

The logo features the word "LIFTiD" in a white, sans-serif font. The letter "i" is lowercase and has a small white dot above it. Below the letters "I", "F", and "T" is a graphic of a water ripple, consisting of several concentric white circles with a small dark triangle at the center, suggesting a drop of water. To the right of the ripple graphic is the letter "D" in the same font, followed by a trademark symbol (TM).

LIFTiD™

NEUROSTIMULATION

Elevating Performance

The text "USER MANUAL" is centered within a solid blue rectangular box. This box is positioned on a horizontal dotted white line that spans the width of the page. Below the dotted line, there are several faint, concentric white circles that resemble a water ripple, mirroring the graphic in the logo above.

USER MANUAL

Please read all of the USER MANUAL instructions carefully before using the LIFTiD Neurostimulation device.

USER MANUAL Contents

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Intro to tDCS

Transcranial Direct Current Stimulation (also known as tDCS) is an increasingly popular form of neurostimulation that applies a low level electric current through two electrodes to targeted areas of the brain as an alternative to chemical stimulants such as caffeine, sugar, and other performance enhancers.

tDCS is supported by over 4,000 published studies (including reviews and clinical trials) and is one of the hottest categories in the neuroscience field today. tDCS is helping people all over the world realize their very best brain potential.

Intro to LIFTiD

Using LIFTiD Neurostimulation for 20 minutes a day trains the brain to maximize attention, focus and alertness, thus putting the LIFTiD user in the right mindset to accomplish tasks and perform at a higher level. Studies show that tDCS alters brain function by increasing blood flow, enhancing neurotransmitter release and activating neurons. For healthy individuals, tDCS is a safe and effective method to mildly stimulate the brain as an alternative to chemical stimulants such as caffeine, sugar, and performance enhancers. LIFTiD is lightweight, fashionable, easy to use, developed by a world renowned science team, and the perfect device for elevating performance.

Welcome to LIFTiD Neurostimulation!

GET LIFTiD

LIFTiD Neurostimulation uses tDCS technology and is for recreational use only.

LIFTiD Neurostimulation was developed and designed to put all users in the mindset to boost their brain's potential through mild electrical stimulation, thereby, over time, providing a brain training routine to improve focus, productivity, and memory.

Elevating Performance

LIFTiD
Neurostimulation



LIFTiD Neurostimulation.
Actual device, color, logos, LED light, and other parts may vary in shape, size, design, color, and logo.

LIFTiD Stimulation Insight

Everyone is unique. Doing a task during your LIFTiD neurostimulation session is important for the best effects and best outcome. Try to concentrate on the task at hand, whether it be writing a paper or studying for an exam, preparing for a big presentation, getting ready for an eSports competition, or preparing to jam with your band. Keep busy. The more you concentrate on the task, the more you forget about the stimulation.

LIFTiD Neurostimulation is programmed to deliver a constant, low level direct current, to the dorsolateral prefrontal cortex region of the brain, throughout every stimulation session.

Use LIFTiD Neurostimulation once a day, for 20 minutes, and realize your potential within, “without” putting chemical stimulants into your body.

Included inside this convenient LIFTiD storage case:*

ZIPPER POCKET A

1 LIFTiD Neurostimulation + headband
1 mirror



ZIPPER POCKET B

1 plastic spoon 1 USB cable
6 white sponges 1 plastic bottle



*Replace each component after use in its pocket
* Colors for each LIFTiD component may vary*



Super Simple Setup

LIFTiD Neurostimulation was designed by a world renowned science team and is the **lightest and the easiest-to-use** tDCS device available in the market today.

The two black electrodes on the back side of LIFTiD are permanently connected to the LIFTiD body. The electrodes are designed for flexibility, fit, and function. Please do NOT try to pull off or bend the electrodes. The two black electrodes on the back side of LIFTiD are permanently connected to the LIFTiD body. The electrodes are designed for flexibility, fit, and function. Please do NOT try to pull off or bend the electrodes.

Once you master the Super Simple Setup, it will take less than a minute to begin a stimulation session.

