



GENERAL NEURO

NeuroLingo Model 1

User Manual

Thank you for your purchase!

Thank you for purchasing the NeuroLingo Model 1! This user manual provides important information to ensure your safe and effective use of this device. Please read thoroughly before first use.

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DISCLAIMER

The NeuroLingo Model 1 is a low-power consumer device designed to enhance learning through transcranial Direct Current Stimulation (tDCS). Please note:

- **IS NOT** a medical device
- **IS NOT** intended to diagnose, treat, cure, or prevent any disease
- **HAS NOT** been evaluated by the Food and Drug Administration

Take Precautions:

- Apply electrodes only to normal, healthy skin, and as directed
- Avoid placing electrodes across the chest
- Start with an intensity of 1 mA or less
- Only use accessories approved by General Neuro

Consult a doctor before use if:

- You are under active medical care
- You have a history of seizures, neurological, or psychiatric conditions
- You have an implanted medical device (e.g., pacemaker, neurostimulator)
- You have a skull implant, cochlear implant, or hearing aid implant
- You have blood or heart disease, or take anticoagulant medication
- You are pregnant

Do Not Use If:

- You have broken, irritated, or infected skin at electrode sites.
- You are in the bath, shower, driving, or operating machinery.
- You are intoxicated or incapacitated.
- You are under the age of 18.

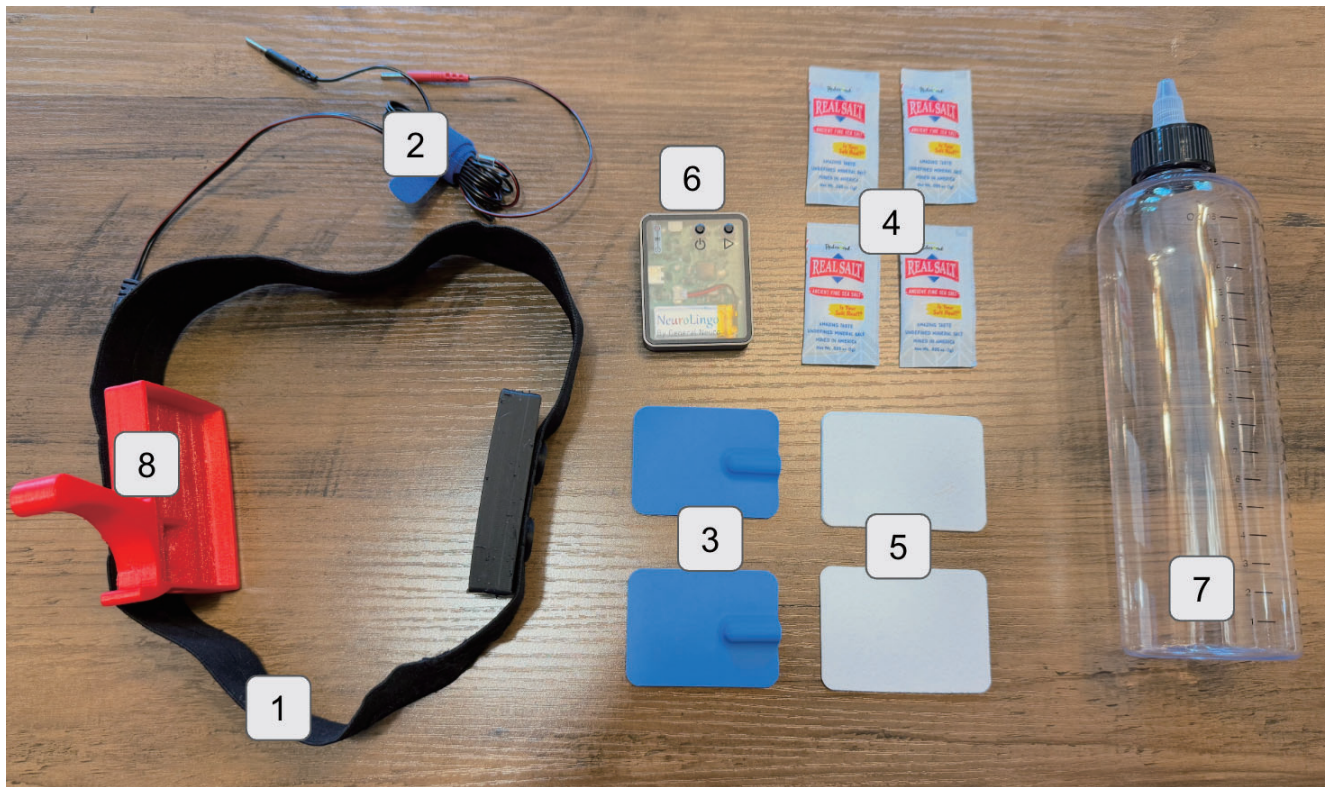
Potential Side Effect

- **Common**
 - Mild skin sensations (prickling, itching)
 - Skin redness
 - Visual sensations such as brief light flashes (phosphenes)
- **Rare**
 - Fatigue
 - Sleeplessness
 - Headaches
 - Dizziness

