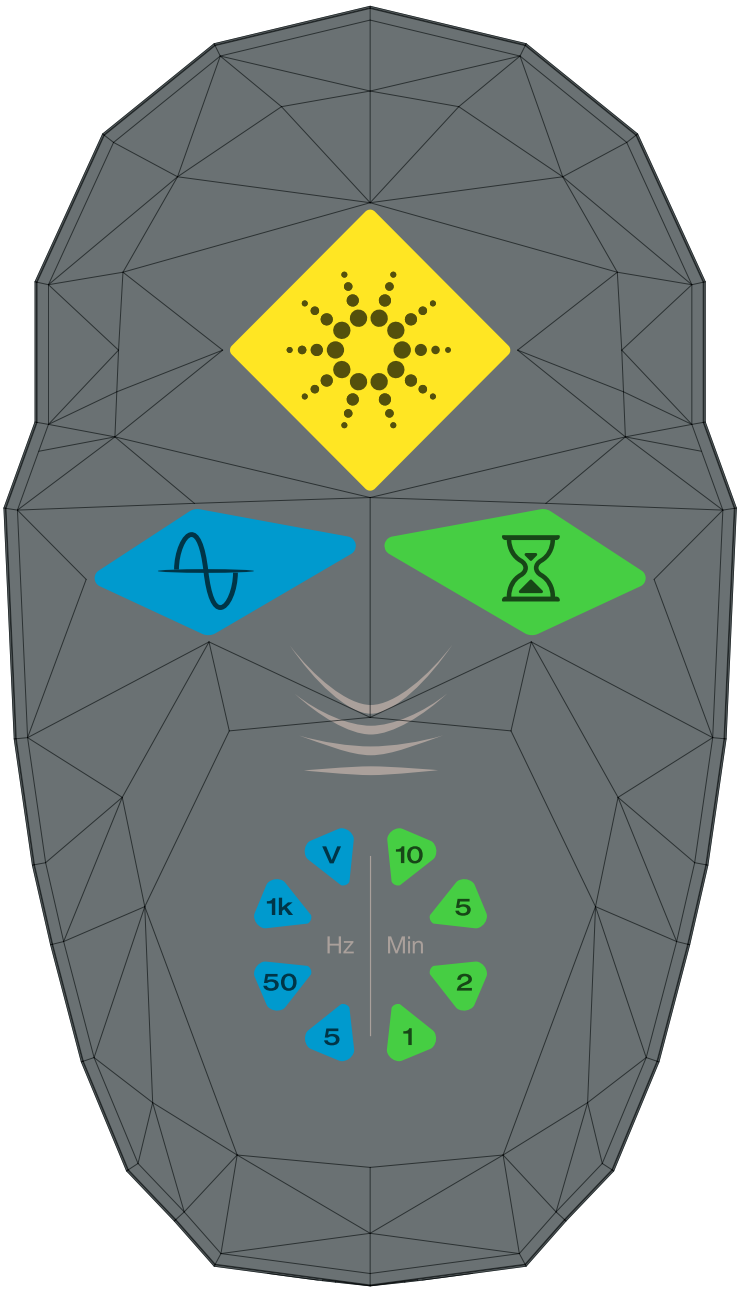
coMrapalm



English Rev 1.3

coMRA®

OUR FUTURE OF HEALTH

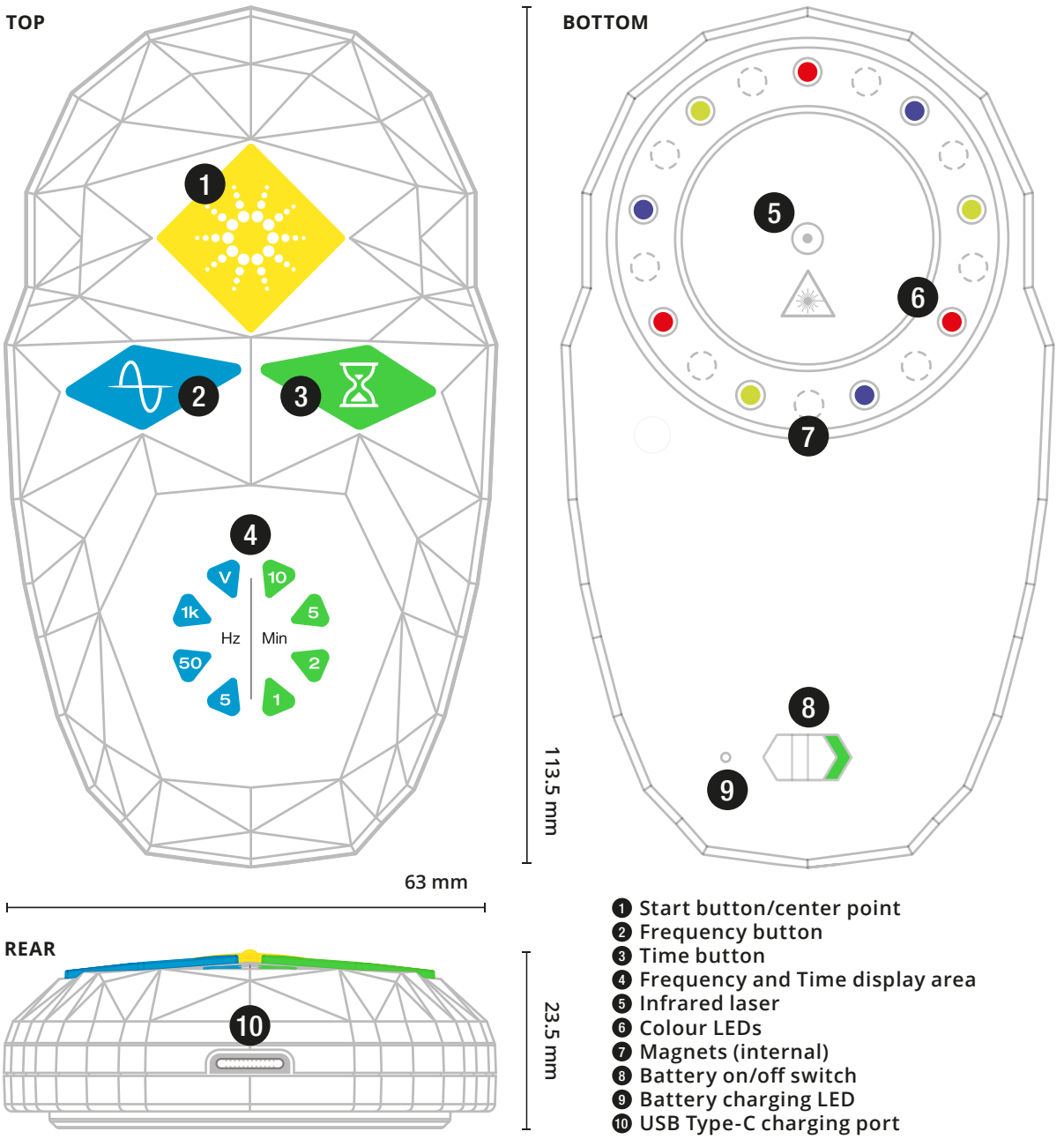
coMra Palm

DRUG-FREE PAIN RELIEF
TISSUE REGENERATION
WHOLE BODY CONDITIONING

Congratulations on your choice of coMra Palm – the personal device for your daily health!

Over the following pages you will find everything you need to start using your new device. And no worries – we promise it's really simple!

DEVICE LAYOUT AND TECHNICAL SPECIFICATIONS



1. Start button/center point
2. Frequency button
3. Time button
4. Frequency and Time display area
5. Infrared laser
6. Colour LEDs
7. Magnets (internal)
8. Battery on/off switch
9. Battery charging LED
10. USB Type-C charging port

Power: 5V ⎓ 500 mA High Power USB port compatible
Battery: 450 mAh (lithium ion battery)
Low and over voltage protection circuit and special circuit for battery efficiency and to preserve battery life & safety.