For optimal performance and safety, please read and follow all of the instructions carefully before using your LIFTiD device.

Preparation

- 1) Prepare a “salt water solution” in the 2-ounce bottle provided. Fill the pre-measured spoon provided with “table salt” and pour into the bottle provided. Fill the bottle with warm water to the top. Place the cap on tight and shake the bottle until the salt is diluted. This recipe of a half teaspoon of salt and warm water combined in a 2-ounce bottle is recommended for saturating the sponges provided and making your stimulation session comfortable.
- 2) Take out 2 dry sponges or damp sponges from a prior session. Since the white sponges are shipped flat, wet them thoroughly the first time and they will expand to their normal size. The sponges need to be damp and saturated in salt water for optimal performance and connection.
- 3) Wet the 2 sponges on both sides in warm water thoroughly before using. Rinse the sponges out so they are damp and not dripping wet.

- 4) Squirt the salt water solution from the 2-ounce bottle provided on each sponge so they are entirely soaked. You do not need a lot of salt water to do this. Rinse out the salt water thoroughly so the sponges are sufficiently damp, mildly wet, but not dripping wet.
- 5) **Place one sponge in each electrode so the sponges are flat and smooth.**



Fitting the Forehead

- 1) Please make sure the LIFTiD Neurostimulation device is **centered and straight across your forehead**. There should be at least a **2-finger distance** between the eyebrows and the bottom of the electrodes (refer to the photo) The plus (+) sign should be over your left eye and the minus (-) sign over your right eye (refer to the photo). In the middle of the plus (+) and minus (-) signs is the on/off button.
- 2) Tighten the soft headband strap so it is firm and comfortable. The headband does not need to be super tight with the LIFTiD device pressing hard on the forehead, just firm and comfortable. **Make sure that the electrodes are as high up on the forehead as possible, all**



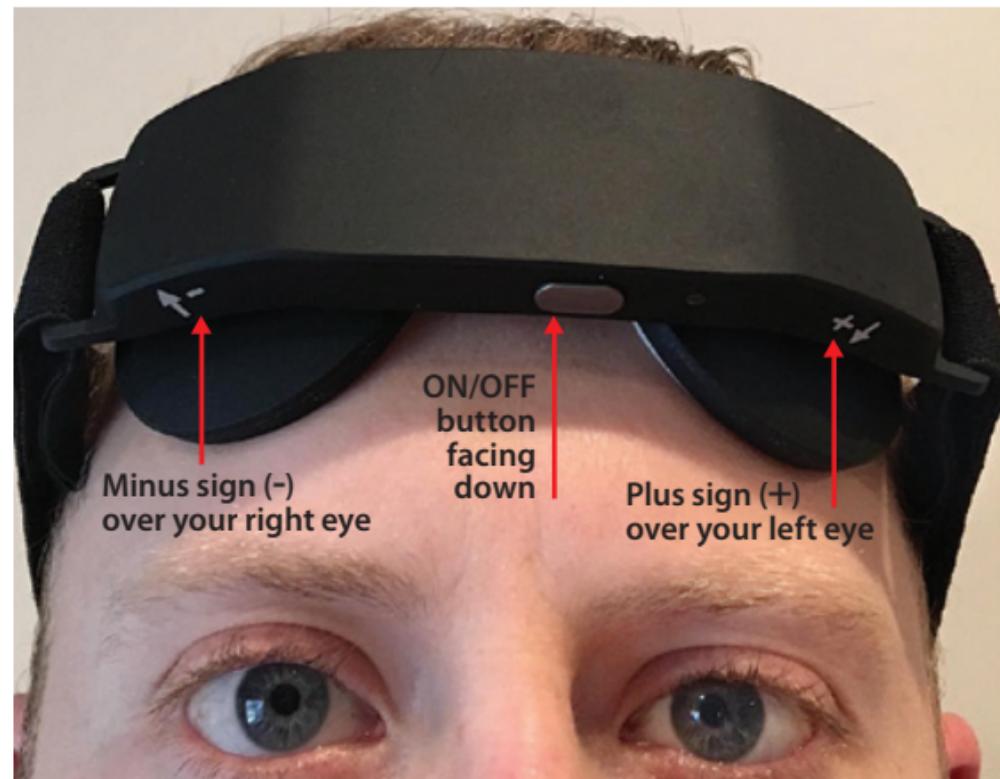
the way up to the hairline. The electrodes should not cover the hair in any way, rather they can touch the very edge of the hairline. There is a convenient mirror included in the set, so you can see yourself, to ensure proper set up.

