ECHO

Flask User Guide

Safety Infromation

Please review all safety guidelines below prior to continuing.

DO NOT

- Put the flask in the dishwasher, microwave, refrigerator or freezer.
- Disassemble, modify or repair the flask.
- Soak your flask in water.
- Touch the charging cord or USB-C input with wet hands.
- Use carbonated beverages, alcohol, additives, or minerals in the flask.
- Clean the interior of the flask with dish detergent. Use only water and white vinegar when cleaning.
- Use excessive force. If the flask falls or is thrown or dropped, please contact customer support.

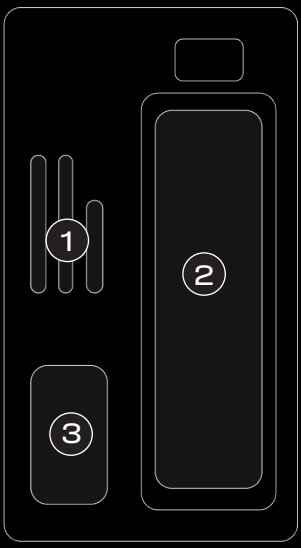
ALWAYS REMEMBER

- Hydrate your flask before drinking (see first use instructions).
- Only use manufacturer-certified replacement parts and charging cables.
- Using the flask without water may cause electrode damage.
- When cleaning the flask only use citric acid or white vinegar. If the electrodes have calcium build up or are damaged, performance can be degraded. Do not clean the interior of the flask with chemicals or dish detergent.
- If the electrodes are completely dry or the product has not been used for one week or longer, rehydrate the flask by filling it with warm water and letting it sit for 2 hours.
- Only use filtered water (Reverse Osmosis, Filtered, or Distilled Water) for the hydrogenation process.

First Use Instructions

Your flask will come to you thirsty. For the first use of your flask, you will need to rehydrate the electrode membrane. Fill the bottle with warm, filtered water (NOT hot or boiling) and let it sit for 2 hours. Your flask is now ready for use!

What's in the Box



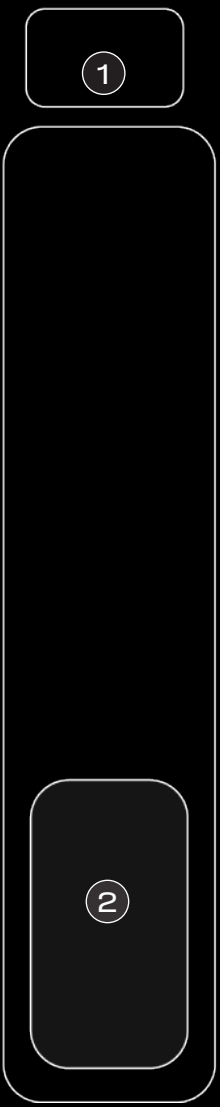
1) USB-C Charging Cable

2) Flask

3) Charging Block

Echo Flask

1) Pressure Release Lid



- To seal the flask, put pressure down on the top of the lid and give the top a quarter twist. The lid is completely sealed when the logo is either horizontal or vertically aligned with the sides of the flask.
- The pressure release lid is designed to safely and easily open the bottle. Simply press the small circular indent on the top of the lid to release the pressure in the bottle before twisting opening the lid.
- To open the lid, apply slight pressure down on the top of the lid and twist. If the lid is not turning, check that you have released the pressure in the bottle prior to opening the lid.

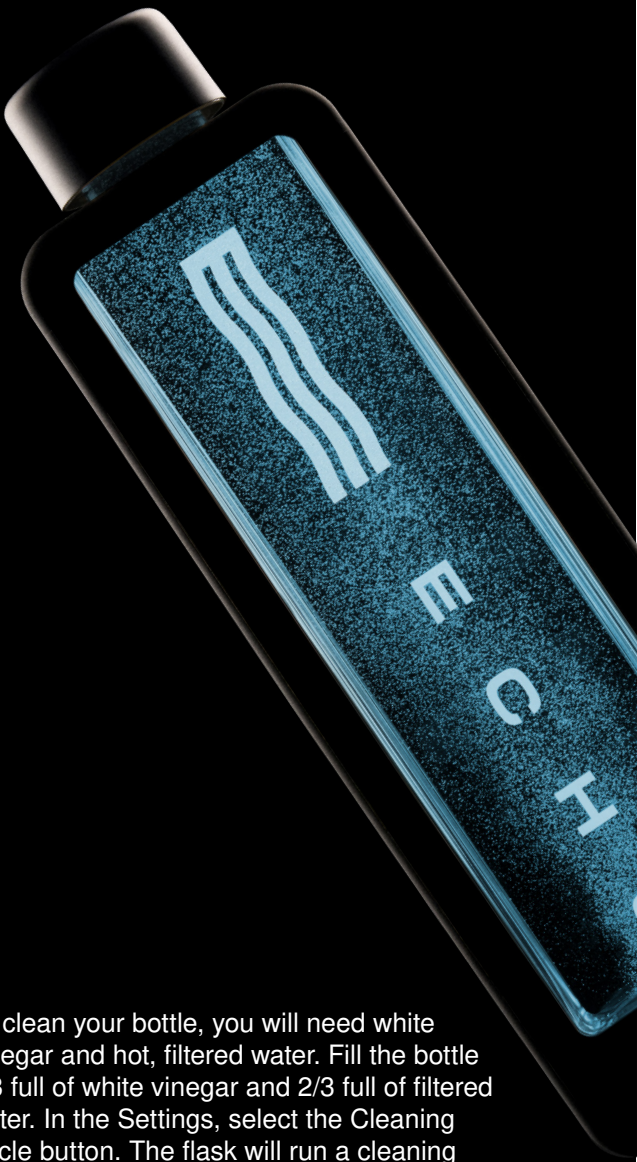
Flask Housing & Touch Screen User Interface

- The flask housing includes a Touch Screen User Interface that controls the operation of the bottle. Additional settings and control features can be found by connecting the flask to the Echo Water app.