General Safety Reminders

- Do not remove the device from your head while electric current is still being applied.
- Removing the device during active stimulation may increase the risk of experiencing unwanted side effects, such as skin irritation or transient visual sensations (e.g., flashing lights known as phosphenes).
- Always press "STOP STIMULATION" first and wait for the current to ramp down fully before removing the headset.

KIT



- | | |
|--------------------------------|-------------------------|
| 1. Universal headband | 2. Electrode Cables |
| 3. 2x Carbon Rubber Electrodes | 4. 8x 1g Salt Packets |
| 5. 2x Sponges | 6. Model 1 Unit |
| 7. 500 mL Squeeze Bottle | 8. 2x Electrode Holders |

INSTRUCTIONS

I. Sponge preparation



Fig. 1: Sponge Preparation steps from left to right

1. Fill the Squeeze Bottle

Begin by filling the provided squeeze bottle with **500 milliliters (mL)** of **warm water**. The water should be comfortably warm to the touch, but not hot.

2. Add Salt to the Water

Open **four (4)** individual salt packets (each packet contains approximately 1 gram of salt) and pour the contents into the squeeze bottle.

If you are using your own salt, measure out **4 grams** or approximately $\frac{3}{4}$ teaspoons.

3. Mix the Solution

Secure the cap tightly on the squeeze bottle. Shake the bottle vigorously for **15 to 30 seconds** to ensure that the salt completely dissolves into the water, creating a uniform saline solution.

4. Saturate the Sponges

Placing the sponge in a bowl, soak each sponge fully with saline solution. Ensure they are fully saturated and evenly moist throughout.

5. Remove Excess Water

Gently squeeze each sponge by hand to remove any excess water. The sponges should be thoroughly damp but **not dripping** when placed into the headset.

