

Circulation Booster®

HIGH TECH HEALTH

- ✓ Improve blood circulation
- ✓ Reduce swollen feet & ankles
- ✓ Alleviate tired & aching legs
- ✓ Ease joint & muscle pain



CLASS IIa
MEDICAL
DEVICE

SCIENTIFICALLY
PROVEN 

User's manual

**DO NOT STAND ON DEVICE!
USE WHILE SEATED ONLY.**

Before using this product
please read the user's
manual carefully

Model number: CBV3



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Quick Setup Guide

Your Circulation Booster has been designed with home users in mind so please consult the safety precautions and contraindications on pages 7-8 prior to use.

Foot Pads

Foot and leg stimulation ("SOLE"):

1. Remove the power adapter from its slot in the base of the unit and replace the plastic cover.
2. Plug the device into the nearest electricity socket and place the device at a comfortable distance from your chair.
3. Remove all socks or stockings and place both bare feet onto the large foot pads, ensuring as much of your sole as possible is in contact with the pads **(NB. Both feet are required to create the circuit and it does not matter if your foot is too big or small for the foot pad)**.
4. Press the "POWER ON/OFF" button to turn the device on or push the "ON" button of the remote control. The LCD display will read "SOLE 0", "TIME 30", "BODY 0".
5. Using either the remote control or the buttons on the device, set the intensity level by using the "-/+ " buttons for the "INTENSITY SOLE" control. The LCD display for "SOLE" will change and the "TIME" will commence counting down from 30 minutes.
6. Continue to increase the intensity until you can feel mild impulses in your feet and calf muscles but remain comfortable. Each person's sensitivity is different so you may safely increase the intensity from 1 to a maximum level 99. We recommend using a heel balm on your feet to improve conductivity and stimulation.

