who are using certain medications, supplements, or therapies, greater satisfaction from use of the B-2 may be more likely, if it is used in a way that coordinates with your other health care activities.

To explore ways you might use the B-2 that would well integrate with your overall health care plan or practices, please speak with your licensed health care provider.