

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.

- 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 ①.
- 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 ⑤ 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 unplugging 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.
- 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 from the mat connection terminal frequently. If the controller always remains connected to the mat it is OK
- 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 ③ for 5 seconds until display shows **S-**. Press and hold Timer Control Button ③ 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.
- The mat controller has four times settings 1 hour, 4 hours, 8 hours and 12 hours. You should choose one to them first to activate heating. After you turn ON controller press timer button ③ to adjust time setting.
- Controller has a temperature dial ⑥ 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 ③ for 5 seconds until display shows **S-**. Press and hold Timer Control Button ③ 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.

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.

HOW TO USE AND TROUBLESHOOTING

MediCrystal®

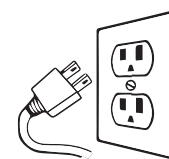
CONTROLLER MANUAL

H-60VA

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

LEGAL DISCLAIMER

Information provided hereby is for reference purposes only and is not intended to recommend our devices as a drug or as a diagnosis for any illness or disease condition; nor as a product to eliminate disease or other medical condition and is not a substitute for professional medical advice. MediCrystal LLC does not make any medical claims, real or implied, as to benefit of our products, devices and methods. No MediCrystal® products or statements have been evaluated by the FDA, nor has the FDA approved these products to diagnose, cure, or prevent disease in humans or in pets. FDA registration of devices manufacturer does not mean that the device is intended for medical use, treatment of cancer or any other diseases or medical conditions, or can be a replacement of doctor's advice or traditional medical care and therapy. There are contraindications and it is your responsibility to consult health professional prior to use of MediCrystal® products. Specific medical advice should be obtained only from a licensed health care professional. These and all other MediCrystal® products are non-medical, non-medical devices and are not intended to diagnose, treat, or prevent any disease or condition. All MediCrystal® products are marketed for consumer home use and the customer holds ultimate responsibility for any use of the device or information and for all consequences.



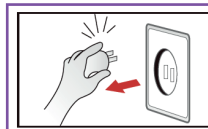
Do not use in 220-250V countries without a step down power converter transforming 220-240V to 110-120V

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-60VA

PEMF Program Button

Choose **P-** (PEMF off) one of 13 automatic Program options **P1, P2, P3, P4, P5, P6, P7, P8, P9, PA, PC, PE, PF** shown on the Display 5 or switch to manual frequency adjust mode **P0**. Press and hold for 3 seconds to quickly return to **P-** (PEMF off). Please, check Controller user guide for details

Temperature, Timer, Frequency and Program Display

Switches into Temperature Mode when the Temperature Dial 6 is rotated. Display shows the current Celsius temperature (30–70 °C), flashes to the set temperature when dial is rotated, then back again.

If the temperature is more than 122 °F (50 °C) for longer than 3.5 hours, **Auto-Protection Feature** will decrease it to safe 115 °F (45 °C) level and display will show [].

In Timer mode Display shows one of 5 heatings time settings **1H, 4H, 8H, 0H** or **-H** chosen by Timer Control Button 3. When the heating program is over the temperature display will show **--, OF** or **ON** indicating that Power is ON but the time set has expired. Add time to resume heating or push the Power Button 1 to turn-off the Controller.

In PEMF Program mode Display shows one of PEMF program settings. **P-** (PEMF OFF for FAR INFRARED heating function only), **P0** (manual frequency adjust mode), **P1, P2, P3, P4, P5, P6, P7, P8, P9, PA, PC, PE, PF** (automatic PEMF programs). Please, check Controller user guide for details.

If Manual Frequency adjust dial 8 is in active mode Display shows current PEMF frequency in Hz (1–30 number of pulsations per second). Please, check Controller user guide for details.

Display may also show **OF**, flickering or static **--** if the Power Button 1 is not pressed or if connection between the controller and the mat is lost. Press Power Button 1 to turn ON all other functions of controller or reconnect controller to the mat tightly to resume

Adjust PEMF Frequency Dial

Use to increase or decrease magnetic pulsation frequency from 1 to 30 times per second. You can try different frequencies to find what works better for you

Adjust PEMF Frequency Dial ON Indicator

Lights up when PEMF manual adjust dial is ON, frequency is chosen in manual mode, PEMF is ON, OFF when it stops

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

PEMF ON Indicator

Lights up when PEMF function is ON, OFF when it stops

PEMF PROGRAM CYCLE Indicator

Lights up when PEMF is auto cycled by program. OFF when the whole Program is over

Heating Operation indicator

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

Timer Control Toggle Button

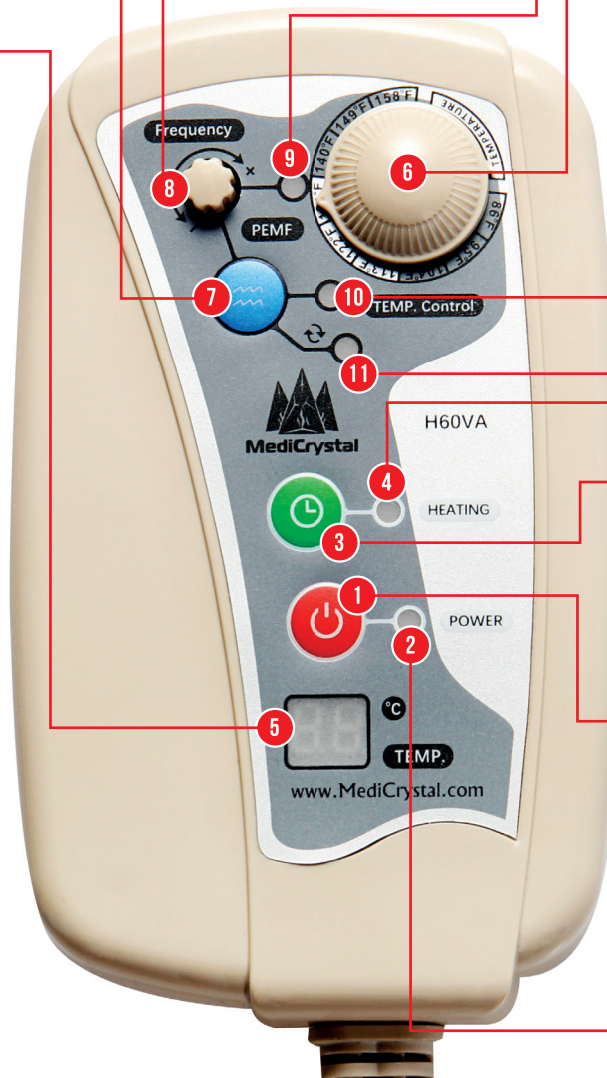
Select one of 4 options shown on the Display 5: **1H, 4H, 8H, 0H** for 1, 4, 8, 12 hours heating session with auto shut-off when time expires or you can choose **-H** (NO HEATING MODE) for only PEMF function without heating

Power ON/OFF Toggle Button

Push it to turn the mat ON/OFF. When you turn it ON, the Display 5 will show **ON**. It means that the controller is ON and ready to choose the program. If controller display shows **--** it means that the Power is connected but the Button has not been activated and no functions can be operated. Press power button again with some effort so that display 5 shows **ON**

Power indicator

Lights up when Power is 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.