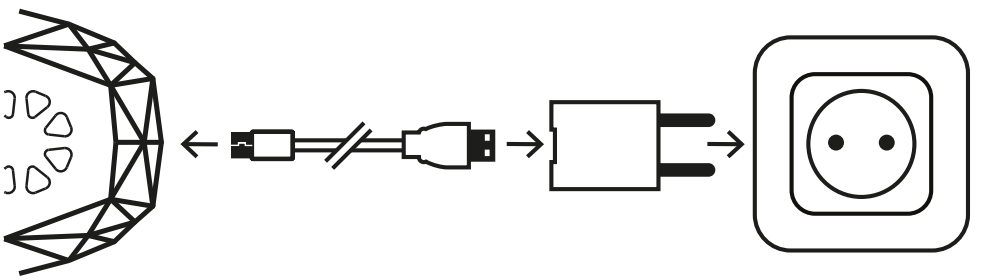
INFRARED LASER
Wavelength: 980 nm, Optical power: 5 mW (max)

LIGHT EMITTING DIODES
Wavelength: Red 650 nm, Indigo Violet 420 nm, Yellow/Green 570 nm
Intensity: Red 300 mcd, Indigo Violet 240 mcd, Yellow/Green 240 mcd

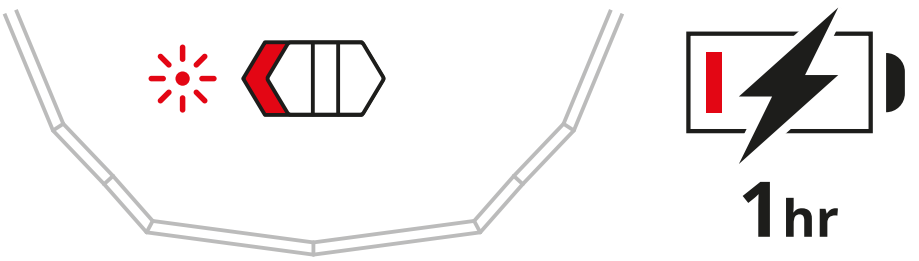
MAGNETIC FIELD STRENGTH: 100 mT (max)

GETTING STARTED

Plug the USB-C end of the USB cable into the USB-C port at the rear of your coMra Palm, and the other end into any powered USB port (computer, laptop, powerbank, etc.), or a mains electrical socket (using a suitable adaptor).



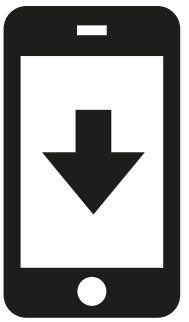
A red LED indicator next to the on/off switch will light up and the battery will start charging.



When the battery is fully charged the red LED indicator will switch off. A full battery charge takes approximately 1 hour.

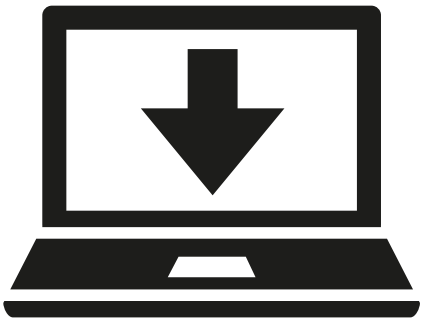
DOWNLOAD THE LATEST COMRA USER GUIDE

An app, listing over 200 treatable conditions, can be downloaded for iOS and Android here:



www.comra-palm.com/comra-app

Alternatively, you can get a printable PDF here:

