



# Vasindux **PRO+**



Version 3.1

USER MANUAL

# Index

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<b>Vasindux PRO+ Quick Start</b> .....	<b>4</b>
Introduction .....	6
Included with Your Purchase .....	6
Application Tips for Best Results .....	6
Information about PEMF Therapy .....	7
Turning on the Controller .....	8
Starting a Program .....	9
Setting Controller Defaults .....	10
Custom Program – IF1 .....	11
FAQ .....	12
Program Categories .....	13
PRO+ Attachments .....	14
PEMF Therapy Benefits .....	15
Program Guide .....	16
Wellness Guide .....	18
Cleaning .....	20
Environmental Declaration .....	20
Manufacturer and Warranty Service .....	20
Technical Specifications .....	21
Warranty Statement .....	22

# Vasindux PRO+



Press the OK button during operation to pause the session. To continue the session, press the OK button once more. You may press the power button at any time to end the session. You may push and hold the power button to turn off the controller.

At the end of the session, a brief beep will be emitted (if the sound option is on).

If the controller is not in use for five minutes, it will automatically power off.

Note: Do not plug in or unplug an attachment while a program is running.

## Quick Start

The Pro controller is designed to start the primary **Energy**, **Relax** and **Sleep** programs quickly. By selecting the **I**, **II** or **III** shortcuts, the programs are started immediately.

*First, plug the AC adapter into your outlet, then plug the AC adapter and the applicator/s into the back of the controller ensuring they are plugged in the entire way. Once powered on, the controller will automatically detect if there are one or two applicators connected and display them with a 1 and/or 2 in the bottom left and right corners of the display. The controller will automatically run one or two attachments using whichever program you select.*

Press the “Power” button to power on the device. The Vasindux Logo will appear briefly on the display. Once **IF CH BR** is shown on the display, you may select any of the 3 presets to start the program immediately. Relax and enjoy your wellness session! **I (Energy)**, **II (Relax)** or **III (Sleep)**

*During operation, the controller displays the program that you selected and the time remaining for your session.*

- **I - Energy** program gives your mind and body stimulation that helps to boost your energy and mood.
- **II - Relax** program provides a calming set of earth based frequencies to relax your mind and nerves while providing cellular stimulation.
- **III - Sleep** program helps to prepare your mind and body for deep sleep while gently recharging your cells.

The **Energy (I)** and **Relax (II)** programs allow you to choose a default waveform. You may choose either Sine or Square wave. The **Sleep (III)** program is only sine wave. To set the desired waveform in the controller settings, see the “**Setting Controller Defaults**” section on page 10.

## Introduction

Thank you for choosing Pulsed Electromagnetic Field (PEMF) Therapy. The Vasindux products are among the most up-to-date pulsed electromagnetic devices for professional and home use. This device has innovative features designed to improve overall general health, well-being and improve your quality of life.

This user manual is designed to help you use the Vasindux Pro unit safely and effectively to achieve the best results.

## Included with Your Purchase

- Controller
- AC Adapter
- Applicator/s
- User Manual

## Application Tips for Best Results

People with severe chronic pain or other physiological concerns are advised to start PEMF therapy at lower intensity levels and then increase gradually over time as desired. Side-effects from PEMF therapy are usually minor and temporary if at all. In some cases, users experience dizziness or tingling due to hyper sensitivity to electromagnetic fields. In most cases, changing the frequencies used and lowering the power level on the PEMF device will resolve these issues.

- Drinking caffeinated beverages and smoking is not recommended immediately before and after use of the device as nicotine and caffeine restricts blood vessels.
- It is recommended to stay properly hydrated. Drink a glass of water before and after your therapy session.
- Avoid unhealthy diets. Be sure to eat a nutritious diet with fresh fruits and vegetables. For maximum efficiency, use the device regularly.

## Information about PEMF Therapy

### *Who should use PEMF devices?*

People who are: Experiencing painful conditions, desiring improvement and maintenance of overall health or if you are recovering from an injury.

### *Who should **not** use PEMF devices?*

The use of a PEMF product is contraindicated in people with pacemakers or other electronic implants, cochlear implants or mechanical heart valves, unless approved by the device manufacturer. PEMF products are also contraindicated during pregnancy, and in people with epilepsy or bleeding. PEMF therapy is contraindicated for organ transplant recipients, those on immunosuppressive therapy, and for individuals with non MRI safe IUDs.

