



SUMMARY INSTRUCTIONS

FOR THE IMMORTAL & SUPER POWER
MOLECULAR HYDROGEN/OXYGEN THERAPY





Setting up instructions

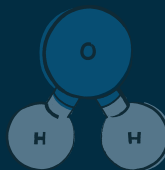
The Immortal + The Super-Power

1. Introduction

- Thank you for purchasing a Hydrogen/Oxygen machine from H2=E
- It is highly recommended that you watch the **setting up video** which can be found on our website: **H2Epod.com** on the product page.
- This PDF has been created as a key points summary of the video

2. Plugging in the machine

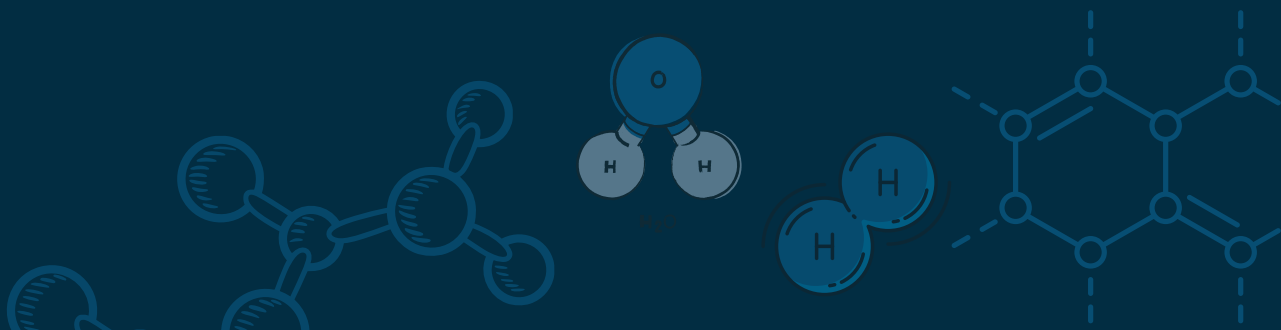
- Use the power cable supplied to plug the machine into the mains
- Use the physical **on/off switch** on the back of the machines to power on the device
- On the **main display** screen there will be a flashing icon above the word **Power** – hold your finger on the flashing icon for 2-3 seconds to switch on the machine.
- When you switch on the machine for the first time you will hear **5 long bleeps**, this indicates that the machine needs to be filled with distilled water
- You will also see on the main display screen that the **Low Water** icon is flashing
- Your machine will not allow itself to operate without sufficient water in the tank





3. Quality of distilled water

- The water that we recommend using is either **distilled** or de-ionized **with a TDS reading of 0-1ppm** (parts per million)
- TDS stands for Total Dissolved Solids and is an indicator of the purity of the **water**
- The TDS value of distilled water can vary from 0-5ppm
- The cleaner the water the better the machine will perform
- Cleaner water will also extend the lifespan of the machine
- Not all distilled water that you purchase will be clean enough which is why we provide a TDS tester with your machine
- Use the TDS tester to **assess the quality of the water** you purchase before adding it into your machine; you want the reading to be ideally 0 or 1ppm
- The machine will operate with water that has a higher TDS value but we highly recommended keeping it between 0-1ppm in order to maximize the **longevity** and **performance** of the machine
- The machine has a built in TDS monitor; if the water quality doesn't reach minimum standards, then the **machine will not operate**.
- When this happens the TDS indicator on the main screen will be flashing in the **orange or red** and you will need to empty the tank and replace with cleaner water.