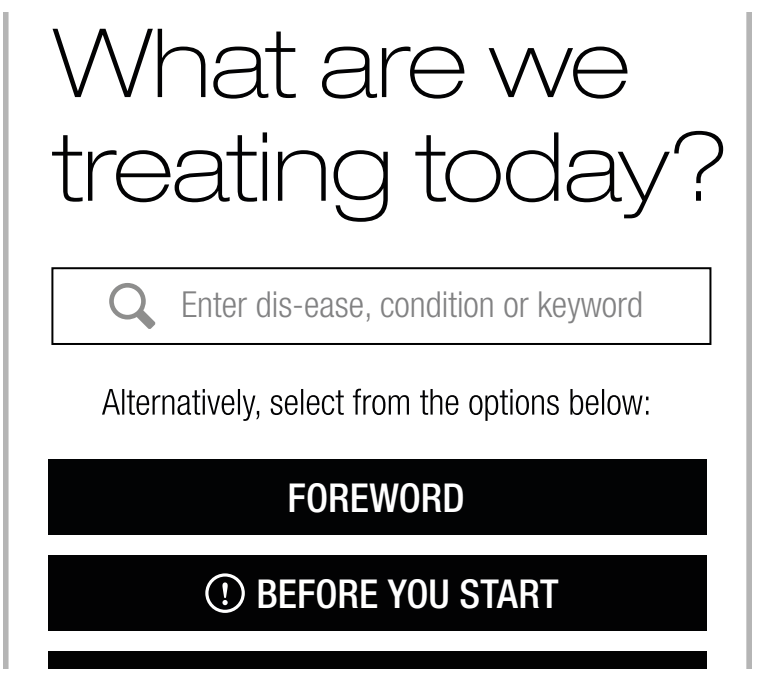


www.comra-palm.com/comra-userguide

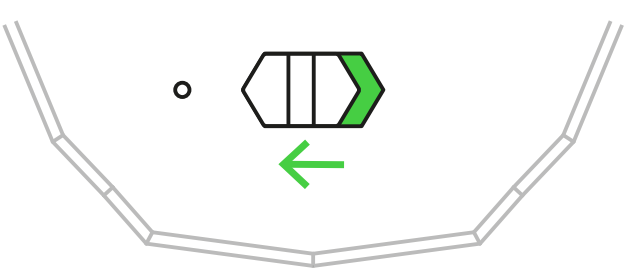
Please read all the IMPORTANT information in the coMra user guide, before using your coMra Palm for the first time.

USING YOUR COMRA PALM

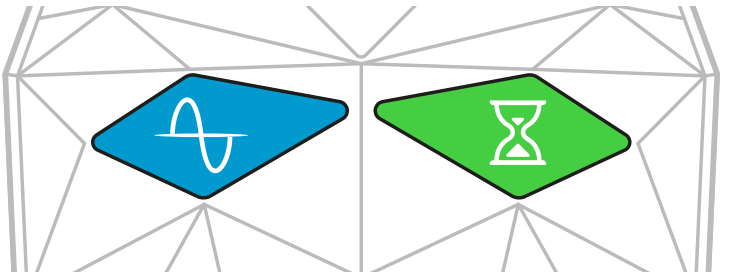
Once you have downloaded the coMra user guide to your smart phone, tablet or computer, follow the instructions on the app (or search the index on the PDF) to choose a treatment.

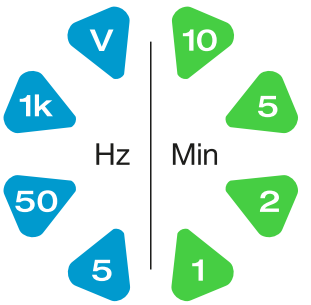


To power-up your coMra Palm, slide the on/off switch to green.



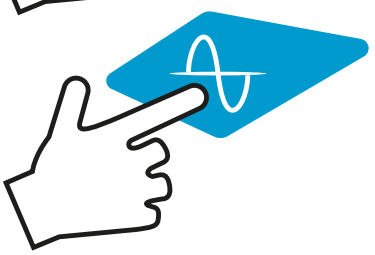
Once on, the **Frequency** and **Time** buttons and corresponding display will light up.