Minor reactions to low intensity PEMF therapy may occur in some individuals and is part of the detoxification and healing process. Because PEMF therapy results in many activities within the body, some people may experience some slight discomfort, especially when using it for the first time. Lower frequencies from 1-12 Hz are least likely to cause a negative reaction and are optimal for general wellness.

PEMF therapy side-effects are usually either non-existent, or very minor and temporary but they may be observed in users who are hyper sensitive to electromagnetic fields. Most of the time, changing the frequencies used on the PEMF device will help to resolve any issues. It is very important to drink at least 8-10 ounces of pure water before and after a PEMF session.

People who have severe chronic pain or other physiological concerns, it is suggested to start PEMF therapy at low intensity levels (such as 1, 2 or 3) then increase as appropriate.

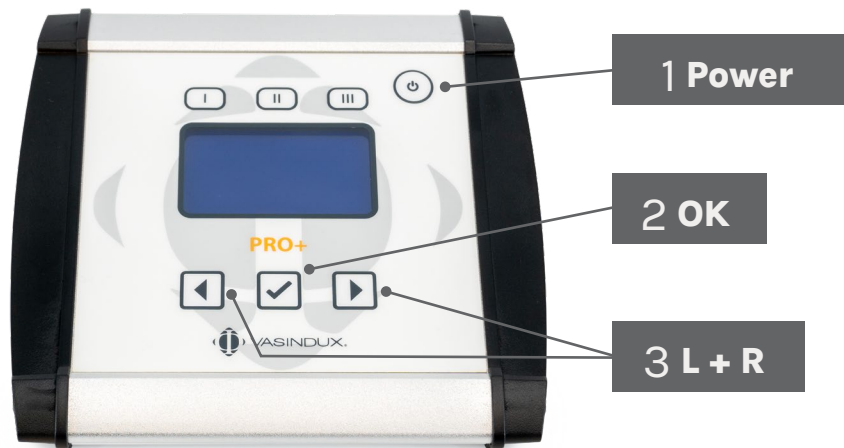
Proper nutritional support and supplements are also helpful in conjunction with PEMF Therapy.

## Turning on the Controller

First, plug the AC adapter into your outlet, then plug the AC adapter and the applicator/s into the back of the controller ensuring they are plugged in the entire way. Once powered on, the controller will automatically detect if there are one or two applicators connected and display them with a 1 and/or 2 in the bottom left and right corners of the display. The controller will automatically run one or two attachments using whichever program you select.

To turn on the device, press the “Power” button 1. When the device has powered on, the logo will appear on the display. During this time, calibration is checked and completed. If everything is fine during the calibration check, the main screen will be displayed. To turn off the device, Press and hold “Power” 1 for 4 seconds.

If the device is inactive for 5 minutes, it will automatically power off.



## Starting a Program

Press the Power button 1 to power on the device. The Vasindux Logo will appear briefly on the display.

Once **IF CH BR** is shown on the display:

- Use the left and right arrow buttons 3 to scroll to the category you would like to use.
- Press the OK 2 button to confirm your selection.
- Once you are in the category (IF, CH or BR), scroll to the desired program and press OK to start the program immediately. This will use the default program time and intensity that you set for the controller.

If you want to adjust the time or intensity for a specific program other than what you saved in the default settings, you may press and hold the OK button to adjust the time and intensity for that specific session. You may either start the session immediately or schedule the program to start at a specific time.

To set the desired defaults in the controller settings, see the “**Setting Controller Defaults**” section on page 10.

Press the OK button during operation to pause the session. To continue the session, press the OK button once more. You may press the power button at any time to end the session. You may push and hold the power button to turn off the controller.

At the end of the session, a brief beep will be emitted (if the sound option is on).

If the controller is not in use for five minutes, it will automatically power off.

Note: Do not plug in or unplug an attachment while a program is running.

# Setting Controller Defaults

The controller allows the user to set and save their own default settings.

When a program is started, it will use your saved settings automatically.