- 3) The on/off button and LED light are **facing down**, toward the face, and exactly like the photo (not facing up).
- 4) Everyone has a different shaped head, a different hairline, and different skin, which makes the challenge of designing a device to fit all heads very unique. LIFTiD's proprietary design with flexible electrodes can fit most heads easily and comfortably. **Please use the photos as reference and setup LIFTiD in a similar location.** If you have any open wounds, cuts, or open acne sores (pimples), please do NOT use the LIFTiD device until fully healed.

more photos on next page

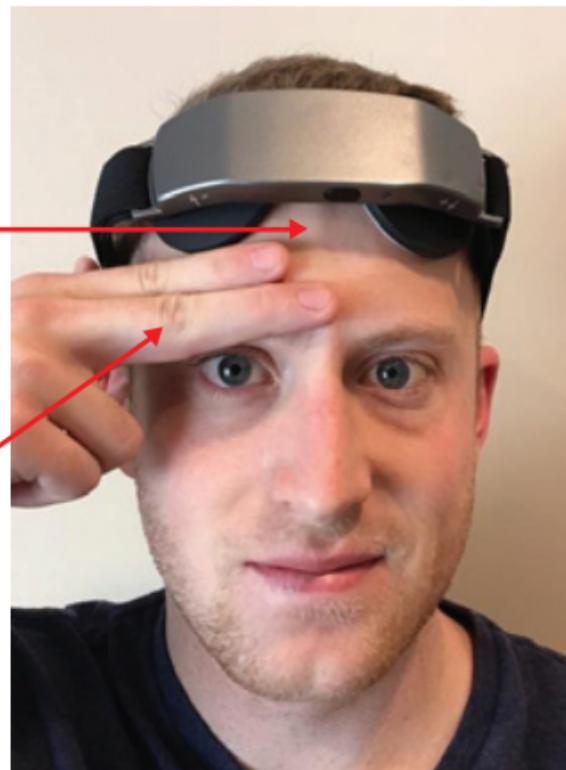
Fitting the Forehead

Notice that LIFTiD is centered and straight across the forehead.



LIFTiD is centered and electrodes are at the same height and straight

2 finger distance between eyebrows and bottom of electrodes



Beginning a LIFTiD Stimulation Session

Please do NOT move, adjust or remove the LIFTiD device from your forehead once the stimulation session begins. Please only use LIFTiD once a day for 20 minutes. The explanation is on the next page under TWO LIFTiD RULES TO ALWAYS REMEMBER.



- 1) Once the LIFTiD device is set up and secure, press the on/off button for 2 seconds till you hear a beeping sound and see the blue light flashing. This is the 30 second “ramp-up” which begins the LIFTiD session. You may start to feel warmth, heat, a mild prickly or tingly feeling. **This is all normal.** After the 30 second ramp-up, if the LIFTiD device is set up in the right position, a pre-set 20 minute stimulation session will begin and you will see a solid blue light. During this time, you should be doing some kind of task; playing a video game, studying for an exam, reviewing for a presentation,

writing music, playing an instrument, reading, checking emails and sending texts, riding a stationary bike, or doing another stimulating activity. After the 20 minute session, the LIFTiD device will automatically “ramp-down” for 30 seconds with a beeping sound and a flashing blue light and will power off. Your session has ended.