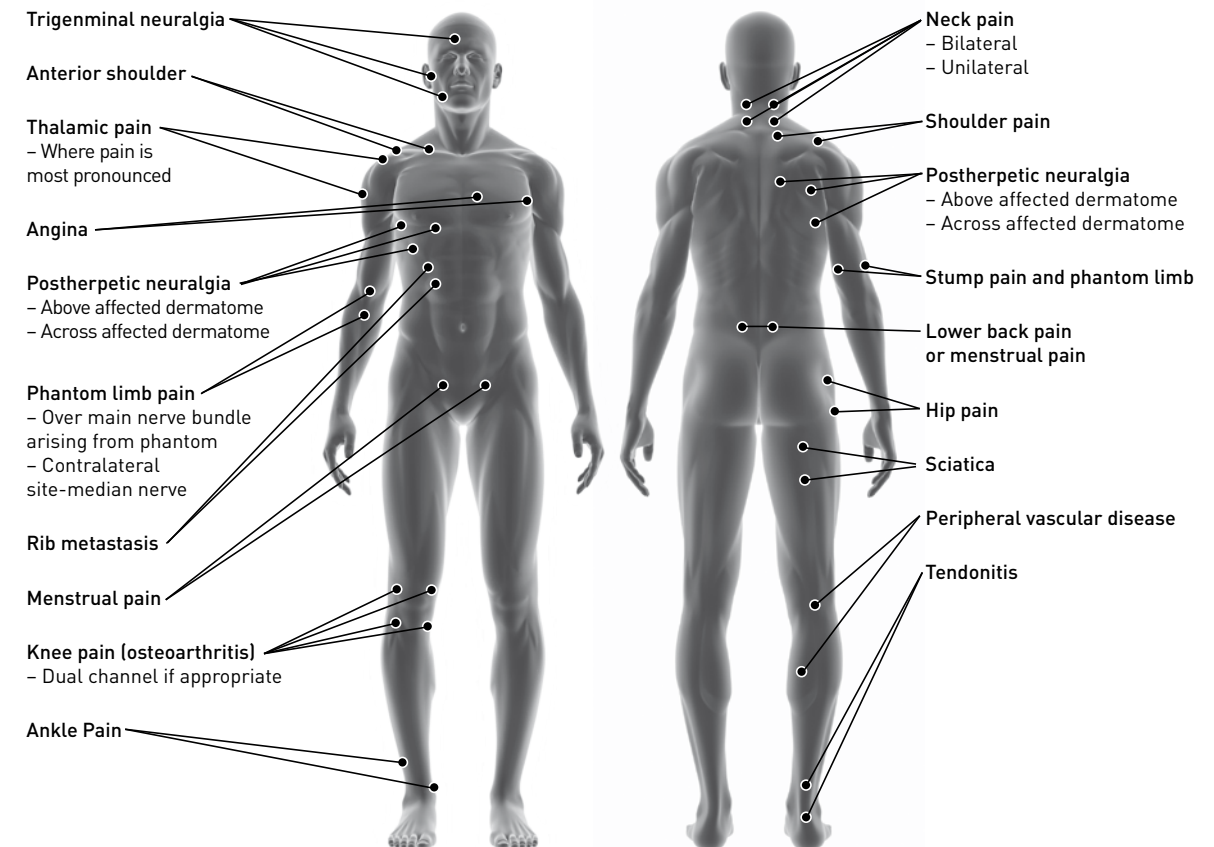


T.E.N.S Electrode Pads

Body stimulation ("BODY"):

Four T.E.N.S electrode pads are provided. Use these pads to relieve body aches and pains (for example, to the knee, shoulder, back and arm). You can use the pads either by themselves or at the same time when using the foot pads. The choice is yours.

1. Plug the device into the nearest electricity socket and place the device at a comfortable distance from your chair.
2. Connect the pins on the leads to the wire on each set of body pads.
3. Place the pads onto clean, dry skin targeting the area where you suffer muscular or joint pain. Below are illustrated examples of T.E.N.S treatment areas for pain relief.
4. Plug the other end of the lead into one of the "ACCESSORY SOCKET" ports located in the centre of the device.
5. Using the remote control or buttons on the device, set the intensity level by using the "-/+ " buttons for the "INTENSITY BODY" control. **(NB. You can use the body pads independently or at the same time as the "SOLE". You can also adjust the intensity for "SOLE" and "BODY" separately).**
6. You should set the intensity so you can feel the pulses but remain comfortable.
7. When not in use, you can store the pads on either side of the hard white plastic pad protectors provided.



Congratulations!

Thank you for purchasing The Circulation Booster. This remarkable device has already helped thousands of people around the world and we are confident you, your family and friends will benefit also. The Circulation Booster is manufactured to meet rigorous quality controls and carries the CE Medical Class IIa certification.

Explanation of The Circulation Booster®

Poor circulation may cause tired, aching and heavy legs. Most people get tired, aching legs and often swelling in their feet at some time in their lives – usually from standing or sitting for prolonged periods. It is not surprising that many decades of use may lead to poor circulation, muscle and joint pain. This is the natural ageing process. It is a process affecting an expanding proportion of the population. Prevention is the ideal solution and The Circulation Booster can assist but most of the time there is a need to reduce the existing symptoms.

The Circulation Booster uses Electrical Muscle Stimulation (“E.M.S”) applied primarily through two large foot pads to stimulate thousands of nerve endings in the soles of the feet, including the plantar muscle. The physiological result is that the foot and calf muscles contract and release, creating a pumping action. This action imitates the body’s natural circulatory system of the leg such as when you walk. As the calf muscle contracts

blood is squeezed into the deep vein of the leg and pushed towards the heart. This action effectively prevents stasis (the pooling of blood) with a significant increase in venous blood flow. E.M.S is part of the Transcutaneous Electro– Nerve Stimulation (“T.E.N.S”) family, which has been sold over the counter in pharmacies for decades. Additional applicators are included with the device to treat other areas of the body.

There is a large body of clinical evidence supporting T.E.N.S and E.M.S. The Circulation Booster uses the same range of E.M.S frequencies as used in the clinical studies. Dr. David Green and Dr. Paul Sumners from King’s College London and London South Bank University in the United Kingdom have also performed an independent, controlled clinical study using The Circulation Booster which supports the Circulation Booster’s claims. Full details of their clinical study along with other medical opinions is available at: www.greatcirculation.com

Independent Medical Opinion by Doctors & Vascular Surgeons...



“We have used The Circulation Booster and have found that it is very effective at stimulating the muscles of the feet and lower leg, causing a very good increase in blood flow. I am so impressed that I will be using it myself.”