The adjustable default settings include:

- **Language**
- **Intensity** (levels 1 - 9)
- **Duration** (10 - 30 minutes)
- **I** (Set the **Energy** shortcut to Sine or Square Wave)
- **II** (Set the **Relax** shortcut to Sine or Square Wave)
- **Date**
- **Time**
- **Sound** (turn the audible beep on or off)
- **Contrast** (levels 1 - 9)
- **Brightness** (levels 1 - 9)

To access the controller default settings, push and hold the Left - Right Arrows simultaneously.

This opens the settings area which allows you to select the controller defaults.

- Use the Left - Right arrows to select the setting you would like to change and press OK to enter the setting.
- Use the Left - Right arrows to change the setting and push OK to save your selection.

Once you choose each setting, those settings will be used as the default settings when you start a program in the future.

Push the power button once to exit the settings area.

# Custom Program — IF11

Program IF 11 allows the user to customize specific settings for their program. Use the arrows to scroll through the IF programs until you see **IF 11** on the display. Press OK to confirm your selection. You will have the option to select a specific frequency.

You may choose the waveform (square or sine wave), frequency (up to 900 Hz), polarity (positive, negative or reversing polarity) and intensity by using the arrow keys to scroll through the options.

Press the OK button each time to confirm your selection for each section.

Press the power button briefly to go back to the previous setting if you need to change it.

You may either start the session immediately or schedule the program to start at a specific time. The scheduled time is displayed as 24 hour time.

While any session is in progress, you may push the OK button to pause and or resume your session.

## FAQ

### What is Intensity?

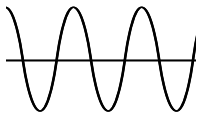
Intensity is the strength of the signal. Intensity is measured in Gauss or MicroTesla.

### What is Frequency?

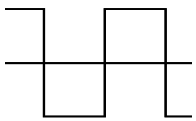
Frequency is the number of pulses that are emitted per second. Frequency is measured in Hertz.

### What is Waveform?

The waveform is the shape of the magnetic wave.



**Sine wave** – A variety of waveforms exist in nature, in the body, and in PEMF devices. The sine wave mimics the waves that the body naturally emits.



**Square wave** – From the NASA study, we know that the square wave is ideal for breaking up cycles of pain and promote healing and regeneration of healthy tissues.

### What Program Should I Start With?

Your first few sessions should be one of the lower frequency programs. Try a low program with the default intensity until your body adjusts to the therapy.

### How Long Does It Take To See Results?

For best results, it is recommended to use the device twice per day. Each person responds differently to PEMF Therapy. Results may vary on an individual basis. It is important to know that PEMF Therapy is a complimentary therapy and not a medical treatment. For specific health concerns, please contact your doctor.

## Program Categories



### Primary PEMF Therapy

The Primary PEMF (**IF**) Category is based on the principle that the Earth's magnetic field is best for creating a healing environment within the body through natural processes.

Use the navigation keys to select the desired program (If 1- 10). By pressing “OK” the program starts with the default intensity and time.



### Bio Resonance PEMF Therapy

The Bio Resonance PEMF (**BR**) category uses frequencies that resonate with the organs in our bodies. The underlying principle of this category is that during the therapy session, the abnormal (non-harmonic) frequencies are removed from the body, while the healthy vibrations are amplified. According to this principle, the abnormal frequencies become weakened first, then they are removed.

Use the navigation keys to select the desired program (Br 1- 17). Press “OK” to start the program with the default intensity and time.



### Charka PEMF Therapy

The Chakra PEMF (**CH**) programs apply the frequencies found in our body's energy centers. Traditional Chakra techniques focus on meditation and making the energy centers within the body open and in alignment. Theoretically, if the energy centers become blocked or out of sync, this can negatively impact your physical and psychological health. This category of PEMF Therapy addresses the seven main points of energy centers along the spine.

Use the navigation keys to select the desired program (Ch 1- 10). Press “OK” to start the program with the default intensity and time.

## Pro Series Attachments



### Full Body Mat

This device is used for full-body therapy and general wellness.

### Chair Mat Attachment

Use this device on a chair, in a bed, or at the office.



### Ring Attachment

This device is used for the head, neck, joints and extremities.



