



HYDROGEN THERAPY

OPERATIONAL MANUAL

**SPE/PEM Technology
Through Electrolysis**

H2=E 400 H2=E 600

www.H2EPod.com

Attention:

Please read the manual carefully before using your H2=E Hydrogen Therapy machine.

Only Add Distilled Water

During using your H2=E 475/ 600 Model. **DO NOT** put in an extra chemical such as alkali liquid (KOH nor NaOH), **only use distilled water, nothing else.** Do not use tap water, as this can seriously damage the machine. With all our machines we supply a PPM parts per million reader, which you can use this device to check the quality of the distilled water, by simply turning it on, and then putting it into the distilled water for testing, how clean the water is from other particles. Ideally you are looking for a reading as close to 000 PPM as possible, in reality, because there are small particles in the air, which can get into the water the reading can be slightly more, as long as it is below 0005 PPM that is great.

Please bear in mind DO NOT USE TAP WATER OR MINERAL WATER! If you put tap water or mineral water into your machine, this cancels your one-year warranty, and can damage the machine.

Water Level

Please keep the distilled water level between 1200ml to 2000ml This is Important as you will see the water level will need topping up every week. Although the machine will turn off automatically if there is no water in the machine. To maintain the electrolysis plates, it is important to always keep water in the machine. So, if for any reason you need to store the machine

away for a long period of time, please make sure the machine is stored with the distilled water in the machine, and a cover over it so dust does not get into the machine.

Water Change Every 6 Months

The only maintenance you need to do on your machine, is roughly between every 4 to 6 months, completely change the water in the machine, by emptying the water from the rubber valve at the back of the machine, and then refilling your machine with clean distilled water. If you notice on your digital display that the outflow of Hydrogen is has decreased, it is a possible sign that the water need changing. The lower the PPM to 000 or the less particles in the distilled water, the more hydrogen is produced.

Dosage Usage

Every person's needs are different. So from starting on a small dose and building up slowly over time, each person can work out what is best for them.

Please keep in mind the first few days to the first week, your body may of not had this amount of antioxidants before in the form of hydrogen. So please go slowly and gently. Some people say the first times they breath in hydrogen , that they either feel very relaxed or very alert and clear headed, and over the first few days this levels out.

Here is a starting point guideline

Day 1

Breath in the Hydrogen set around 450ml per minute for 20 Minutes, plus one glass of hydrogen rich water (which you connect the tube with the diffusion stone and place it in a glass of water and bubble the H2 in for about 3 minutes)

Day 2

Breath in the H2 set around 450ml per minute for 20 minutes twice a day and 2

glasses of hydrogen rich water.

For the next week you can keep the same the same dosage as day 2.

Then the following week , if everything feels good , then you can increase the dosage to between 30mins to 1 hour once or twice a day.

The nice thing with Hydrogen Therapy, at the dosage coming out of the hydrogen machine between 0 to 600ml per minute, combined with the daily recommended dosage, Hydrogen Therapy is extremely safe and gentle on the body.

Over time of use, most people get to a point of simply knowing what is the right amount for themselves. Myself personally I breath in between 1 to 3 Hours a day at 475 ml per minute, and I have 2 glasses of H2 rich water a day.

Elite Japanese Spas

Your machine also comes with a long silicone tube that you can add the diffusion stone to, you can use this to connect the tube to you H2 output and then place it in your bath, this will make you bath into a Hydrogen Rich bath, which has many benefits to your skin. This is the process used in many elite Japanese spas.

Bagging Arms/Hands and Legs

If you have skin issue or joint pain, on your arms legs or hands , you can buy on Amazon a water proof cover for that area, then you can simply fill the bag in that area with the H2 and allow your skin to absorb the hydrogen in that area.

Please keep in mind that when Hydrogen is contained in a air tight bag, then this is above the 4% volume in the air and is flammable , in this case, please take extra precaution not to put the bag near any flame. As soon as it is empty the H2 very quickly dissipates.

1. Installation and Use of the Instrument

- 1) Firstly, take out the H2=E Pod from the package, check out appearance of machine and spare parts.
- 2) Open water tank cover (on the top of the machine), **add the Double Distilled water near too 000 PPM.**
- 3) Notice the water level is on the front of machine. The water tank capacity is 2L. Please fill the water level between 1600ml to 2000ml.

Switch On The 475 Model

Both machines are very simply to use, this model is just one button on and off.

When you press the Power button , the green light indicates it is on.

Then simply connect breathing canal or diffusion stone tube and connect to the H2 output port, make sure connection is tight so there is no leakage.

When your finished simply press the power button, then the green light will turn off.

