

## HOW TO USE:

- Remove original insoles from your shoes and replace with Vibrathotics insoles
- If the Vibrathotics insoles are too big, trim to fit
- To turn on the Vibrathotics insoles, choose the desired setting constant (C) or pulsing (P):
  - Constant
    - Click top left button on the remote control to turn constant setting on low.
    - Continue to press the button until desired vibration level is achieved (low, medium, high).
    - Press the bottom button on the remote control to turn off the insoles.
  - Pulsing
    - Press the top right button on the remote control to turn pulsing setting on low.
    - Continue to press the button until desired vibration level is achieved (low, medium, high).
    - Press the bottom button on the remote control to turn off the insoles.

## Trimming:

Vibrathotics were designed to fit comfortably in your shoe. If the Vibrathotics are too big for your shoe, minimal trimming may be required.

## Water Resistance:

Vibrathotics are NOT water proof. Do not wear Vibrathotics in shoes that will be worn while walking or hiking in streams, lakes, the ocean, or any other body of water.

The Remote is not water resistant or water proof and should not get wet.

**FCC Caution:**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.