USB-C Port

- The flask comes with a charging cable and block that allows you to easily charge your flask. Your flask can be used and run while it is charging.
- Replacement cables and blocks can be purchased at echowater.c

Bottle Cleaning Instructions



To clean your bottle, you will need white vinegar and hot, filtered water. Fill the bottle 1/3 full of white vinegar and 2/3 full of filtered water. In the Settings, select the Cleaning Cycle button. The flask will run a cleaning cycle. Dispose of the bottle contents and rinse with filtered water.

For peak performance, use the instructions above to clean your flask weekly to ensure that any minerals from your water have not built up on the hydrogen generator

How to Operate the Flask Pt.1

1) Fill your flask with filtered, distilled or reverse osmosis water. Tap water is often mineral rich and will likely lead to mineral buildup in the generation system which will reduce your flasks performance. You can use tap water; however, you will likely need to clean your flask more frequently.

2) Close the lid, ensuring that it is sealed. You can seal the lid by applying downward pressure while twisting the lid closed. When the lid is in its proper position, the logo will be either parallel or perpendicular to the flask. The final portion of your quarter turn will have some twisting resistance.

3) On the touch screen, tap the screen to wake the LCD and swipe up to unlock the user interface. (Diagram of user interface). Press the play button to activate the hydrogen generation process. The flask will run a 10-minute cycle by default, for the maximum hydrogen production. To shorten the length of the cycle, use the down arrows below the countdown timer. If no settings are being adjusted, the touch interface will lock after 3 seconds. Simply unlock the screen to make adjustments to the cycle timeline.

MPORTANT NOTE: The maximum cycle length is 10 minutes.

How to Operate the Flask Pt.2

4) Once the cycle is complete, the bottle will indicate that it is ready by showing a "Ready" screen and making a beep. You can deactivate the bottle beep in the Echo Water app.

5) Before drinking, release the pressure from the flask. Located on the lid is a small, circular indentation. Press this indentation. You will likely hear pressure releasing from the flask. This is expected. Once the pressure in the flask is released, your lid will easily open. Simply press down on the lid and give it a quarter turn. Your water is hydrogenated and ready to drink!

6) To stop your flask during a cycle, press and hold the stop button for 3 seconds.

Important Note: If you stop the cycle before the flask has run for more than 2 minutes, your cycle will not count towards your Echo Water App drinking goals.

Flask Settings

Under the settings tab, you will find the following functions:

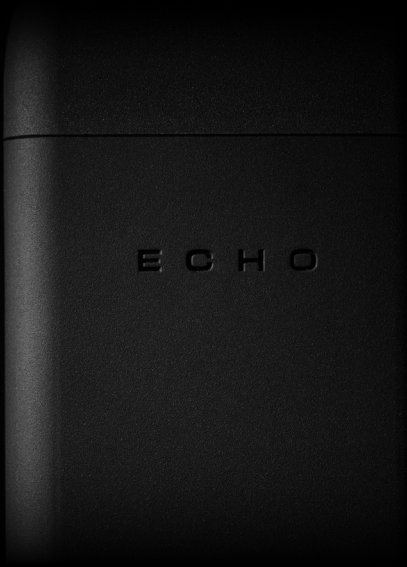
Light Mode / Dark Mode:
Toggle between light mode and dark mode directly from the flask.

Blue Tooth Pairing:
Check the status of your Bluetooth to confirm that your flask is paired or unpaired. Pair or unpair your flask with your Echo Water app. You can get the app by scanning the QR code in the retail box or on the Apple and Google Play stores.

Clean Flask:
Run a cleaning cycle on the flask. See page X for bottle cleaning instructions.

Power Off:
Power down your flask manually with the power button.

Goal Settings



Your smart flask can track your intake of the following:

Molecular Hydrogen
in milligrams

Flasks
in hydrogen generation cycles

Water
in ounces

Streak
in consecutive days of flask use

Unpaired with the app, the Echo Flask will display your Total Flask Generations, Total H2 (hydrogen) Milligrams, and current drinking streak. To track your full stats on the flask and on your smart device, please download the Echo Water app (available on the Apple and Google Play stores) and pair the flask to your phone.

Product Specifications

Model Name
Echo Flask Hydrogen Water Bottle

Hydrogen Capacity
12 ounces (0.06 liters)

Use Temperature
~40C - 72C

Weight
1 pound (455.5 g)

Dimensions
Height: 10 inches (258mm)
Width: 3 inches (76mm)
Depth: 2 inches (48mm)

Operating Time
0 - 10 minutes

Charging Time
2.5 hours

Battery Type
Lithium Ion

5 Year Product Warranty

Company
Echo Technologies LLC

Company Support Phone
+1 855-737-1114

Company Website
www.echowater.com

Customer Support Email
Support@echowater.com

About Echo

Feel better. Do better.

Echo Water shares the health benefits of hydrogen through innovative products like hydrogen water, soaks, supplements, and inhalation devices. As the leader in hydrogen health, Echo Water empowers individuals to balance cellular functions, enhance well-being, and optimize performance. We set the standard for premium hydrogen health solutions with unparalleled convenience, scientific understanding, unmatched warranty, and expert endorsements. Our mission is to enable everyone to feel better and do better by making the science of hydrogen accessible, practical, and impactful in everyday life.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.