Mr Mark Whiteley, Consultant Vascular Surgeon and Director of The Whiteley Clinic.



“This [Circulation Booster] helps the muscles to contract. When the muscles contract they push the blood up the veins. This is an excellent idea...”

Dr Chris Steel on ITV's ‘This Morning’.

Indications for use



- Increase blood circulation
- Reduce swollen feet and ankles
- Ease the discomfort caused by poor circulation and inactivity
- Relax tense muscles
- Ease joint and muscle pain

Contraindications & Precautions

The Circulation Booster is manufactured under International Quality Standard for Medical Devices ISO13485. This means that the device undergoes rigorous testing and quality control procedures. The current used has been reduced to DC 5V for your added assurance.

Total Contraindication – Do not use at all!

- **Pacemaker or Automatic Implanted Cardiac Defibrillator (AICD)**
- **1st trimester of pregnancy**
- **Existing Deep Vein Thrombosis (“DVT”)**
(i.e. to avoid any possibility of mobilising the clot)

Local Contraindication Only

Do not use on or near a specific part of the body or affect area:

- **Pregnant** – womb / stomach
- **Broken or bleeding skin** – dress any open wound to ensure electrodes do not come in contact with the area – to avoid a stinging sensation.
- **Tissue bleed** (internal / external)
- **Epilepsy** – do not use the pads on the neck area.
- **Malignancy**
- **Eyes, Testicles**
- **Infected tissue** (inc. Cellulitis)

CAUTION – Take care during use:

- **Muscle or ligament sprains / tears** – rest first then use a low intensity and/or shorter duration to avoid over-stimulation.
- **Devitalised / numb tissue** – ensure not to over stimulate the area.
- **Long term immobility or inactivity** – use a low intensity and shorter duration to introduce the muscles and avoid overstimulation / muscle fatigue.

Other Operating Safety Precautions:

- Use this device only for its intended purpose.
- Use only the accessories supplied by the manufacturer.
- Do not expose the device to extreme heat.
- Do not spill liquid on the device or its accessories.
- Do not overload the electrical outlet.
- Check the batteries in the Remote Control on a regular basis to ensure they are operative.
- Children should always be supervised by an adult.
- Do not stand on the machine. Use it only when sitting down.
- The wall socket outlet should be installed near the equipment and should be easily accessible.
- Do not open the device or repair it yourself.
This will invalidate your warranty and may cause serious harm.
- In the unlikely event your device malfunctions, disconnect it from the power source and contact your authorised agent immediately.