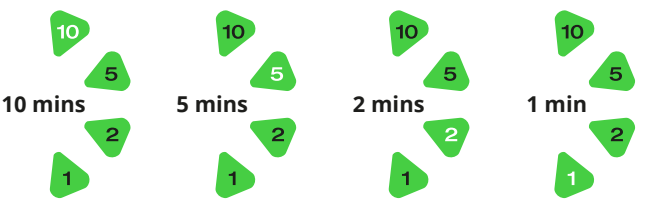




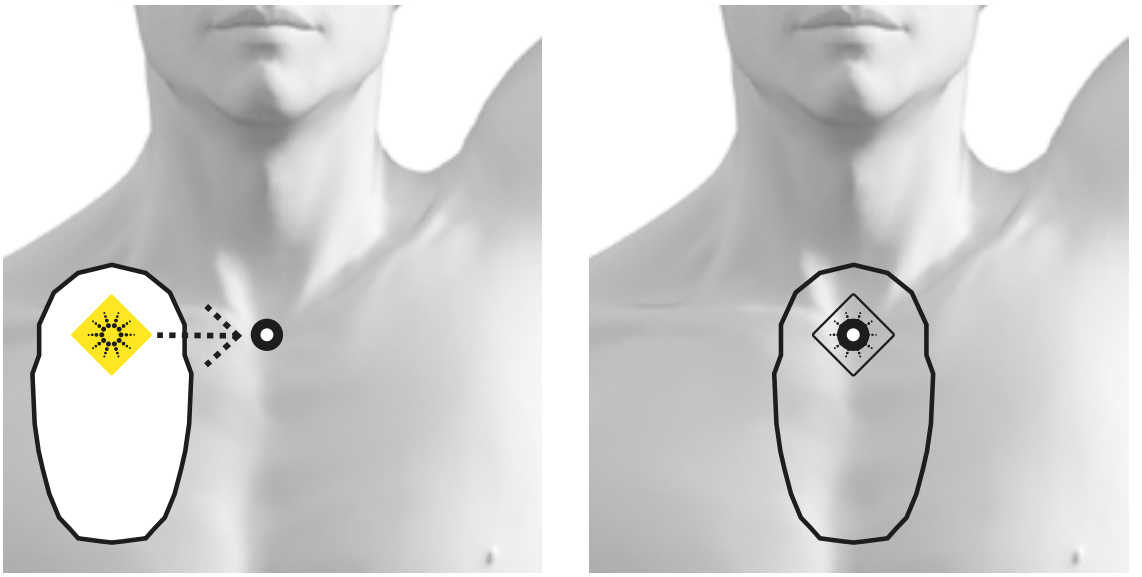
Cycle through the two buttons to select the time and frequency for your treatment as shown in the coMra user guide.