TWO LIFTiD RULES TO ALWAYS REMEMBER

RULE # 1: Please do NOT move, adjust, or remove the LIFTiD device from your head once the stimulation session begins. If you do, you may experience a slight sting sensation. It is not dangerous, but maybe a bit uncomfortable for a moment. The reason is that the skin feels a rapid change in current when you remove the device suddenly. The LED light will flash red, an alarm will sound, and the LIFTiD device will power off. **If you need to end a stimulation session early, simply press the on/off button for 2 seconds and the LIFTiD device will “ramp-down” for 30 seconds and will power off.**

RULE # 2: Please only use your LIFTiD device once a day for 20 minutes.

continued on next page

2) Immediately remove the white sponges from the electrodes and rinse thoroughly under warm water to remove the salt water and rinse out all the water. The sponges can dry or stay damp until your next stimulation session. When storing, always keep your LIFTiD device separate from the sponges. **Allow the sponges to dry in the open air on a paper towel or on a clean surface.** Like anything that is wet, if you put your wet sponges inside the case or in a closed space with no air, they can mildew and not dry properly. The sponges are a very important component. Please take care of them per instructions, so the sponges can be reused **many times.**



3) After your pre-set 20 minute stimulation, LIFTiD has now put you in the mindset to be creative, focused, productive...time to play a video game, take an exam, make a presentation, sing or play in a band, workout at the gym, or do anything that allows you to be productive, focused, creative, and energetic.



What Does Neurostimulation Feel Like?

People ask all the time, what does neurostimulation feel like? Everyone is different, everyone has different skin, and everyone feels stimulation differently. That is what makes tDCS and neurostimulation so unique and so different. You may feel warmth, heat, a prickly feeling, a tingling sensation, and a little itchy. These feelings on the skin diminish over time and you get very used to this mild form of stimulation, and often, can forget that you are in a stimulation session.



Temporary Marks on Forehead

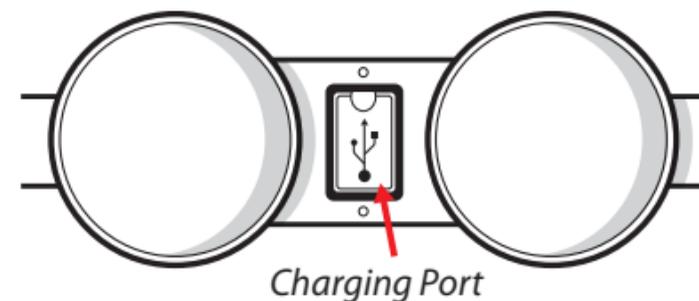
After your stimulation session, some users may notice light red spots or marks where the sponges made contact with the forehead. Combining the salt water, heat, and current will cause the marks. These marks are very common and temporary. The marks will fade away shortly after the stimulation session. **Always rinse your sponges in warm water immediately after a stimulation session. This will rinse out the salt water solution and, for your next stimulation session, will prevent salt build up in the sponges and the electrodes.**



Charging the Battery

Inside the LIFTiD Neurostimulation kit, there is a black USB cable for charging the LIFTiD device. LIFTiD runs on an internal lithium ion battery, which can last up to 30 stimulation sessions on a single charge. On the back side of the device, the micro-USB charging port is located between the two electrodes. There is a black plastic cover on the port. Gently remove the cover and let it hang to the side during charging. After charging, push cover back in place. Plug the USB side of the cable into any USB port. Plug the smaller micro-USB side gently into the LIFTiD port. Do not force the plug into the LIFTiD port. A “RED” LED light (next to the on/off button) will shine while the device is charging and a “GREEN” LED light will shine when the device is fully charged. Always replace the micro-USB port cover after charging.

- If the battery capacity is less than 20%, then a “RED” LED light will flash and make a beeping sound after each stimulation session. This is a reminder to charge LIFTiD.
- It can take up to 4 hours to fully charge LIFTiD. Do not overcharge.
- LIFTiD will not operate when charging. Do not try to charge LIFTiD and start a stimulation session at the same time.