II. Electrode preparation

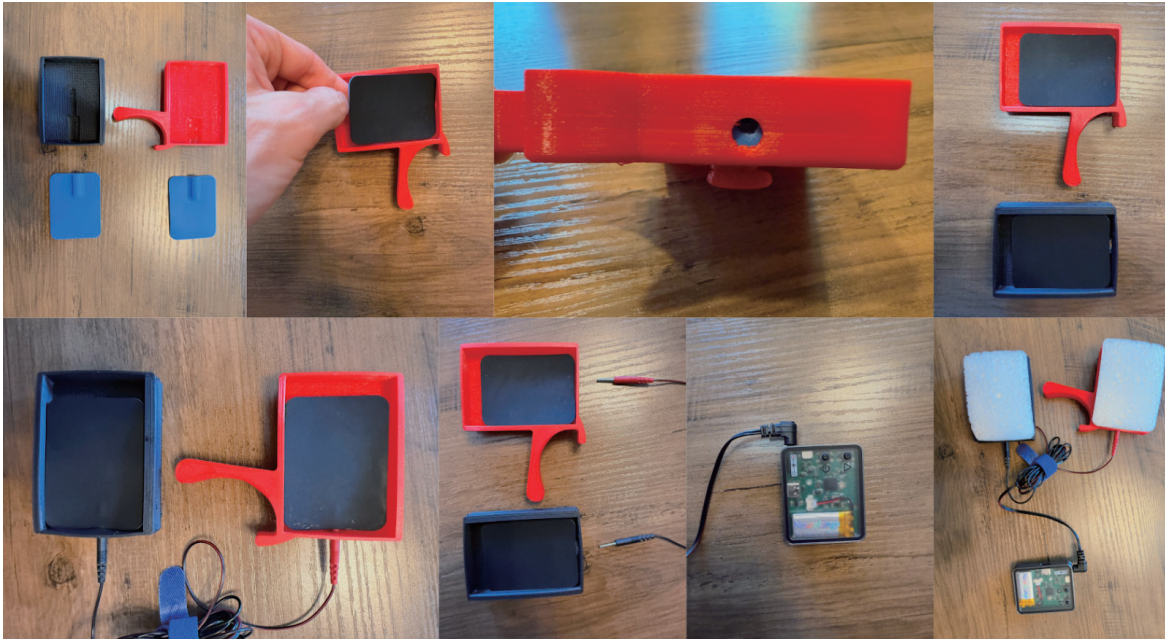


Fig. 2: Electrode Preparation steps in order from left to right, top to bottom

1. Insert the Rubber Electrode into the Electrode Holder

Carefully place each rubber electrode into its corresponding electrode holder. Ensure that the **small bump** on the rubber electrode is properly **aligned with the groove** inside the holder. This alignment is important for proper fit and optimal electrical contact.

2. Connect the Electrode Cables to the Electrodes

Take the electrode cables and **firmly insert the small metal pin** into the **hole located in the center of the rubber electrode**.

You may need to apply gentle but steady pressure to ensure a secure connection. A firm fit is necessary for reliable signal delivery.

3. Connect the Cables to the NeuroLingo Model 1 Unit

Attach the free ends of the electrode cables to the connection ports on the NeuroLingo Model 1 unit. Ensure that each cable clicks or seats fully into place.

4. Install the Sponges into the Electrode Holders

After the sponges have been properly saturated and squeezed (as described in the sponge preparation section), place each sponge carefully into its corresponding electrode holder, on top of the rubber electrode. Press down gently but firmly to ensure that the sponge is **fully seated** and **making direct contact with the rubber electrode surface**. Proper contact between the sponge and rubber electrode is critical for safe and effective operation

III. Electrode Placement

1. Attach the NeuroLingo Model 1 Unit to the Headband

Secure the Model 1 unit by clipping it onto the headband. Ensure that the unit is firmly attached and oriented correctly, with the controls facing outward for easy access during use.



2. Attach the Electrode Holders to the Headband

Insert each electrode holder button into the slits on the headband. Push the button fully through the slit until it is securely fastened. Each holder should be stable and able to maintain its position on the headband without shifting.



3. Position the Black Electrode

Place the black-labeled electrode so that it sits approximately above the right eyebrow, over the right side of the forehead. Adjust the headband as needed to center the black electrode comfortably and securely over this area.

4. Position the Red Electrode

Place the red-labeled electrode so that it sits just above and slightly behind the left ear. The electrode holder's tabs should hook gently around the ear to help anchor the electrode in place and maintain a stable connection during use.

Fig 3: Electrode placement from left to right, top to bottom

IV. App Setup/Bluetooth Pairing

1. Download the NeuroLingo App

Visit either the Google Play Store (for Android devices) or the Apple App Store (for iPhone devices). Search for "NeuroLingo" and download the official NeuroLingo App to your smartphone.