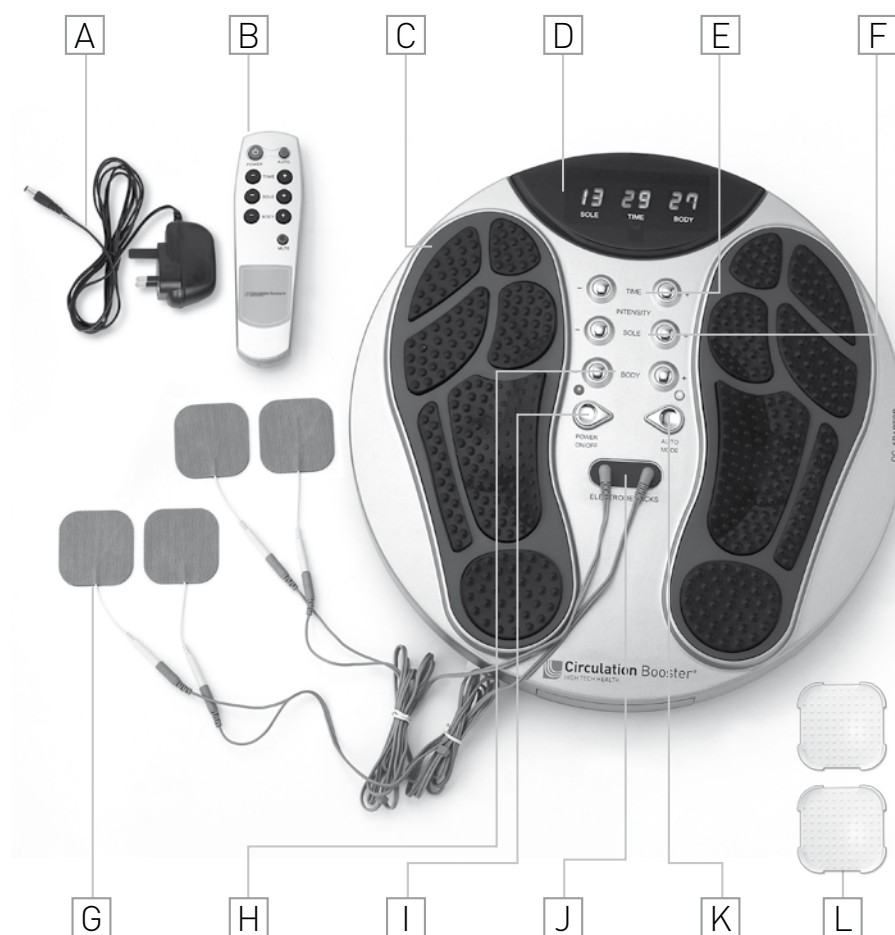
Hygiene & Storage

After the therapy is complete, use a soft, damp soapy cloth to clean the foot pads. Return the body electrode pads to the white hard plastic protectors provided. Do not immerse the device in water. Do not clean with chemicals.

Store in a dry, dust free location in temperatures between +10°C to +40°C and 30% to 90% relative humidity.

Parts and Controls

- A AC/DC adaptor.**
- B Remote control.**
- C Sole / Foot Pads.**
- D LCD Display Panel (“SOLE” intensity level, “TIME” remaining, “BODY” intensity level).**
- E Time buttons (+ /-) – 1-60 minutes (default 30 minutes).**
- F Sole intensity level buttons (+ /-) 1-99 – sole/foot pads.**
- G T.E.N.S electrode pads** to target specific areas of pain and swelling.
- H Body intensity level buttons (+/ -) 1 -99 – TENS/Electrode pads.**
- I Power Button** – press to turn device on/off.
- J Accessory Socket** – Inlets for TENS electrode pads. Simply plug in the leads, connect the pads and select body intensity levels.
- K Auto Mode Button** – turn on to experience all programs or switch off to remain on one type of programme (we recommend automatic).
- L White hard plastic protectors** – attach the adhesive electrode pads to each side of the holders when not in use.



Technical Specifications

NAME OF PRODUCT	Circulation Booster
MODEL	CBV3
FREQUENCY	1Hz – 50Hz
OUTPUT CURRENT	Max 9mA
WEIGHT	1.6kg
DIMENSION	356(W)356(H)x68(D)(mm)
POWER CONSUMPTION	5W
AC ADAPTOR	CE Approved
POWER SOURCE	
INPUT (ADAPTOR USED)	100-240V AC, 50-60H
OUTPUT	5v DC, 1000mA

How to use the Remote Control

The remote control allows you to sit back and relax without having to bend over to operate the device.

It is important to always aim the remote control towards the LCD display on the device as this is where the IR receiver is located.

The buttons are quite self explanatory and match the buttons on the device as explained in earlier sections of the user’s manual. A “mute” button however has been added to stop the beeping of the device as it progresses automatically through the programmes.

Personalised setting

1. The device is pre-set to run for 30 minutes and rotate through a series of beneficial programmes each minute.
2. To alter the time duration of the treatment, use the ‘+’ or ‘-’ buttons next to ‘TIME’ on the device control panel or remote control.
3. If during treatment a particular programme is preferred, you can choose to keep that programme constantly running by pressing off the ‘AUTO’ button on the device or remote control. However, we recommend keeping the auto button on for optimal results and to avoid over-stimulation of particular muscles.



Frequently Asked Questions

Q: Does the device vibrate?

A: The Circulation Booster® device is not a foot massager and does not vibrate. Instead it sends mild electrical impulses to stimulate the nerves of your soles which contract and relax your calf muscles. When your bare feet are placed on separate foot pads at the same time, your body creates the circuit between the left and right foot pad and the stimulation will commence.

Q: What intensity level should I use?