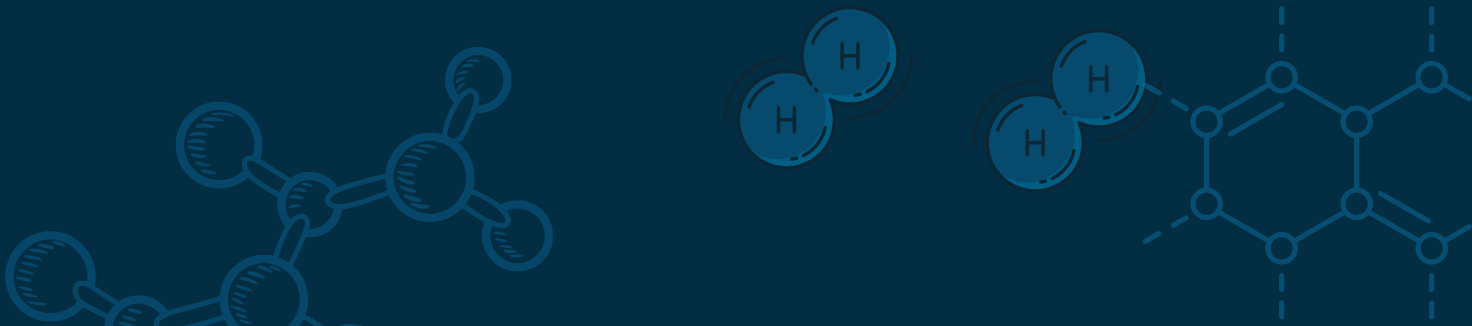


4. Testing the water

- Pour some of the water you wish to test into a glass
- Take the cap off the TDS tester
- Switch on the device and use the mode button until the units displayed are **ppm**
- Place the TDS reader into the water you wish to assess
- **Stir the water** a couple of times and then allow a couple of seconds to settle
- Take the reading from the display

5. Adding distilled water to the tank

- Take care not to contaminate the distilled water
- If you transfer the distilled water to a jug to make pouring into the machine easier, make sure the jug is very clean
- Dust and even residue from the tap water used to wash the jug can contaminate the distilled water that you are adding to the machine
- Unscrew the cap on the top of the machine, turning anticlockwise
- **Remove the filter** and place it in a glass whilst filling the machine
- Fill the tank with distilled water
- As you are filling the tank you can use the indicator on the back of the machine to get a rough idea of how full the tank is



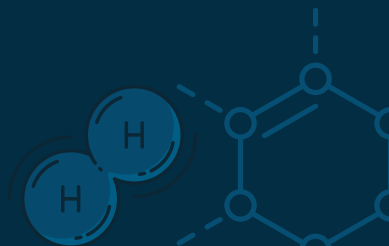


6. Over filling the machine

- If you put too much water into the machine, it will not operate, and you will need to drain some of the water out. When the machine has too much water added it will **bleep twice** and the
- light illuminating the water tank will begin to flash. On the display screen the **Water Full icon** will also be flashing.

7. Emptying water out of the tank

- If you need to drain a bit of water out of the tank because it was over filled or if you wish to drain the tank completely, make sure that the **filter** is inside and that the **cap is securely in place** on the top of the machine
- You will need a jug or bowl to drain the water into
- Position your machine on a table so that the back of the machine is facing you
- Unscrew the cap located at the **bottom right corner**
- Pull out the **green stopper**, positioning the jug to collect any water that may be released
- There will only be a small amount of water released initially because the water tank is airtight
- To release more water, **turn the cap on the top of the machine** allowing water to drain out. Tighten the cap to stop the flow at any time.



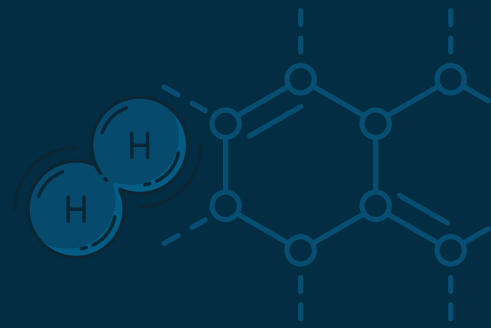


8. The humidifier bottles

- Fill the humidifier bottles with distilled water to the **mid-way point** between **minimum** and **maximum**
- Slot the humidifier bottles onto the front of the machine
- Use the short thick clear tubing to connect the outputs of the machine to the top of the humidifier bottles
- Use two of the long white tubes to attach the output of the humidifier bottles to the **Y connector**
- **After each session** it is recommended to top these bottles back up to the midway point if required
- **Replace the water** in these bottles every **3 months** and give them a **wash using** soapy water