## PEMF Therapy Benefits

- Pain reduction and accelerated healing
- Promotes cellular health to improve wellness
- Enhances the body's self-healing abilities and quality of life
- Boosts energy and athletic performance
- Improves circulation, oxygenation and immunity
- Improves detoxification and elimination
- Improves sleep, stress reduction and cognitive function
- Modulates inflammatory response, reduces oxidative stress, promotes cellular rejuvenation
- Non-toxic



# Program Guide

## IF

Programs	Hz	Time	Comment
IF 1	12 - 30 Hz	10 - 30 Minutes	Sine Wave
IF 2	8 - 11 Hz	10 - 30 Minutes	Sine Wave
IF 3	1 - 5 Hz	10 - 180 Minutes	Sine Wave
IF 4	12 - 30 Hz	10 - 30 Minutes	Square Wave
IF 5	8 - 11 Hz	10 - 30 Minutes	Square Wave
IF 6	15.6 Hz	10 - 30 Minutes	Sine Wave
IF 7	62.5	10 - 30 Minutes	Sine Wave
IF 8	15.6	10 - 30 Minutes	Square Wave
IF 9	26 Hz / 15.6 Hz	10 - 30 Minutes	Sine & Square Wave
IF 10	7.8 Hz, 14 Hz, 20.8 Hz, 25 Hz, 31 Hz	10 - 30 Minutes	Sine & Square Wave
IF 11	Custom Settings 0.5 - 900 Hz	Adjustable 10 - 30 Minutes	User selected Sine or Square Wave

## CH

Programs	Hz	Time	Comment
CH 1	8 - 12 Hz	10 Minutes	Alpha
CH 2	4 - 7 Hz	10 Minutes	Theta
CH 3	963 Hz	10 Minutes	Sahasrara (Crown Chakra)
CH 4	852 Hz	10 Minutes	Ajna (Third Eye Chakra)
CH 5	741 Hz	10 Minutes	Vishuddha (Throat Chakra)
CH 6	639 Hz	10 Minutes	Anahata (Heart Chakra)
CH 7	528 Hz	10 Minutes	Manipura (Solar Plexus Chakra)
CH 8	417 Hz	10 Minutes	Swadhistana (Sacral Chakra)
CH 9	396 Hz	10 Minutes	Muladhara (Root Chakra)
CH 10	396 Hz, 417 Hz, 528 Hz, 639 Hz, 741 Hz, 852 Hz, 963 Hz	15 Minutes	Full Chakra Program

## BR

Programs	Hz	Time	Comment
BR 1	7.83 Hz	10 Minutes	Schuman (Earth)
BR 2	110 Hz	10 Minutes	Rife: Gastric
BR 3	117.3 Hz	10 Minutes	Rife: Pancreas
BR 4	164.3 Hz	10 Minutes	Rife: Gall Bladder
BR 5	176 Hz	10 Minutes	Rife: Colon
BR 6	220 Hz	10 Minutes	Rife: Lungs
BR 7	281 Hz	10 Minutes	Rife: Digestive System
BR 8	295.8 Hz	10 Minutes	Rife: Fat Cells
BR 9	315.8 Hz	10 Minutes	Rife: Brain
BR 10	317.83 Hz	10 Minutes	Rife: Liver
BR 11	319.88 Hz	10 Minutes	Rife: Kidney
BR 12	321.9 Hz	10 Minutes	Rife: Blood
BR 13	324 Hz	10 Minutes	Rife: Musculature
BR 14	355.2 Hz	10 Minutes	Rife: Bladder
BR 15	418.3 Hz	10 Minutes	Rife: Bone
BR 16	492.8 Hz	10 Minutes	Rife: Adrenal
BR 17	110 Hz, 117.3 Hz, 164.3 Hz, 176 Hz, 220 Hz, 281 Hz, 295.8 Hz, 315.8 Hz, 317.83 Hz, 319.88 Hz, 321.9 Hz, 324 Hz, 355.2 Hz, 418.3 Hz, 492.8 Hz	15 Minutes	Full Bioresonance Program

# Wellness Guide

The following are general guidelines for programs that are known to help improve symptoms associated with various health concerns. It is recommended that you consult with your primary care provider prior to initiating PEMF sessions for specific health concerns.