A: Everyone is different and will react differently to the intensity level settings (e.g. someone may feel the stimulation on setting 1 while others on setting 60 or higher). It is advisable to start off on a low setting and work up slowly until you can feel the mild electrical impulses in your feet and the muscles in the calf visibly pulsing or twitching but at a level that is not uncomfortable. If your feet lift off the device or your legs ache after use, you have probably had the intensity level on too high a setting. Rest the legs and next time use a lower intensity level.

Q: The stimulation is stronger in one foot than the other. Is there something wrong with the foot pad?

A: The intensity output in both foot pads is exactly the same. However, both feet and legs are never exactly the same and the nerves in one foot or leg may be more sensitive than the other. Set the intensity to a level that is comfortable in the good (or more sensitive) foot. The other foot will still be receiving the therapy despite the lack of sensation.

Q: My foot is too small / big for the foot pad. Does this matter?

A: No, this is not a problem. Just ensure that as much of the soles of both your bare feet are touching the foot pads so you will be able to create the circuit and have a therapy.

Q: Previously I could feel the stimulation on a much lower intensity but now I have to increase the intensity a lot more. Is there something wrong with my machine?

A: No, nothing has changed with the output of your machine. It is common that with regular use you will be able to comfortably increase the intensity. The device has a broad intensity range (1 – 99) and everyone should feel the stimulation in this range if used correctly. Dehydration, cold or dry skin can also affect the intensity. Ensure you are well hydrated with water and use a liberal amount of heel balm on your feet to improve conductivity.

Frequently Asked Questions continued...

Q: Are there any side effects?

A: If used on too high an intensity, for too long or too many times in the day, some users may over work their muscles in the same way as over exercise does, causing muscle strain and sleeplessness. Start conservatively and increase the intensity and duration as your body adapts.

Q: Should I bathe before use?

A: It is not necessary but good hygiene, especially the soles of your feet is important.

Q: Do I need to add special creams to the soles of my feet before use?

A: It is advisable to moisturise the soles of your feet before use. This will maximise the therapeutic effects but special creams are not required.

Q: How long and often should I use the device?

A: We recommend that you use the device for 30 minutes a day and up to a maximum of six (6) times a day. You will only keep feeling the benefits of the device if you use it on a regular basis. We recommend up to a total of three (3) hours per day and leave regular intervals between each session.

Q: Why sometimes do I need a higher intensity level to feel the electrical impulses?

A: If your feet are dry, cold or your body is dehydrated you may need to use a higher intensity level to feel the same effect. This can be offset by moisturising the soles of the feet and ensuring that you drink plenty of fluid. Also, if you have an injury (internal or external) or nerve damage (in the case of stroke patients or diabetics) you may need to increase the intensity level. Alternatively, you can also enhance the stimulation by adding the electrode pads to the area that has a weak sensation.

Q: Is it dangerous to use The Circulation Booster® with moisturised feet?

A: No, the device's electrical current has been stepped down to only DC 5V. Also, the foot pads are made of rubber too for added protection.

Q: Can I use the foot pads and electrode pads at the same time?

A: Yes, you can use both at the same time to enhance your treatment sessions or independently of each other. Please refer to the quick set up guide for usage instructions. You can also purchase glove applicators for your hands.

Frequently Asked Questions continued...

Q: Can I use the device immediately after a meal?

A: It is recommended to have a 30 minute interval before use.

Q: Do I need to drink fluid before using the device?

A: It is advisable to keep hydrated and drink fluid before and after treatment (this excludes alcoholic beverages).

Q: Sometimes why do I feel tired and sleepy after the treatment?

A: This is because you have been working your muscles and increasing your circulation so your body and mind are relaxed. Nerves in the feet connect to a region in the base of the brain responsible for sleep, relaxation and rejuvenation.

Q: What should I do if the stimulation is too strong even at the lowest intensity levels?

A: Start off the 'SOLE' intensity level at 1 and work up slowly until you can feel the mild electrical impulses; the stimulation should always be set at a comfortable level for your requirements. You can always reduce the time of the treatment as well.

Q: My symptoms have worsened since using the device. Is this normal?

A: This is nothing to be duly concerned about. It is quite normal that symptoms may worsen during the initial treatment phase before getting better. This may occur if the body has not yet adjusted to increased muscular activity and blood circulation. Medically it is called "acclimatization". If this occurs, simply reduce the intensity level and the duration of the treatment; this will reduce the initial symptoms and they will disappear over time.