2. Create a NeuroLingo Account

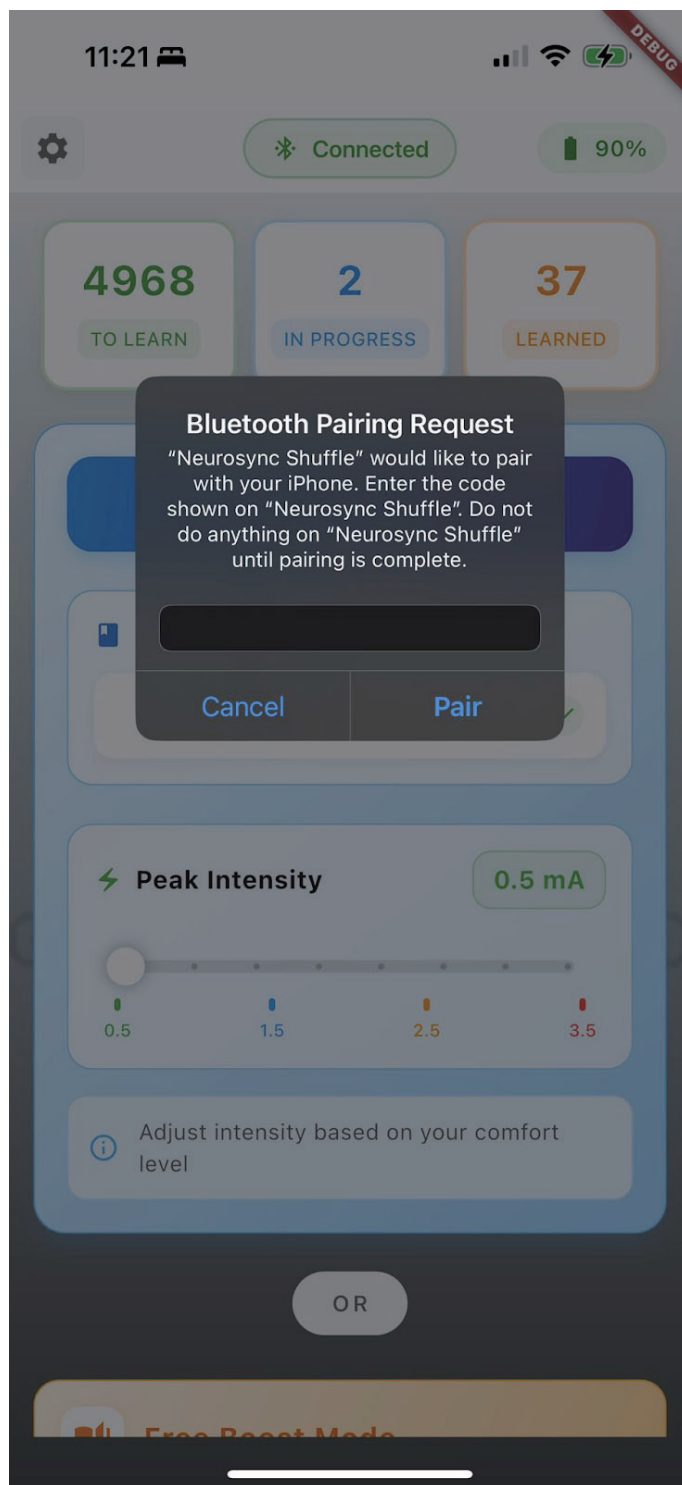
Open the NeuroLingo App once the download is complete. Follow the on-screen prompts to create a new user account, which will allow you to personalize your settings and track your progress over time.

3. Turn on the NeuroLingo Model 1 and Enter Pairing Mode

Locate the power button on the NeuroLingo Model 1 unit. Press and hold the power button for approximately 2 seconds until the device's indicator light begins flashing. Flashing indicates that the unit is now in Bluetooth pairing mode and ready to connect.

4. Complete the Bluetooth Pairing

A Bluetooth Pairing Request should automatically pop up on your smartphone screen. When prompted, enter the pairing code. The pairing code is printed on the back of your NeuroLingo Model 1 unit. After entering the code, the device should successfully pair with your phone, and the indicator light will stop flashing to confirm the connection.



V. Study Mode

1. Select Your Language Deck

After logging into the NeuroLingo App, begin by selecting the language you wish to study.

Tap on the Current Deck section and choose from the available language options.

2. Set the Stimulation Intensity

Next, select the intensity of electrical stimulation for your session.

- You can choose an intensity anywhere from 0.5 milliamps (mA) up to 4.0 mA.
- We recommend starting at a low intensity of 0.5 mA to 1.0 mA during your initial sessions.
- You may gradually increase the intensity over time, based on your personal comfort level.