Category		Primary PEMF Programs	Bioresonance PEMF Programs	Chakra PEMF Programs
General Wellness Programs	Energy	IF 1, IF 4	BR 17	
	Relax	IF 2, IF 5		
	Sleep	IF 3		
Vascular	Arteriosclerosis	IF 10	BR 12	CH 6
	Stroke	IF 3	BR 12, BR 9	CH 1, CH 2
	Dementia	IF 3	BR 9	CH 3
	Angina (Chest Pain)	IF 7	BR 6	CH 5
	Infarct	IF 3	BR 12, BR 13	CH 6
	Muscle Spasms	IF 7	BR 13	CH 9
	Blood vessels supplying the brain	IF 2, IF 5	BR 12, BR 9	CH 6
	Hypertension	IF 2, IF 5	BR 12	CH 6
	Arrhythmia	IF 10	BR 12, BR 13	CH 6
	Bradycardia	IF 2, IF 5		CH 6
	Tachycardia	IF 3	BR 12	CH 6
	Peripheral Vascular Disease	IF 2, IF 5	BR 12	CH 6
	Lymphatic System	IF 10	BR 12	CH 6
	Decreased Hearing	IF 3	BR 12	CH 4
	Tinnitus	IF 3	BR 12	CH 4
Headaches	IF 3	BR 12, BR 13	CH 6	
Respiratory	Asthma	IF 3, IF 6, IF 8	BR 6	CH 5
	Hay Fever	IF 6, IF 8, IF 10	BR 6	CH 5
	Pneumonia	IF 2, IF 5, IF 6, IF 8	BR 6	CH 5
Digestive System	Gastric Disease	IF 2, IF 5	BR 2	CH 7
	Ulcer Disease	IF 3	BR 2, BR 7, BR 3	CH 7
	Crohn's Disease	IF 10	BR 7	CH 7
	Diabetes	IF 2, IF 5	BR 3	CH 7
	Hepatitis	IF 3, IF 6, IF 8	BR 10	CH 7
Metabolism Disorders	IF 2, IF 5	BR 7	CH 7	

Category		Primary PEMF Programs	Bioresonance PEMF Programs	Chakra PEMF Programs
Neurological	Chronic Fatigue	IF 10	BR 1	CH 1, CH 2
	Sleep Disorders	IF 3	BR 1	CH 1, CH 2
	Elderly Dementia	IF 10	BR 1, BR 13, BR 9	CH 3, CH 4
	Alzheimer Disease	IF 10	BR 1, BR 13, BR 10	CH 3, CH 4
	Headache	IF 3	BR 1	CH 1, CH 2
	Migraine	IF 2, IF 5	BR 1	CH 1, CH 2
	Cluster Headaches	IF 2, IF 5	BR 1	CH 1, CH 2
	Rest and Relax	IF 2, IF 5	BR 1	CH 1, CH 2
	Revitalizing	IF 9	BR 1	CH 1, CH 2, CH 5
	Relax-Anti Stress	IF 2, IF 5	BR 1	CH 1, CH 2
	Carpal Tunnel Syndrome	IF 9	BR 12	CH 5
Panic Attack	IF 9	BR 1	CH 4	
Musculoskeletal	Osteoporosis	IF 7	BR 12	CH 5, CH 9
	Fracture	IF 2, IF 5	BR 12	CH 5, CH 9
	Arthritis	IF 6, IF 8, IF 10	BR 12, BR 13	CH 5, CH 9
	Polyarthritis	IF 6, IF 8, IF 10	BR 12, BR 13	CH 5, CH 9
	Tendonitis	IF 6, IF 8, IF 10	BR 12, BR 13, BR 1	CH 9
	Inflammation/Injury	IF 6, IF 8 IF 10	BR 12, BR 13, BR 1	CH 9
	Gout	IF 7, IF 10	BR 12, BR 13	CH 8
	Muscle Pain	IF 3	BR 12, BR 13	CH 9
	Injury or Muscle Tear	IF 3	BR 12, BR 13	CH 9
	Other	Detoxification	IF 2, IF 5	BR 12, BR 1, BR 8, BR 7
Strengthen Immunity		IF 2, IF 5	BR 1	CH 5
Burns		IF 2, IF 5	BR 1	CH 9
Enlarged Prostate		IF 2, IF 5	BR 1, BR 2	CH 8
Gynecological Inflammation		IF 2, IF 5	BR 1, BR 2	CH 8, CH 1, CH 2
Menstrual Cramps		IF 2, IF 5	BR 1, BR 2	CH 8
Depression or Insomnia		IF 3	BR 1, BR 9	CH 1, CH 2

The recommended settings are based on user experience. This is not meant to take the place of conventional medical treatment. The Vasindex PEMF product is a complimentary therapy option to improve health and wellness using the body's natural processes.

