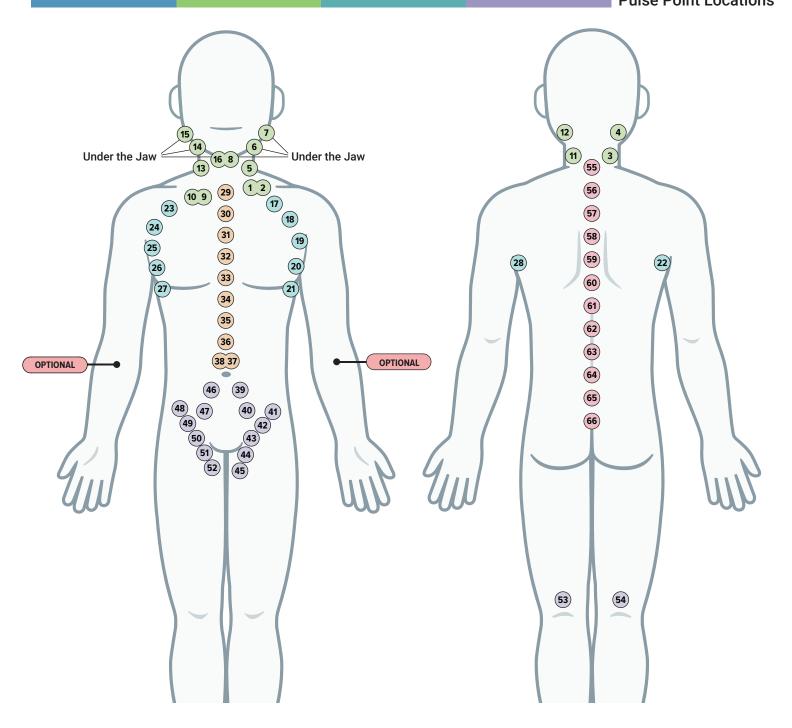


CHART 1 Pulse Point Locations



IMPORTANT INSTRUCTIONS

- 1. Start at Pulse Point Location 1. If using Fast Mode, move the Hand Paddle to the next location every 10 or so pulses; for Regular Mode every 5 or so pulses. One cycle in either mode will allow you to go through Chart One, twice.
- 2. All our bodies are unique. Adjust the pulse point positions for your individual body type you may need more or less pulses depending on your build.
- 3. For more information on using the SOTA Magnetic Pulser, please refer to the SOTA Wellness Program Guide: www.sota.com/wellness.
- 4. Before using this program, please review the Cautions and Do Not Use sections of the Product Manual for any specific instructions that may apply to you.

The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •