



DESCRIPTION OF RELIEFBAND® SPORT:

Reliefband® Sport is a rechargeable, digital therapeutic device that has stimulating electrodes and is worn on the underside of the wrist by attaching to a wristband (included). It provides relief from nausea and vomiting through gentle electrical stimulation of the median nerve.

A fully charged battery will last for approximately 25 hours of continuous use at the mid-power level or below.

INDICATIONS FOR USE:

Reliefband® Sport is indicated for use in the treatment of nausea and vomiting associated with physician-diagnosed migraines, hangovers, anxiety, motion sickness, chemotherapy and morning sickness from pregnancy. Reliefband® Sport is also indicated as an adjunct to antiemetics in reducing postoperative nausea. For over the counter use.

**IMPORTANT:** Positioning Reliefband® properly on your wrist is essential for relief of your nausea and vomiting symptoms. Before you start using Reliefband® Sport, please read this Instructions For Use carefully. You must feel stimulation in your palm and/or middle fingers for Reliefband® to work.

SAFETY INFORMATION

WARNING:

- No modification of this device is allowed.
- Charging Cord must be unplugged from power source when not in use.
- Charging Cord:  
Voltage Rating: 5±0.25V  
Current Rating: 500mA Max

CAUTION:

- Pacemaker users - Use this device on the wrist and only as directed to prevent possible interference with your pacemaker. Avoid placing the electrodes directly on your chest or near the pacemaker. Consult your doctor before using the device.
- Reliefband® Sport should be kept out of reach of young children.
- Nausea and vomiting may be signs of a serious health problem. Contact a doctor if your nausea and vomiting persists.

- Reliefband® should only be used on the wrist. Do not use it on any other areas of the body because the device might cause undesirable effects such as tingling, muscle twitching or skin irritation.

- Reliefband® does not cure the underlying cause(s) of nausea and vomiting. The relief you get may vary depending on your body's individual characteristics and on any medications you may be taking that could cause your body to respond differently.

- If you are unable to tolerate any food or liquids or are experiencing weight loss, you should contact your doctor.

- Reliefband® Sport is IPX7 waterproof and can be submerged in water at a depth of one meter - for 30 minutes.

SIDE EFFECTS:

- There are no known side effects for Reliefband® Sport.

**FCC INFORMATION:** This device complies with Part 15 of the FCC Rules. Operation is subject to the following 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.

**MAINTENANCE:** Keep the electrode area clean. A moist cloth may be used to remove gel build-up. Gel build-up may decrease stimulation.

ENVIRONMENTAL USE INFORMATION:

Reliefband® should only be used within the environmental ranges of:  
0°C to 45°C (32°F to 113°F) and 20% to 90% relative humidity (non-condensing).



ENVIRONMENTAL STORAGE INFORMATION:

The device can be stored and transported in the environmental ranges of: 0°C to 27°C (32°F to 80°F) and 20% to 80% relative humidity (non-condensing). If the device has been stored or transported in conditions outside this range, keep it within the normal ranges for at least 30 minutes before using.



DISPOSAL INFORMATION:

Reliefband Sport is not regulated as hazardous goods. It can be recycled or disposed with normal household trash.

TECHNICAL INFORMATION:

Reliefband® complies with:  
IEC 60601-1:2005+A1:2012/EN 60601-1:2006 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance

IEC 60601-1-2:2007/EN 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for safety - Collateral standard: Electromagnetic compatibility - Requirements and tests

IEC 60601-2-10:2012/EN 60601-2-10:2000+A1:2001 Medical electrical equipment - Part 2-10: Particular requirements for the safety of nerve and muscle stimulators

Reliefband® is classified as a TYPE BF Applied Part

Latex Free

Read these Instructions before using Reliefband® Sport

**ATTENTION**  
Reliefband® produces physiological effects as described in this guide.

**IPX7** Reliefband is IPX7 waterproof and can be submerged in water at a depth of one meter, for 30 minutes.

**For European Union: Environmental Protection**  
Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice.

**California Only:** Perchlorate Material - Special handling may apply. See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate)

TECHNICAL DATA

Size..... Teardrop shape  
1.5" x 2" x 0.45"  
(3.81 x 5.08 x 1.14 cm)

Weight ..... Approximately 34 grams

User Controls ..... Push Button

User Displays..... On: Flashing Blue LED at Power Level

Low Battery..... Flashing light indicator between yellow and blue indicates low battery.  
Flashing light indicator between blue and red indicates critical low battery.