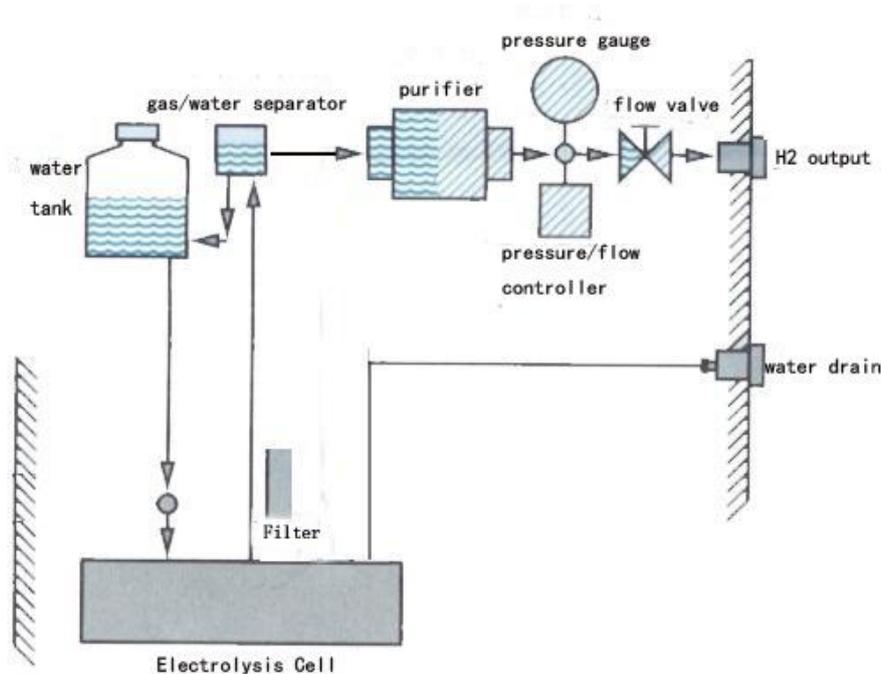
Switch On The 600 Model

The difference between the two models is that, on 600 Model you have the choice to set the out flow of H2 between 0 to, up to 600 MI per minute and you can also set the length of time per session.

Browns Gas Or Pure Hydrogen

Both models can be set at the point of manufacture to produce browns gas or pure Hydrogen, this is the customer's choice, but once it is set up one way, we cannot change it around.

Flow Chart:



3. Technical Parameter

- 1) hydrogen purity: 99.99%
- 2) hydrogen flow: "H2=E 475 model: 475ml/min" "H2=E 600 model: 600ml/min"
- 3) Output pressure: about 0.2MPa
- 4) Input Pure water: Distilled water
- 5) Power: 220V \pm 10% or 110V \pm 10% 50Hz--60Hz
- 6) Power consumption: H2=E 475 model:<300W H2=E 600 model:<500W
- 6) Weight: H2=E 475 model: 11kg H2=E 600 model: 11 kg

Carbon Monoxide Detector

If you have a carbon Monoxide Detector, if you use your Hydrogen machine in the same room, it can set of your carbon monoxide detector. This is not because your Hydrogen machine produces any carbon monoxide, your hydrogen machine only converts Hydrogen from distilled water. This happens , because the carbon monoxide detector, does not differentiates between Hydrogen and carbon monoxide. The normal level of Hydrogen in the air we breathe is 0.00005 % and because this increases when the hydrogen machine is on, it

increase the hydrogen in the air slightly and this can set off a C.M Defector. This is nothing to be concerned about, simply either turn off the C.M Defector when you are using your hydrogen machine, or simply use the H2 machine in a different room.

4. Notice

1. Do not operate your Hydrogen machine near to a flame or fire. It is when the concentration of Hydrogen in a room gets to 4% that H2 is flammable, as long as you have well a ventilated room there are no issues, as H2 is the smallest lightest molecule in the universe, it very quickly escapes.

Do not use bad quality water. Such as tap water, dirty water which will destroy the electrolysis cell.

Do not disassemble electrolysis cell.

Do not open machine outside case at random.

If need to transport, please drain out water firstly, and then refill on arrival to your destination.

5. Requirements for operational environments and conditions:

Temperature: 4°C– 40°C;

Humidity: <85%;

Power supply: 220V ±10% or 110V±10% 50Hz--60Hz

Machine should be put horizontally near human to convenience use;

There should be no direct sunshine and open fire;

There should no large amount of dust, conducting particles, acid, alkali, and other corrosive gases.

Ventilation should be good;

Ground connection of power supply should be good. ⚡

6. Failure Causes and Elimination Method

After Sales Service

Our machine come with a one-year quality guarantee on all parts and labor, delivery charge is extra on repairs. After one year, we only charge raw material fees and delivery fees.

If the following occurs, maintenance will not be free of charge:

- a. Users do not operate the generators according to the operational manual;
- b. Users open machine outside case and disassemble parts by themselves.
- c. Water level has been left empty for over 2 months

Hydrogen For Health

Our Hydrogen machines are used by our clients to help increase their Health and Fitness. Hydrogen Therapy can be used for preventative and therapeutic use, based on over 1000 plus Scientific Studies over 30 years.

We believe Hydrogen Therapy, will be one of the key simply foundation to helping keep people healthy and for those struggling with a health issue, to help to improve their health.

We wish an abundance of health and happiness

Antony Taylor and Alejandra Garcia

To contact us our email H2Epod@gmail.com

Mobil:0755 3023753



