TANYX® USER MANUAL

Congratulations on your recent purchase of TANYX®, a Pain Relief System with advanced technology. Please read the instruction manual carefully and familiarize yourself with the operational system of this product. Virtually everyone at some point in life has had some type of a physical, work-, or sports-related pain due to discomfort caused by repetitive motion of muscles and/or joints. In most situations the use of TANYX® eliminates the necessity of taking oral pharmaceutical medications that may have numerous contraindications and side effects. TANYX® Pain Relief System is based on a TENS device and designed to be a compact, disposable, wireless, user-friendly version of any current TENS devices in the market today. TANYX® is a revolutionary electronic system designed to apply electrical stimulation of low intensity directly to the body to provide symptomatic relief of minor muscle aches and pains and mild muscle tension associated with stress. To ensure the easy use, electrode gel pads are integrated into the device and then used until the battery is depleted, at which time the device is discarded. If the device is left turned on but not in direct contact with the skin’s surface, the TANYX® device will automatically turn off after 5 minutes to preserve battery life.

ABOUT TENS
Transcutaneous Electrical Nerve Stimulation (TENS) provides a non-invasive and non-medicated means of controlling or reducing pain. "Transcutaneous" means on or across the surface of the skin without any penetration of the skin. Mild electrodes apply safe and comfortable electrical waves transcutaneously and an alternative means of pain control becomes available to the user. TENS has been used medically for several decades and there are various explanations on how the application of TENS controls pain. In simple terminology, TENS is thought to control or control pain by either interfering with the neural transmission of pain to the brain (Gate Control Theory), and/or enhancing the release of the natural chemical substances that reduce pain which are normally produced by the body (Endorphin Theory), increasing circulation and providing relaxation to the muscles by causing a local parasthesia. There are numerous scientific publications in medical journals that have documented and supported the effectiveness of TENS as an alternative means of pain control. Pain is a protective mechanism and its suppression may eliminate its value as an indicator of the progression of a condition. Therefore, it is recommended that your pain condition be diagnosed by a physician before the use of your TANYX® System. Please contact your physician if the pain does not change or if there is a worsening in the nature of it.

INDICATIONS
For temporary relief of pain, can be used to the following indications:
• Lumbar (Back pain);
• Dysmenorrhea (See precautions);
• Osteoarthritis and arthrosis;
• Shoulders pain, related to tension and pain at back superior area);
• Chronic tendinitis;
• Other chronic muscles pains at superior end (arms) and inferior end (legs).

USER PROFILE
TANYX® is intended to be used by persons from 11 years old (minimum 5 years of intensive reading), that can read and understand alaphabetic characters, with low reading visual imperfection and there is no need to have any special experience in TENS treatment. It can be used also on children lower than 11 years old, upon doctor’s recommendation and proper adult supervision.

CONTRAINDICATIONS
TANYX® should not be applied:
• On carotid artery (neck front and side region);
• On the head front region (forehead);
• On the breast;
• On open wounds.

TANYX® should not be used:
• By patients carrying pacemaker or defibrillator;
• Together with high frequency surgical equipments;
• By patients carrying metallic prostheses;
• By patients with unknown cause pain;
• On painful condition caused by appendicitis, stomach pain, hepatitis, etc.;
• During pregnancy (electric stimulation safety on pregnant is not established.

WARNINGS
• Keep this device out of the reach of children. However, it may have pediatric use under adult supervision.
• Electronic monitoring equipments, such as Electrocardiograph, monitor or Electrocardiograph alarm could not operate correctly if used together with TANYX®.
• Epileptics, carrier of malignant tumor, convulsion, blockade of the cardiac branch, high fever or acute inflammatory disease should consult a physician to evaluate TANYX® usage possibility.
• If a rash occurs, stop TANYX® usage and contact a physician to evaluate TANYX® usage possibility.
• Don’t apply TANYX® on the chest, because the stimulation can cause rhythm disturbances on the heart.
• Don’t apply TANYX® while sleeping.
• Don’t immerse the device on water and don’t use it in wet environment.
• Don’t use the device operating machines or during any other activity where electric stimulation could expose to risk or cause injuries.
• Don’t use the product near to short waves equipment or micro waves, because this can affect product functioning.
• Turn off TANYX® before attack the electrodes to the body or remove it, otherwise a small shock could be felt if the electrodes are touched when TANYX® is on.
• The usage of this equipment isn’t appropriate in presence of a flammable anesthetic mixture with air, oxygen or nitrous oxide.
• Don’t use TANYX® at explosive atmospheres.
• When battery finish, it shouldn’t be replaced. Don’t recharge it. Don’t short circuit the battery or TANYX®, don’t disassemble or deform it. Don’t heat it up or put it or the battery near a direct flame. Any action above can turn the battery heated and explode.
• Be careful in using your TANYX®, where the electromagnetic compatibility could influence its operation.
• Avoid use your TANYX® near to radio frequency equipments, once its operation may change.

PRECAUTIONS
• Isolated cases of skin irritation can occur at the local of electrode placement, after a long term usage.
• Burns caused by the electrodes can occur due to its inappropriate usage, caused by erosion or gel pad removal of the electrode.
• TANYX® usage during labor or physical exercise, if sweaty, can interfere in its effective performance.
• In the event of cardiac diseases, follow your physician recommendations.
• Discard pregnancy possibility before the usage of TANYX® to period cramps.
• The manufacturer suggests not to share the device with the objective to prevent among users the contamination by possible skin diseases or any other transmissible diseases.