Output Channels..... Two hypoallergenic surgical grade (316L) stainless steel contacts

Maximum Output.....40mA

USB Charging..... Cable with custom magnetic connector

Battery.....Rechargeable Li-Ion Polymer - IEC62133 standard.

Waveform .....40mA, 22.5V, 31Hz, 350us per pulse  
@500 ohm load

TROUBLE SHOOTING

The Troubleshooting Chart below will help to assist you in handling situations that may arise while you use the product.

Situation Recommended Solution(s)

*Blue Light Flashing (No Stimulation is felt)*  
Move Reliefband® around the underside of the wrist. Check for proper placement. Increase the power setting. Re-apply a small amount of gel. Be sure gel is rubbed into a sheen. Be sure the strap is secure around wrist. Be sure Blue light is flashing at one of the 6 intensity settings.

*Blue Lights Flashing between left and right (No Stimulation is felt)*  
Reliefband will sense when it has a good connection to your wrist. If the device is removed from the wrist or both electrodes are not touching the wrist, it will enter waiting mode. Increase intensity settings until stimulation is felt. If you continue increasing past setting 6, it will return to "waiting mode" until you press it again to return to setting 1.

*No Lights Flashing*  
If Reliefband is in "waiting mode" for more than a minute without the user setting it to an intensity, it will turn off on its own for battery saving. Check that device can turn on. Once activated, green lights will move from left to right, show battery level and then enter "waiting mode". Once you increase intensity, you should see blue light at one of the 6 power settings (1-6). If Reliefband does not turn on, battery may be drained (see Charging The Device section).

*Blue and Yellow Light Flashing*  
Blue and Yellow flashing light indicates a low battery. Set the unit at a lower setting. (see Charging The Device section).

*Blue and Red Light Flashing*  
Blue and Red flashing light indicates a critical low battery. Set the unit at a lower setting. The battery is running out of power and has about 4 hours of runtime use remaining. (see Charging The Device section).

CHARGING THE DEVICE

- Plug the USB Charging Cable into any standard UL approved 5 Volt USB charging port.
- Attach the Magnetic Connector end of the USB Charging Cable to the Charging Port located above the contacts on the body of the Reliefband® Sport device.
- Green LEDs segment(s) will flash when in charging mode:
  - 1 LED segment = 16.6% charged
  - 2 LED segments = 16.6 - 33.2% charged
  - 3 LED segments = 33.3% - 49.9% charged
  - 4 LED segments = 50% - 66.6% charged
  - 5 LED segments = 66.7% - 83.3% charged
  - 6 LED segments = 83.4% - 100% charged
- Full charge is indicated when all six green LED segments remain constantly illuminated. Typically, it takes about 75 minutes to reach full charge (providing 25 hours of use at setting 3). A 15-minute charge will give about 6 hours of continuous use at the mid-power level or below.
- When not connected to the Reliefband, unplug the USB Charging Cable from the standard UL approved 5 Volt USB charging port.
- When turning the device on, green lights will flash from left to right and will indicate how much charge is left in the device.
- A blue and yellow LED segment indicates 33.3% or less battery life remaining.
- A blue and red LED segment indicates 16.6% or less battery life remaining.

LIMITED WARRANTY STATEMENT - Model: Reliefband® Sport

Reliefband® Technologies warrants each new Reliefband® Sport (exclusive of batteries) to be free from material defect in workmanship and materials for (1 year) from the date of purchase, the "Warranty Period." This limited warranty is subject to (a) the customer notifying Reliefband® Technologies within 1 year of the date of purchase of any material defect in the Reliefband® Sport workmanship and materials ("Defective Product") during the Warranty Period, and (b) the customer returning the Defective Product to Reliefband® Technologies. Contact Reliefband® Technologies at 877-735-2263 for return or replacement of Defective Product.

Reliefband® Sport is indicated for nonprescription (over-the-counter) use in relief of nausea and vomiting associated with physician-diagnosed migraines, hangovers, anxiety, motion sickness, chemotherapy and morning sickness from pregnancy. Reliefband is also indicated as an adjunct to antiemetics in reducing postoperative nausea. Reliefband® Sport may not be

effective for every person because treatment outcomes vary and are dependent upon a myriad of patient profiles and characteristics. Reliefband® Technologies' obligation under this Limited Warranty is expressly limited solely and exclusively to the replacement of the Defective Product.