9. Operating the machine

- You can select your duration with the Time icon and then touch the Start/Pause icon to begin
- You can stop the machine at any time by touching the Start/Pause icon
- When the machine is running, you will see bubbling in the humidifier bottles on the front of the machine
- The bottle attached to the hydrogen output will usually bubble first and the water in the bottle attached to the oxygen output may take up to a minute to start bubbling
- The water in the hydrogen bottle will usually be more powerful than the oxygen
- There may be a squeaking sound that comes from the machine when operating, this is normal





10. Using the water stone

- Use a piece of long white tubing to attach the water stone to the **Y connector**
- Place the water stone into a glass of water
- The water in the glass can be filtered, mineral or spring water
Switch on the machine and allow the hydrogen/oxygen gas to bubble into the water.
- For a 250ml glass, saturation of the water will occur at around **3-5 minutes**
- **Drink the water immediately** as the hydrogen will be dissipating straight away
- The amount of hydrogen in the water will be around **1600ppb**

11. Using the Cannula

- The cannula will attach to the Y connector in the same way the water stone tubing did
- Once the cannula is connected, the **nose piece** is placed in the nostrils with the **green flap** pointing downwards towards the lips
- The white tubing wraps around the ears to keep it in place
- You can test that the cannula is working by placing the nose piece into a glass of water whilst the device is running – you should see bubbles appear in the water
- It is common for the bubbles to look as though they are only coming out through one of the nose pipes
- It is common for a degree of **condensation** to occur in very powerful machines that produce hydrogen and/or oxygen – especially when sessions are exceeding **2 hours**.
- This is why the cannulas have a green cylinder, which is to trap water from condensation
- If you notice that there is water in the cannulas green cylinder, you need to **empty it at the end of the session**
- To empty the green cylinder simply twist and pull apart the two halves of the cylinder to open it up
- It is generally suggested to **replace** cannulas every **2 to 3 months**
- On our website we have a **PDF document** that outlines how to clean your cannulas and when to change them

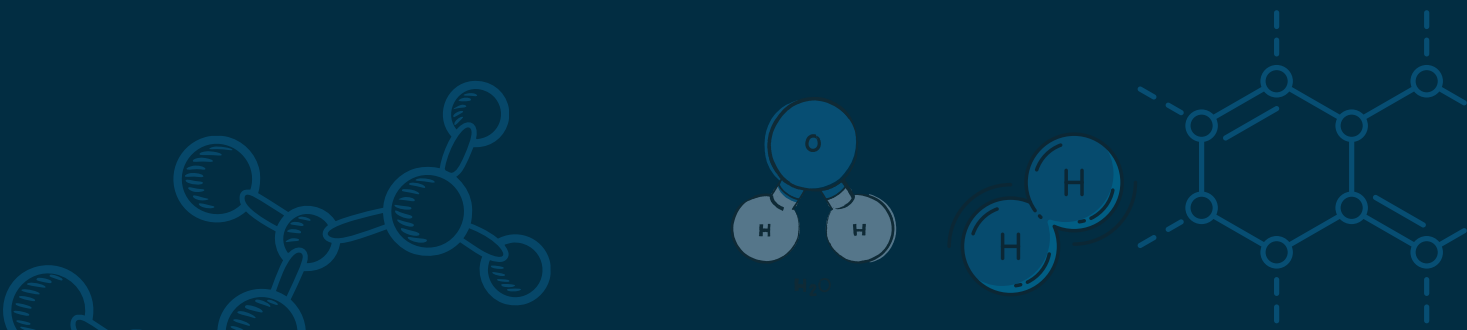


12. When to replace the water

- It is a good idea to change the water in the tank roughly every **3 months** to ensure that any impurities in the tank are flushed out
- If the **Change Water** icon starts flashing
- If for any reason the **overheat** icon indicates, the water in the tank should be replaced
- If you accidentally put the wrong water into the machine, for example tap water, the machine will not operate until you replace the water with something that meets its purity standards
- If you are **traveling** with the machine, always empty the water tank and refill it when you are at your destination
- **Resetting the change water icon.** Hold the **Mode** or **Flow** icon in the top left-hand corner of the screen until the machine beeps and the indicator is reset