**Program guidelines and products by Vasindex have not been evaluated by the FDA and their products are not intended to diagnose, treat, cure or prevent any disease or medical condition. The use of a PEMF product is contraindicated in people with pacemakers (unless cleared by the implant device manufacturer), medication pumps or cochlear implants. PEMF products are also contraindicated during pregnancy, while receiving chemotherapy and in individuals with epilepsy or bleeding.**

## Cleaning

The surface of your device is not washable. Do not clean with harsh chemicals. Mild dirt should be removed with a dry cloth. It is recommended to cover the mat to protect the surface.

PU Leather: Clean the applicator with warm water or mild detergent using a damp cloth. Do not clean with chemicals.

## Environmental Declaration

Used electrical equipment is considered hazardous waste. Please recycle this product accordingly. For more information, please contact your retailer.

## Manufacturer and Warranty Service

### Manufacturer

Vasindux, LLC  
Millerstown, Pennsylvania, USA  
Assembled In The USA

### Warranty Service

Fulfilled by distributor.

There is a three-year warranty for the Vasindux PEMF Products starting on the day of purchase. However, it is not valid in the following cases:

- Failure or damage due to improper usage
- Damage and contamination of the mattress caused by improper protection
- If the controller or the adapter has been opened during the warranty period

## Technical Specifications

### Input

AC100 - 240V - 50/60 Hz, 1.5A

### Output

12V DC - 4A - 48 Watts Max

### Magnetic Field Strength

**Full Mat:** 5 - 200 Microtesla (.05 - 2G)  
**Chair Mat:** 5 - 200 Microtesla (.05 - 2G)  
**Ring:** 5 - 220 Microtesla (.05 - 2.2G)

### Material

**Full Mat:** Poly Cotton  
**Chair Mat:** Poly Cotton  
**Ring:** PU Leather

### Frequency Range

**Preset Programs:** 1 - 963 Hz  
**Custom Program:** 0.1- 900 Hz

### Storage Temperature

Between 35 F and 104 F  
Relative air humidity up to 75%

### Coil Type

**Mat:** 8 Copper Coils  
**Chair Mat:** 6 Copper Coils  
**Ring:** One Large Coil

### Weight

**Full Mat:** 7 lbs (3.17Kg)  
**Chair Mat:** 2.1 Lbs (.95 Kg)  
**Ring:** 1.8 Lbs (.81 Kg)  
**Controller:** 1.5 Lb (.68kg)

### Waveform

Sine and Square

### Sizes

**Full Mat:** 70 X 27 Inches (180 X 70 cm)  
**Chair Mat:** 18 X 39 Inches (46 X 99 cm)  
**Ring:** 9 Inches ID (22 cm ID)

# Warranty Statement

Vasindux warrants each new PEMF product to be free from defects in materials and workmanship for a period of three (3) years after the sale of the Vasindux product to the original buyer.

The obligation of Vasindux under this warranty is expressly limited solely and exclusively to the repair or replacement of the unit or any parts thereof, which to the satisfaction of Vasindux, have become defective during the warranty period, and which shall have been returned to Vasindux within 5 business days after the discovery of the defect by the original buyer. This warranty does not extend to any liability for medical expenses, or for any other defect or malfunction of the “Vasindux” product, except as herein provided, whether such damage claim shall be based on contract, tort, breach of warranty, or otherwise. This warranty shall not apply to any “Vasindux” product which has been repaired, tampered with or altered by someone other than a duly authorized Vasindux representative, or which has been subjected to negligence, accident, mishandling, normal wear and tear or which has not been used in accordance with the enclosed instructions or for the stated purposes. This warranty is expressly limited solely to the original buyer (user) and does not extend to any transferee, assignee, or subsequent purchaser or user of the “Vasindux” product.

This warranty is the sole and exclusive warranty made or which may be deemed to have been made by Vasindux and is expressly in lieu of any and all other warranties, either expressed or implied, including any warranties of merchantability or fitness for a particular purpose. No person or entity has any authority to bind Vasindux to any warranty, guarantee or representation except as specifically set forth herein.



*Developing high quality and  
technologically advanced wellness  
products that provide long term value.*

[www.vasindux.com](http://www.vasindux.com)