LIFTiD Indicator Light and Beep Sound

INDICATOR LIGHT (works with Beep Sounds)

Pressing on/off button for 2 seconds to turn on LIFTiD	BLUE light flashing for 1 minute if no connection and power shuts off
Pressing on/off button for 2 seconds to turn on LIFTiD	BLUE light flashing for 30 seconds during “ramp up” of current
Active Stimulation Session begins (after 30 second “ramp up”)	BLUE light solid for 20 minutes
Active Stimulation Session ends automatically (after 20 minutes)	BLUE light flashing for 30 seconds during “ramp down” of current
Pressing on/off button for 2 seconds to end Stim Session EARLY	BLUE light flashing for 30 seconds during “ramp down” of current
Battery Capacity is less than 20%	RED light flashes after stimulation session as reminder to charge
Battery is charging	RED light solid
Battery is charged	GREEN light solid
Do NOT Move, Adjust, or Remove LIFTiD during Stimulation Session	RED light flashes, current stops, power shuts off

BEEP SOUND (works with Indicator Light)

Pressing on/off button for 2 seconds to set-up LIFTiD	Slow Beep for 1 minute during set-up
Pressing on/off button for 2 seconds to turn on LIFTiD	Slow Beep for 30 seconds during “ramp up” of current
Active Stimulation Session begins (after 30 second “ramp up”)	NO Beep for 20 minutes
Active Stimulation Session ends automatically (after 20 minutes)	Slow Beep for 30 seconds during “ramp down” of current
Pressing on/off button for 2 seconds to end Stim Session EARLY	Slow Beep for 30 seconds during “ramp down” of current
Battery Capacity is less than 20%	Beep after stimulation session as reminder to charge
Do NOT Move, Adjust, or Remove LIFTiD during Stimulation Session	Beep, current stops, power shuts off
Active Stimulation Session ends automatically or ends EARLY	After 30 seconds “ramp down”, Long Beep, power shuts off

Troubleshooting

LIFTiD will not power on	Press on/off button for 2 seconds until flashing blue light & beep sounds. LIFTiD “ramps up” power for 30 seconds & starts stimulation.
LIFTiD will not power on	Try charging the battery. Make sure both ends of the USB cable are inserted correctly. LIFTiD should operate at room temperature and do not expose nor operate at extreme hot & cold temperatures.
To power off LIFTiD during a 20 minute stimulation session	Press on/off button for 2 seconds until flashing blue light & beep sound comes on. LIFTiD “ramps down” power for 30 seconds and powers off.
LIFTiD will not “ramp up” power and the blue light flashes for 1 minute	Make sure LIFTiD is in correct, firm position on the forehead, with wet, damp (not dripping wet) sponges flat on the forehead.
LIFTiD and sponges are pressing too hard against the forehead	Remove LIFTiD and adjust the headband. It is very easy to tighten and loosen the headband. Find a tightness that is firm, but comfortable.

The stimulation on the skin feels itchy, burning, prickly, tingling, heated	This is completely normal and, most likely, the user has never experienced mild/weak electric current stimulation on the skin. After a few sessions, it is easy to get used to LIFTiD. If not feeling comfortable, do NOT pull the LIFTiD device off your head. Press on/off button for 2 seconds, LIFTiD “ramps down” and powers off.
Feeling a sharp stinging sensation on the forehead	Any open wound(s), cuts, sores, or pimples (acne) on the forehead under either of the LIFTiD sponges may cause a sharp, stinging sensation. Press on/off button for 2 seconds, “ramp down” and power off. Do NOT use LIFTiD until the forehead area is completely healed.
LIFTiD is not charging	Make sure both ends of the USB cable are inserted correctly. It may be the USB wall plug is not functioning. LIFTiD does not supply wall plug.
The sponges dry in a wave shape, are stiff/hard, and not flat	This is completely normal. Prior to a stimulation session, run warm water and soak the sponges. They will return to their original, flat shape.
LIFTiD stimulation feels the same during every session	LIFTiD is programmed to maintain a constant mild current throughout every stimulation session.

WARNINGS for LIFTiD Neurostimulation

Please read all of the warnings below:

The “LIFTiD Neurostimulation” device should only be used by healthy adults (18 years of age and older)

The “LIFTiD Neurostimulation” device should be used only ONCE A DAY for 20 minutes. Do NOT use more than once a day.