13. When to change the Resin Filter

- It is generally suggested to replace the resin filter every **6-12 months**, even if the machine has not indicated to do so
- When the **Change Filter** icon on the display screen flashes, this indicates that the filter should be replaced
- If the **Change Filter** icon does not automatically reset, hold the **Mode** or **Flow** icon in the top left-hand corner of the screen until the machine beeps and the indicator resets



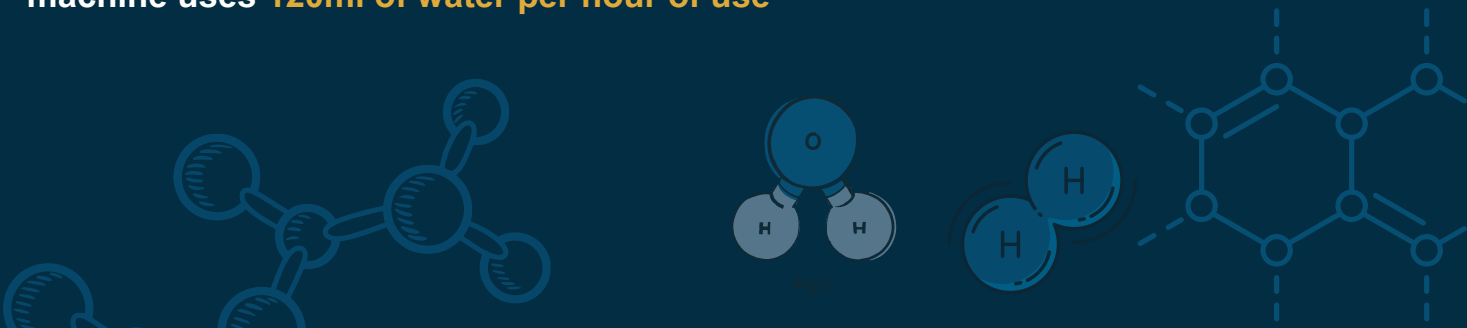


14. General Protocol

- On our website we have a general protocol video and PDF document to help you use your machine safely
- We also have a Hydrogen Tracker PDF document which helps you to monitor any detoxification symptoms that may occur whilst using your machine
- Our General Protocol was designed primarily with safety in mind; we appreciate that some people who are dealing with serious health conditions may want to progress much quicker than this, how you use the machine is ultimately up to you

15. Miscellaneous

- **Water stone not working** – check that the water in the humidifier bottles is at the midway point between maximum and minimum. Check that the humidifier bottle lids are tightly screwed on.
- **Storing the machine when not in use** – Empty the tank and then put a glass of water back into the machine to keep the hydrolysis cell lubricated
- **Carbon monoxide detectors** – hydrogen gas can set off some carbon monoxide detectors
- **Keep the box for travel** – the box that your machine arrives in is worth keeping as it is the best way to transport your device such as when moving house or between venues
- **Ensure that your machine is used in a well-ventilated room.** It is a good idea to open a window when in use.
- **Keep the machine out of direct sunlight**
- Do not store or use the machine close to a heat source such as a radiator.
- Do not place the machine in an enclosed space when in operation
- How much water is used per hour – the Immortal which is our most powerful machine uses **120ml of water per hour of use**





16. Maintenance

- When you finish a session, you can use the **Power icon** to switch off the machine. The device may continue to make a noise if it is **cooling down**. Do not switch the machine off using the **switch on the back of the device until** the machine is **quiet**.
- It is recommended to switch the machine off using the switch on the back of the device when not being used
- Check the water levels in the humidification bottles **after each session** and top up when required
- It is a good idea to periodically replace the **water in the humidification bottles** - every 3 months
- Replace the **water** in the main tank every 3 months
- Replace the **cannula** roughly every 3 months
- Replace the **resin filter** every 6-12 months