INSTRUCTIONS OF USE
Application of TANYX®
1º Remove one side of the gel pad electrode protector, labeled “Remove.”
2º Adhere one pad onto each clean TANYX® electrode. Then remove the plastic protectors, labeled “Protection”. Keep the gel pad protectors aside while using the device and place them back on right after use, in order to protect the conductive gel to be reused.
3º Clean and dry the skin application site thoroughly. TANYX® gel pads will not adhere well if any lotions, oil, make up, dirt, etc. is on the skin. TANYX® will also not adhere well to areas where abundant body hair is present, so shaving the area may be required. Attach the TANYX® to the site of pain or as close as possible.
4º If electrode gel pad gets dry, its adhesion may be improved by slightly damping the gel pad surface with your finger by dipped it in water.
5º Lightly press the two gel areas to assure adhesion to the skin surface.
6º Use your TANYX® by following these next steps. (TANYX® OPERATION AND ADJUSTMENT) Normally, each session can last from 20 to 30 minutes, which is a sufficient amount of time to control one’s pain. If necessary, you can repeat the session for a longer period time, because there are no time restrictions or number of applications that can be made daily.
7º After use, turn the product off.
8º After turning off, carefully remove your TANYX® from the application site, by removing the gel pad carefully from your skin.
9º Replace the gel pad protector and repack your TANYX® unit again in the blister provided.

The effectiveness of the adhesive gel on the electrodes will vary depending upon skin conditions, number of removals from skin surface, type of stimulation, length of stimulation and site of stimulation. A physician or physiotherapist should be seen if there are any doubts regarding its usage.

TANYX® OPERATION AND ADJUSTMENT
To turn on your TANYX®, press and hold the ON/OFF button for 3 seconds. The LED yellow light will turn on and continue to blink once every second.
Your TANYX® offers two choices of stimulation modes:
• CONVATIONAL (produces a continuous tingling sensation), and;
• PULSE (the stimulation is produced in cycles that alternates between on/off every 3 seconds)

Both modes have predefined pulsatio pattern and width wave intensity; however, it allows an individual control of intensity using the LOW (L), MEDIUM (M) and HIGH (H)
patterns. The choice of which mode to use depends on the nature, location and characteristics of the pain, as well as personal comfort and preference. TANYX® intensity should be controlled by the patient, in order to be comfortable. If the muscle contraction is troubling, the adhesive position should be slightly changed until the uncomfortable contractions disappear, and only a tingling sensation remains. The intensity may be increased by the patient from Low to Medium or High, depending on the patient’s comfort. TANYX® should remain in the pain locality for at least 20 to 30 minutes, which is sufficient time to control pain. One or two daily applications are sufficient, but the product can be used as long as desired, because there is no risk of overdose, even if it is used for more than 30 minutes. It also can be used as many times as desired per day. Applied for this time the product can be used for approximately 18 times, since the battery lasts up to 6 hours.

For its first use, TANYX® is set for CONVENTIONAL mode in LOW intensity. To change from CONVENTIONAL mode (constant) to PULSE mode (Alternate) or vice versa, press ON button for one second and the unit will change from one mode to another.

To change the Intensity level, press LOW, MEDIUM or HIGH button for 1 second. To turn off your TANYX®, press and hold OFF button for 3 seconds.

NOTE: If TANYX® is turned ON and not placed in contact with the skin surface it will AUTOMATICALLY turn OFF after 5 minutes to preserve the battery life. TANYX® unit has a predetermined battery life. When the TANYX® battery is within 30 minutes of expiration the LED yellow light will begin to BLINK in a rapid sequence to alert you. The unit has a predetermined battery life. When the TANYX® battery is within 30 minutes of expiration the LED yellow light will begin to BLINK in a rapid sequence to alert you. The unit has a predetermined battery life. When the battery has expired, the LED yellow light will go out and the TANYX® unit will automatically turn OFF after 5 minutes to preserve the battery life. TANYX® unit has a predetermined battery life. When the battery has expired, the LED yellow light may be blown out.

Validity: 36 months from the date of manufacture.

PROBLEM SOLVING

1º In case your product does not emit signals: Make sure it is turned on, then check if elected intensity has been chosen.

2º The LED yellow light has stopped flashing: the battery could be depleted or the LED yellow light may be blown out.

3º When the LED yellow light is blinking very quickly: an indication the TANYX® battery is ending. That happens when the battery is close to its last 30 minutes of use.

4º The gel pads are not adhering: lightly wet the gel surface by dipping your finger in water. Clean and dry the skin application site thoroughly. The TANYX® gel pads will not adhere well if any lotions, oil, make up, dirt, etc. is on the skin. The TANYX® will also not adhere well to areas where abundant body hair is present, so shaving the area may be required.

5º When turning on the product, an electric shock sensation is felt in the skin: Slightly press the two gel pads onto the skin’s surface to assure adhesion to the skin.

6º Once battery life is done: Simply dispose your TANYX®, according to the local laws.

7º If your device stops functioning after 5 minutes: Maybe the device is not recognizing that it is connected to the bin. Verify gel pad adherence. If the problem persists, change the intensity to M or H pressing the intensity button of your TANYX®.