TREATMENT POINT	mins	Hz
1 Top of sternum	1	50

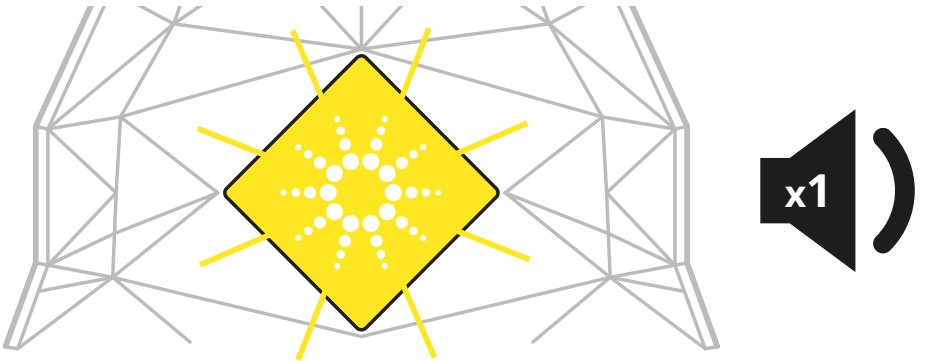




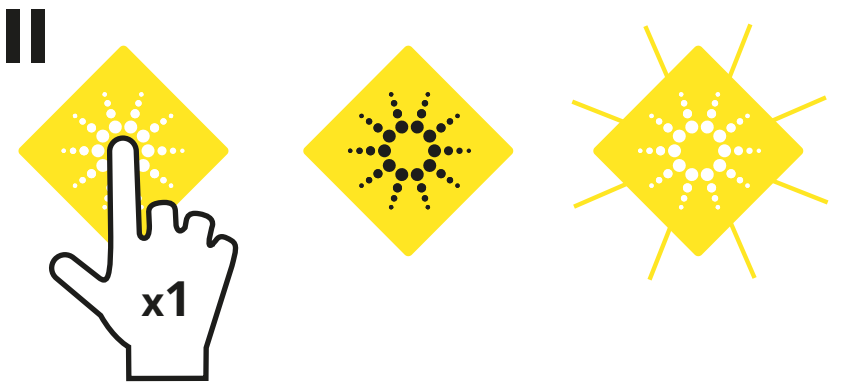
Place your coMra Palm onto the treatment point, using the raised bump on the surface of the **Start** button as the centre point.



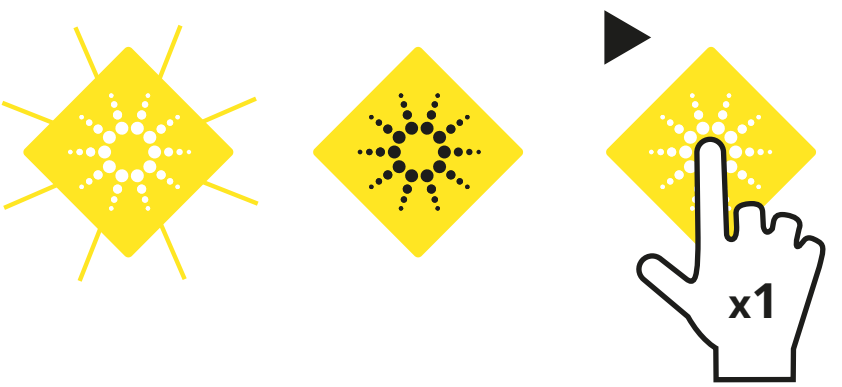
Press the start button to begin the program. The sounder will beep and the start button will light up and pulsate indicating that the program is running.



If you need to pause the program for any reason, press the start button once. The start button will flash on/off to indicate the program has paused.

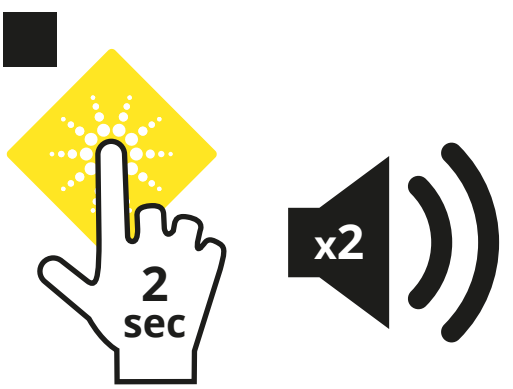


To continue on from pause, press the start button once again.



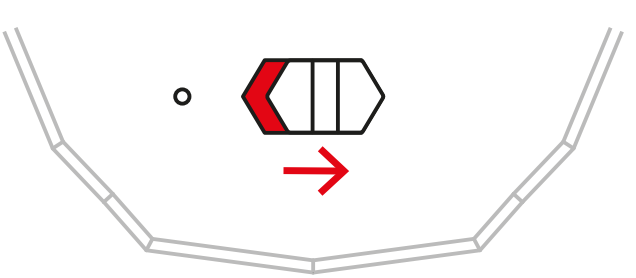
When the selected time comes to an end, two beeps will sound indicating the end of the program.

To terminate the program while the program is running, press and hold the start button for two seconds. Two beeps will sound, indicating the termination of the program.



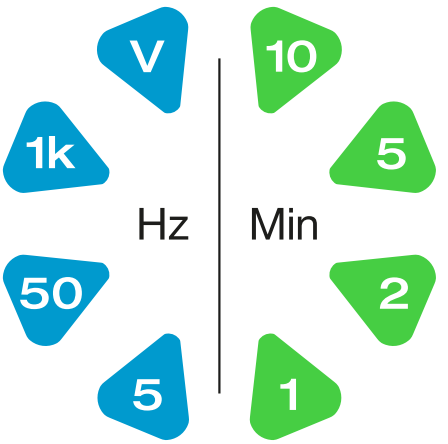
Repeat the process for all the points on the treatment plan.