3. Set the Study Duration

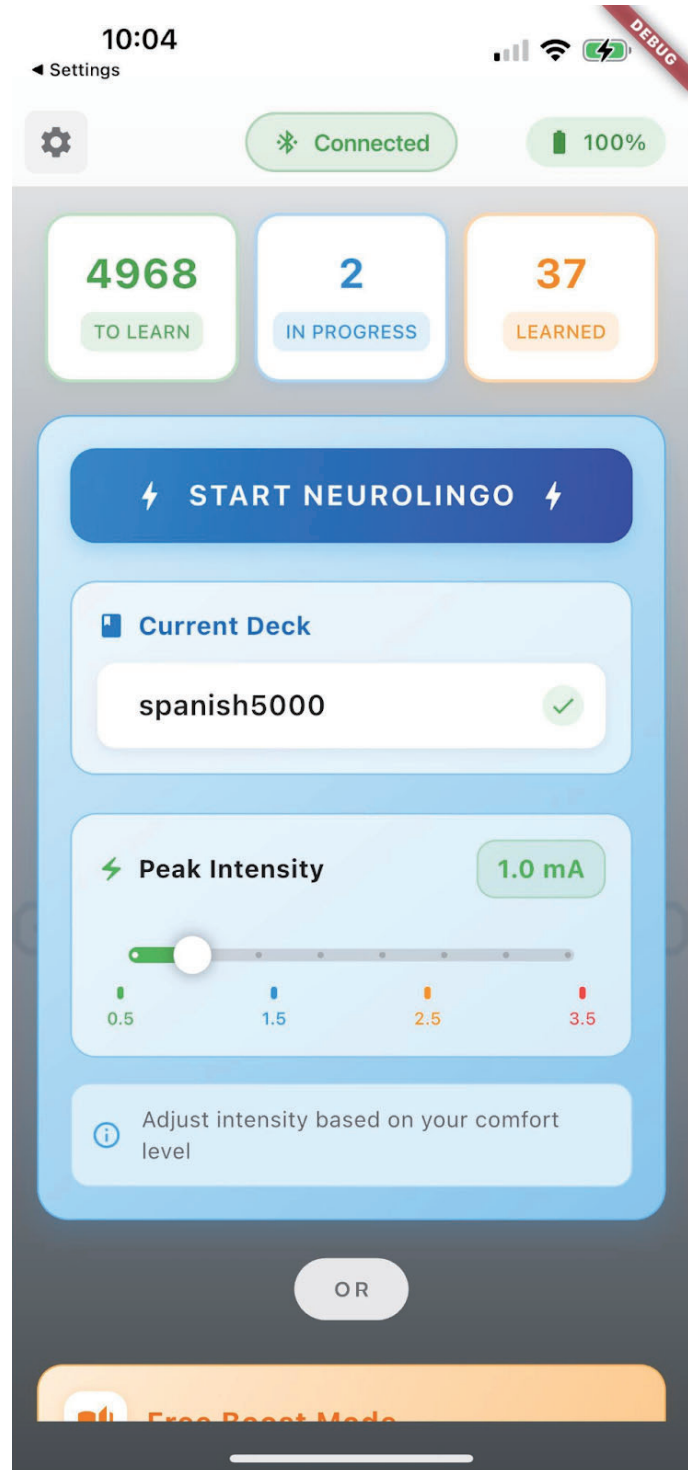
Choose the amount of time you would like to study.

- Please note that at higher stimulation intensities, the maximum session duration may be automatically capped.
- This ensures that the total electrical charge delivered stays below 6000 millicoulombs (mC), in accordance with safety guidelines.

4. Using the Flashcard System

The NeuroLingo App uses a flashcard-based study method.

- Tap once on a flashcard to reveal the answer or translation.
- Swipe right if you know the word correctly.
- Swipe left if you don't know the word.



The app uses a spaced repetition algorithm to prioritize which cards you see, helping you learn and retain new words more efficiently over time.

VI. Free Boost Mode

1. Accessing Free Boost Mode

If you prefer to study using your own learning materials — such as another app, a textbook, or online course — you can use Free Boost Mode.

- To do so, open the NeuroLingo App and select Free Boost from the main menu.

2. Set the Stimulation Intensity

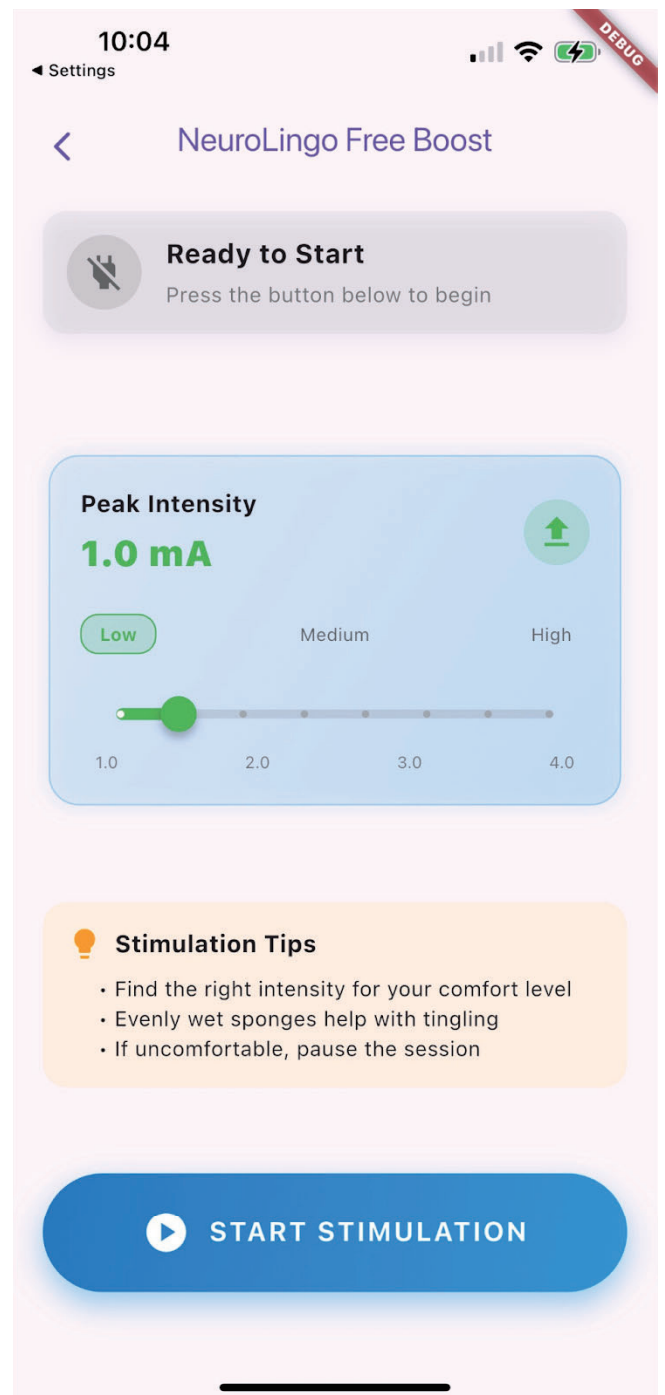
Next, select the intensity of electrical stimulation for your session.

