

HOW TO USE AND TROUBLESHOOTING

Controllers do not have a light indicating when negative ions are being generated, but you can be assured that the negative ions are being created by the special layers of your device, always, when the controller is ON, and even for a while after turning it off.

- First **tightly connect controller to the mat connector**. Ensure the controller's mat plug is pushed all the way into the mat's receptacle socket so that it is snug tight with no space at all between the plug and the mat's socket. Then plug-in controller into the power outlet and turn ON controller with toggle button ❶.
 - If you connect controller to the power source first, the safety program may lock it. It may start to beep or show **OF** or **OP** errors. A loose connection can also cause loss of signal exchange between the mat and the controller and controller errors. Display ❸ may show **OF** when preset heating time is over. **Try adding time, power the controller ON/OFF, or reset controller reconnecting it to the mat in correct order.**
 - **Disconnect the plug from the socket first and then from the mat connection terminal.** When you disconnect, first turn controller OFF, then disconnect the plug from the socket, and only after this unplug the controller from the mat. Please always do it carefully with two hands, holding the connector with one hand while the other hand pulls the plug out of the connector on the mat.
- Reconnection and reset are the most common ways to eliminate errors and reload the controller. But if reconnection or any other way of troubleshooting do not improve the situation, it likely means that there is a problem with the controller. If your controller was not accidentally damaged or flooded and is under warranty, we replace it ASAP, fast and free. Please, contact us at support@MediCrystal.com**
- Sometimes controllers issues happen after power spikes. When hurricanes or storms are approaching, if you are not going to use your mat for a while, or if you are leaving your home for a weekend or vacation it is better to unplug the mat from the socket. **The best is to keep the mat unplugged from the power socket always while it is not in use.** No need to unplug the controller connector from the mat connection terminal frequently. If the controller always remains connected to the mat it is OK

as this only helps prevent the connection from loosening. Just remember to verify the tightness of the connections from time to time, especially if you sleep on your mat.

- The mat controller has four times settings 1 hour, 4 hours, 8 hours and 12 hours. You should choose one of them first to activate heating. After you turn ON controller press timer button ❷ to adjust time setting.
- Controller has a temperature dial ❸ to adjust the heat in 1 °C increments from 86 °F to 158 °F, displayed in Celsius from 30 °C to 70 °C. **The temperatures reflect condition of the inner heating elements, not the surface of the mat, which can be 10-20 °C lower.** Most of the energy from the hot crystals, in the form of Far Infrared Rays heat, is transferred by radiation, and not by conduction. The mat should be slightly warm on lower levels, warm on medium levels and very warm on high levels. If the ambient temperature is around 70 °F, it takes between a half an hour to hour for the mat to reach the maximum level if covered it with a thick blanket.
- **Some of MediCrystal® controllers may feature a safety system protecting users from overheating and dehydration.** When temperature is set above 122 °F (50 °C) for longer than 3.5 hours, auto protection feature will decrease it to safe 113 °F (45 °C) level.
- If it is not comfortable for you and you need to use the mat on higher temperature than 122 °F (50 °C) for longer than 3.5 hours, you can manually inactivate it. Press and hold Timer Control Button ❷ for 5 seconds until display shows **S-**. Press and hold Timer Control Button ❷ for 5 seconds until display shows **SA** to reactivate auto protection feature.
- If your controller **does not have this system**, be sure to use only the lowest heat setting when sleeping on the mat or if you use the mat in the evening when you may relax and fall asleep. Use an extra plug-in timer (not included) for double safety.

Remember that it is very important to consult your doctor before use and always properly hydrate with pure and mineralized water before and after sessions with the mat. Begin with low temperatures and short procedures and use a slow and continuous mode of increasing sessions intensity, duration and frequency. It is important to feel comfortable and enjoy your experience, so listen to your body and adjust procedures accordingly.

MediCrystal®

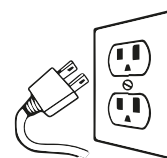
CONTROLLER MANUAL

H-60N

for CLASSIC MATS, PADS and BELTS with CONNECTOR type B (5 pins) / VOLTAGE 110-120V 60Hz

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Do not use in 220-250V countries without a step down power converter transforming 220-240V to 110-120V

Never use controller with travel plug or adapter!



Be sure that connection is snug tight with no space at all between the plug and the mat's socket.

H-SERIES CONTROLLER FEATURES
A HIGHLY DEVELOPED I.C CHIP WHICH CUTS OFF HARMFUL ELECTROMAGNETIC WAVES.