Do NOT use on children of any age. This device is not a toy.

LIFTiD has no medical benefit and is not intended to prevent or treat any medical condition.

Do NOT use if you have any electronic implanted medical device, a metal plate in the brain or head, a pacemaker, or a defibrillator.

Do NOT use if you have epilepsy, seizures, brain lesions, or severe heart disease.

Do NOT use if you are pregnant.

Do NOT use if you have sensitive skin or a rash, broken skin, or open wounds such as sores, cuts, or pimples.

Do NOT use if you have a neurological condition or disease.

Do NOT use while drinking, driving, operating machinery, or any situation where you may be impaired or at risk of injury.

Do NOT use on any other areas of the body. This device is only intended to be used on the forehead.

Do NOT use if the product is damaged or broken.

Do NOT take apart the device.

Do NOT use this device in the bath or shower.

This device has a Lithium-Ion rechargeable battery inside. Please follow regulations to dispose of the battery and product properly.

Some tDCS users have experienced a mild headache or mild skin irritation during a stimulation session. Stop using if you experience any discomfort during a stimulation session by pressing the on/off button for 2 seconds. The current will “ramp down” and the power will shut off.

If you have sensitive skin, you may experience mild irritation or red marks under the two electrode sponges. This is normal and the marks will fade away.

The device requires wet or damp sponges (from saline solution) to be used during stimulation sessions. Do NOT use dry sponges.

The device should only be used with the accessories and components that come inside the original box and kit.

Do NOT attach, put, or place anything foreign on or inside the electrodes (other than the white sponges provided in the original kit). It can be harmful and dangerous.

Technical Specifications

Model No. SG-725-RPW

Size: 136.75 x 53.28 x 44.88 mm and Weight: 54 g (without headband)

Adjustable Headband: One Size Fits Most Head Sizes

Conductive Area: 22.3 cm² / Electrode

Conduction Method: Saline Solution

Conduction Contact: Sponge

Power Supply: DC 3.7v, 250 mAh, Lithium-Ion Battery, Micro-USB, Rechargeable

Rated Input: DC 5V, 1.5W

Operating Temperature: 0 to 50°C

Maximum Current: 1.3 mA DC

Maximum Voltage: 22v

Conformity: EMC for CE

Cleaning and Maintenance

Lightly clean the outside of the LIFTiD Neurostimulation device with a soft dry cloth only.

The electrodes are delicate and can be lightly cleaned with a soft dry cloth after every 2 to 3 stimulation sessions.

The battery USB charging port should not be cleaned. Please keep the cover on the port at all times.

Remove the sponges immediately after a stimulation session. Rinse the sponges with warm water. This gets out the saline solution and prepares the sponges for the next stimulation session. Allow the sponges to dry completely in the open air either on a plate, table or paper towel. Do NOT put wet sponges into the storage bag (unless it is for a short period of time). Never store the sponges in the electrodes. **Take “great” care of your sponges.** Keep the LIFTiD Neurostimulation device and all other accessories & components in the convenient storage bag.

Limited Warranty

RPW Technology, LLC warrants the LIFTiD Neurostimulation device product (and only this product) against material defects and workmanship under normal use for a period of six (6) months from the date of original purchase by the original purchaser. This warranty does not cover damage caused by misuse, accident, abuse, natural and/or external causes (flood, stolen property, etc.), use other than as intended and described in the User Manual, normal wear & tear, tampering, unreasonable use, services performed by unauthorized service agents, or damage to the internal battery. This express written warranty is exclusive and in lieu of any other warranty, remedy, and conditions, whether oral, written, express, or implied. For additional information regarding this Limited Warranty and related topics, including limitation of remedies, exclusions, and damages, please visit our website at www.GetLiftid.com.

Register LIFTiD

Please Register LIFTiD online at
GetLiftid.com/Register

Contact

RPW Technology, LLC
Ossining, New York, USA
Info@GetLiftid.com

LIFTiD Neurostimulation device, components, accessories,
user manual, and packaging are Made in China

Patent Pending

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For more information, please visit our website at

www.GetLiftid.com