THE LIMITED REPRESENTATIONS AND WARRANTIES SET FORTH HEREIN ARE RELIEFBAND TECHNOLOGIES' SOLE REPRESENTATIONS AND WARRANTIES WITH RESPECT TO RELIEFBAND® OR ANY OTHER SUBJECT MATTER HEREOF AND ARE GIVEN IN LIEU OF ANY AND ALL OTHER REPRESENTATIONS OR WARRANTIES, WHETHER EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR SUITABILITY FOR A PARTICULAR PURPOSE. THE REMEDIES AFFORDED TO CUSTOMER FOR ANY BREACH OF WARRANTY WILL BE LIMITED TO THOSE SET FORTH HEREIN TO THE EXCLUSION OF ANY AND ALL OTHER REMEDIES. CUSTOMER WILL NOT BE ENTITLED TO PUNITIVE, INCIDENTAL, CONSEQUENTIAL OR SPECIAL DAMAGES, INCLUDING WITHOUT LIMITATION CUSTOMER'S DENTAL AND MEDICAL COSTS, AS A RESULT OF A DEFECTIVE PRODUCT. NO AGREEMENT VARYING OR EXTENDING THE FOREGOING WARRANTIES, REMEDIES OR THIS LIMITATION WILL BE BINDING ON EITHER PARTY UNLESS MEMORIALIZED IN A WRITING SIGNED BY BOTH PARTIES.

Some jurisdictions do not allow the exclusion or limitation of special, indirect, incidental or consequential damages, so the above limitation or exclusion may not apply to you.

This warranty shall not apply to any Defective Product that has been tampered with or repaired and/or altered by someone other than a duly-authorized Reliefband® Technologies' representative. Further, this warranty shall not apply to any Defective Product where the defect has been caused by customer negligence, mishandling or any customer use contrary to the enclosed instructions or customer use inconsistent with the stated purpose. This warranty is expressly limited solely to the original purchaser and does not extend or confer any rights to any transferee, assignee, or subsequent purchaser or user of a Defective Product. Reliefband® Technologies' liability for all claims, (whether based on contract, tort, breach of warranty, or otherwise), which may arise in connection with the purchase and use of any Defective Product is limited to the purchase price paid by the original purchaser.



HOW RELIEFBAND® SPORT WORKS

1 CHARGE BEFORE USE



Ensure Reliefband is charged before use. Plug the USB Charging Cable into any standard UL approved 5 Volt USB charging port. Attach the Magnetic Connector end of the USB Charging Cable to the Charging Port of the body of the Reliefband Sport Device. (See Charging The Device Section).

2 AREA



Find the starting area on the wrist. Using either wrist, the correct area is in between the two tendons on the underside of the wrist – about two finger widths above the distal wrist crease (farthest from the elbow).

3 APPLY



Clean the area first. Apply a small drop of gel and spread in a circle about the size of a large coin with an even sheen (i.e., a thin layer with a shiny appearance).

4 ACTIVATE



Place the device over the gelled area and attach it to the wrist. Fasten device snugly. Press “⏻” symbol on center of device to turn on. Start at power level 1, increase stimulation until tingling is felt throughout median nerve distribution in palm and middle finger at a comfortable level. Press “⏻” symbol for 3 seconds to turn off.

UNDERSTANDING SPORT PRODUCT FEATURES

ON		When powered on, the green light will flash from left to right, and stop on the current battery level. See Charging The Device for battery indicator information
WAITING MODE		When in waiting mode, blue lights will flash between left and right. The contacts will sense when the device is touching the skin. If the device is removed from the wrist or both electrodes are not touching the skin, it will enter waiting mode
25% BATTERY		When battery is at 25% or below, blue and yellow lights will flash
10% BATTERY		When the device is on critical low battery (10% or below), blue and red lights will flash
FULLY CHARGED		All 6 LED lights will show green when powered on and fully charged
OFF		When the device has 0% battery, no lights will appear on the device. If the device is in “waiting mode” for more than 60 seconds without activity, it will turn off automatically to save battery power

REFRBSPT

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