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- We recommend starting at a low intensity of 0.5 mA to 1.0 mA during your initial sessions.
- You may gradually increase the intensity over time, based on your personal comfort level.

3. Set the Study Duration

Choose the amount of time you would like to study.

- Please note that at higher stimulation intensities, the maximum session duration may be automatically capped.
- This ensures that the total electrical charge delivered stays below 6000 millicoulombs (mC), in accordance with safety guidelines.
- Tap the "START STIMULATION" button to begin the session.



RELEASE FROM LIABILITY

Limited Output Device. The purchaser and all users (collectively, the “User”) understands that NeuroLingo Model 1 is NOT a medical device; it is a consumer device for administering types of transcranial electrical stimulation (tES) waveforms for wellness purposes in healthy individuals within the consumer market. General Neuro Inc., and its agents and employees (collectively, the “Seller”) provides no assurances that the device will modulate your cognition or behavior, as responses to stimulation may be differentially affected due (i) variation in the User’s anatomy and/or phenotype, (ii) variation in the User’s choice of implementation, (iii) and other, uncontrolled external factors.

Assumption of Risk. The User is aware that there are inherent risks associated with the use of tES, namely due to exposure to weak electrical currents of up to 4 mA. Risks include but are not limited to transient skin sensations, such as burning, tingling, or itching, and transient visual sensations that can be remedied by adjusting the device’s output parameters. To date, there have been no serious adverse effects reported in humans that have applied tES using current levels at or below 4 mA with widely accepted safety standards that are adhered to with this device. That said, the User is voluntarily engaging in tES with knowledge of these risks and others, and assumes any and all known, and unknown risks of property damage, or bodily or emotional harm that may result from use of this product.

Voluntary Agreement. The User is of legal age (> 18 years of age) and legally competent. The User has fully read and understands this agreement, the user manual, and the aforementioned assumptions of risk. The User agrees to indemnify and hold harmless the Seller for any and all liability assumed by the User. Moreover, the User acknowledges the terms set forth herein are contractual and not immaterial.

ONE YEAR LIMITED WARRANTY. We will replace your defective device, without charge, due to faulty components or assembly for up to one year from the date of purchase. This warranty does not (i) cover device failure due to normal wear or abuse of components or (ii) apply to damages caused by repairs made or attempted by others. Notwithstanding the above, the Purchaser acknowledges he/she is purchasing the NeuroLingo Model 1 product “as is”. As such, this limited warranty is given in lieu of all others, including warranties of merchantability and fitness for a particular purchase, and excludes all incidental or consequential damages. Please note that some states do not allow (a) limitations on how long an implied warranty lasts, or (b) limitations of incidental or consequential damages on warranty coverage, one or more of which may apply to you. This warranty thereby acknowledges the legal rights of your state and province. Visit our website www.generalneuro.com for more information.

FCC Compliance Statement

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.

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 to 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.

Changes or modifications to this product not authorized by General Neuro Inc. could void the user's authority to operate the equipment.

RF Exposure Statement

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

Responsible party (contact for FCC matters only):

General Neuro Inc.

360 State Street, APT 1419

New Haven, CT 06510

USA

<https://generalneuro.com/pages/contact-us>