Always remember to turn off the electrical supply when not in use. When unplugging device, do not attempt to pull the cord, pull it out by holding the plug.

All products, controllers, specifications and data as well as a set of items packaged in a box are subject to change without notice to improve reliability, function or design of the devices.

Please, check for the most updated products details at www.MediCrystal.com web site.

CONTROLLER H-60N

2 Timer Control Toggle Button

Select one of 5 options shown on the Temperature/Timer display 3: 1H, 4H, 8H or OH for 1, 4, 8 or 12 hours heating session with auto shut-off when time expires or -H for generating ions without any heating

3 Temperature and Timer Display

Switches into Temperature Mode when the Temperature Dial 6 is rotated. Display shows the current temperature in Celsius (30–70 °C), flashes to the set temperature, then back again. When the temperature is set above 122 °F (50 °C) for longer than 3.5 hours, **auto protection feature** decreases it to safe 113 °F (45 °C) level. When **auto safety feature** is active display shows []. When the heating program is over the temperature display will show -- indicating that Power is ON.

In Timer mode Display shows one of 4 time settings 1H, 4H, 8H or OH chosen by Timer Control Button 2. It may show OF or -- when the time setting is over or if connection between the controller and the mat is lost. Reconnect or add time to resume heating or push the Power Button 1 to turn-off the Controller.

It is not recommended to turn **automatic control heat safety system** OFF but if you need to use the mat on higher temperature than 122 °F (50 °C) for longer than 3.5 hours, you can manually inactivate this system.

Press and hold timer button 2 for 5 seconds until display 3 shows S-. Press and hold timer button 2 for 5 seconds until display 3 shows SA to reactivate auto protection feature.

6 Adjust Temperature Dial

Use to increase or decrease heat 30–70 °C (86–158 °F). The dial range is marked, indicating the desired temperature in °F

5 Heating Operation indicator

ON when mat is heating, OFF when set temperature is reached

1 Power ON/OFF Toggle Button

Push it to turn the mat ON/OFF. If H-40N controller is used, when you turn it ON, the display 3 will show OH – it is the default heating mode with 12 hours auto shut-off or it can show blinking lines -- if so, please, activate the Timer and set session time. If static lines -- are displayed, please press power button again with some effort so that lines -- start to blink on the display 3 showing that the controller is ON and ready to choose the session time and temperature. If H-60N controller is used, Power ON indicator 4 lights up when the Power button is pressed and the power is ON. Display 3 may also show ON. You can set the session time and temperature

4 Power ON indicator

Lights up when the power ON

SAFETY INSTRUCTIONS

- It is the responsibility of the owner to read all user guides and ensure that all users of the mat and controller are adequately informed of all precautions.

- To reduce the risk of fire or electric shock, do not expose this controller to rain or moisture, do not touch any electrical parts with wet hands, do not use in the bathroom or wet sauna.

- Your mat has double safety advanced EMF free heating system with emergency bimetal switches physically cutting off the electrical wires if the mat's main thermostat safety system fails and it overheats to 180 °F (75 °C). Anyhow stop using and immediately unplug the mat from its power source (wall outlet) if you experience strange conditions such as smell, smoke, shocks and/or fire. Contact support@MediCrystal.com for assistance.

- Do not position controller on the mat or near heat sources or magnetic fields such as radiators, heat registers, stoves, TV sets, or magnetized objects. Do not immerse the mat or the controller

in water. Do not dry clean. Do not use any detergents, solvents or flammable agents to clean the mat or the controller. Clean both with a damp cloth. Clean the controller only when the power is off and it is unplugged from the AC outlet.

- Never pull your mat by the electrical supply cord or controller. Protect controller from falling down or impacts. Do not put heavy objects on the mat or on the controller. Store the mat and controller separately from each other to avoid accidental damage.

- To extend the life of your controller, use a surge protector. Power spike is the main reason why a mat would ever malfunction, an electrical surge kills the controller and renders the mat unusable until a new controller is purchased.

- Do not open or modify controller without manufacturer's approval. Do not use the controller if it is malfunctioning, if the mat is damaged or if connection between the mat and controller is not tight.

If the controller shows errors or is dead, try to replace the fuse (H-series) or contact us for a replacement. If the controller shows the current temperature yet the mat does not heat up when it should, the mat sensors, bimetal switches or heating elements could have failed. Please, contact us Support@MediCrystal.com for a replacement.