Q: Is The Circulation Booster® safe for everyone?

A: There is a wide body of evidence surrounding the efficacy and safety of Electrical Muscle Stimulation ("E.M.S") which is traditionally the realm of physiotherapists. Nevertheless, please consult the cautions and contraindications section of this user's manual prior to use.

Q: How long do I have to use the device before I will notice results?

A: Everyone's body will react slightly differently to the therapy but you should notice significant improvement within four (4) weeks of daily treatment. If you've suffered from your ailment for a long time it may take longer to notice improvement. Please remember that like all exercises and therapies, if you stop using the device you will stop receiving the benefits.

Troubleshooting

Problem	Possible Cause	Solution
Device is on (lights illuminated on the LCD display) but cannot feel the electrical stimulation through footpads.	The device is not being used correctly. Check corrective action procedure.	We call it "The Hand Test". Test the device by placing both bare hands at the same time on each of the foot pads (left hand on left pad, right hand on right pad). Increase the "SOLE" intensity up in increments of 10 (up to maximum of 99) until you can feel the stimulation. If you can feel the stimulation through your hands then the device is working. If on 99 you still cannot feel the stimulation then please contact your authorised dealer.
	Not placing both bare feet on the foot pads at the same time.	Ensure that your feet are bare and each foot is placed on each of the foot pads at the same time. Keep increasing the "SOLE" intensity up to a maximum of 99 until you feel the stimulation.
	Your feet may be dry.	Moisturise the soles of your feet preferably with a heel balm high in urea from your local pharmacy and try the procedure again. You may also have to increase the "SOLE" intensity level.
	You may be dehydrated.	Drink plenty of water before and after using the device. The device uses your body to create the electrical circuit. Water is an excellent conductor of electricity and if your body is less hydrated (below 60%) then the stimulation may be less. Therefore it is important to always remain well hydrated.
	The "SOLE" intensity level may be on too low a setting.	This is a very safe device. Keep increasing the "SOLE" intensity level towards 99 until you feel the stimulation. Ignore your friends and family if they were able to feel it on much lower levels – everyone is different! Also, you may find that you have to increase the "SOLE" intensity level as you get used to the therapy. The aim is not to get to 99 but to find a setting that is comfortable for you.

Troubleshooting continued...

Problem	Possible Cause	Solution
No power or lights to the device when switched on.	DC Adaptor not switched on at mains socket or DC Adaptor not plugged into device properly.	Check mains socket power is switched on and the DC Adaptor is plugged into the device correctly. If still not working – contact your authorised dealer.
The Device is not vibrating.	The device DOES NOT VIBRATE.	Read instructions on correct use.
The Body electrode pads have lost their adhesive / stickiness.	The electrode pads will eventually deteriorate with regular use. They are consumables. To guarantee maximum life, ensure that your skin is free from dirt, oil and lotions.	Dab a small drop of water onto the sticky side of the electrode pad and rub into the surface. This should improve the adhesiveness. Also use the hard white plastic holders to store the pads. At the end of the electrode's life, please contact your authorised dealer to purchase replacements.
My legs are aching after treatment.	You may have the "SOLE" intensity on too high a setting and your muscles are being overworked.	Leave adequate time after each treatment to allow the muscles to recover (just like after vigorous exercise!). On your next session start on a lower setting (where you can feel the mild electrical stimulation and it is comfortable) and reduce the duration until your muscles have acclimatised to the stimulation.

Limited Warranty

The Circulation Booster® is warranted to be free of defects in material and workmanship at the time of distribution and is warranted for 12 months. The warranty extends only to the original purchaser and terminates on transfer of ownership. Freight charges to and from the approved dealer are the responsibility of the customer. There are no internal maintainable parts. This warranty is void if the product has been altered, misused or abused. Specifications are subject to change without notice.

If, having followed the fault finding process above, The Circulation Booster does not operate satisfactorily, please contact your authorised selling agent for instructions. The Country Agent has the right to repair or replace faulty items at their discretion.

Manufactured exclusively for High Tech Health by:

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ARTG Registration Number 157528