When you have completed your treatment and finished using your coMra Palm, slide the on/off switch to red and power-down the device to preserve battery life.



FREQUENCY AND TIME DISPLAY

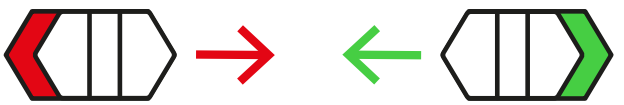
There are four indicating triangles for the frequency setting (hertz) and four indicating triangles for the time setting (minutes).



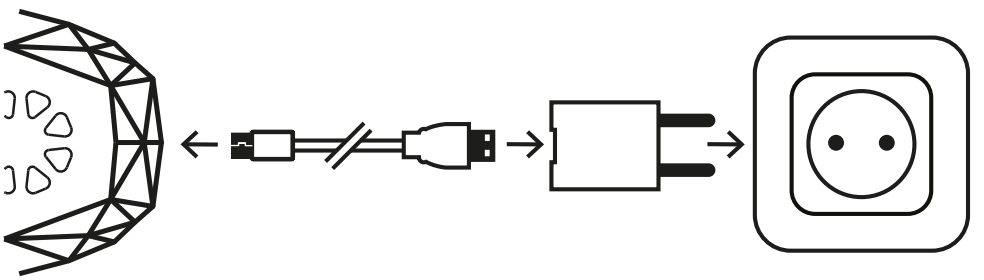
Once a program has started, the in-built timer will count-down and display the remaining minutes left for the program. When finished, two beeps will sound and the time indication will revert back to the selected start time.

RECHARGING THE BATTERY

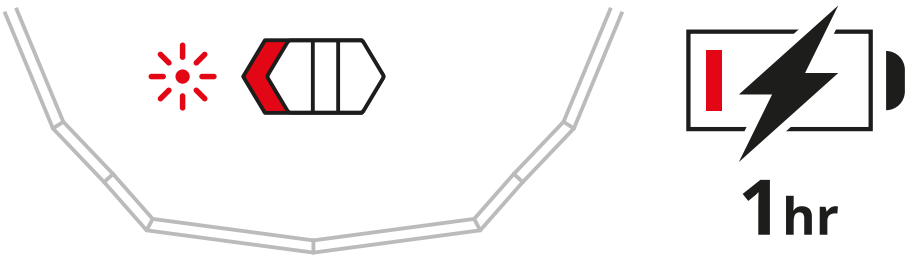
If your coMra Palm stops working during a treatment program, it is an indication that the battery is running out of charge. If this happens, first slide the on/off switch to red and then slide back to green.



A three second continuous beep will confirm if the battery needs charging. Slide the on/off switch back to red and plug the USB-C end of the USB cable into the USB-C port at the rear of your coMra Palm, and the other end into any powered USB port, or a mains electrical socket (using a suitable adaptor).



The red LED indicator next to the on/off switch will light up and the battery will start charging.



When the battery is fully charged the red LED indicator will switch off. A full battery charge takes approximately 1 hour.

ⓘ *Your coMra Palm can be used while charging.*

A full battery charge on your coMra Palm should allow you approximately 30 mins of daily treatment, for up to 10 days.

CLEANING YOUR COMRA PALM

Use a 3% solution of hydrogen peroxide, or colloidal silver for disinfecting and cleaning your coMra Palm.

ⓘ *Do not use alchohol for cleaning.*

RADIANT LIFE TECHNOLOGIES®
INTERNATIONAL LIMITED WARRANTY

By this warranty, Radiant Life Technologies guarantees this product to be free from defects in design, material and workmanship at the time of its original purchase by a consumer and for a subsequent period of 18 months. This guarantee does not cover damage or defects caused by misuse or by failure to comply with the product's user guide.

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