



# ZAPPKIT

## User Guide

**“Our company was founded on the belief that all people deserve opportunities to take control of their personal well-being. We strive to discover new and innovative means to nurture the human spirit and inspire a sense of self-reliance in those seeking to improve their way of life.”**

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# Introduction

We would like to congratulate you on your purchase of the Zappkit. Please read this manual carefully before any use of the Z-Amplifier and its Components.

## Intended Use

The Z-Amplifier can be best described as a non-invasive TENS type amplifier used for administering frequencies received from the Z-App for pain relief. **This device is intended for personal use only.**

## Warranty

The manufacturer is liable for mechanical and electronic failure of the Z-Amplifier due to normal use for a two-year period from the time of purchase.

The manufacturer warranty does not cover anything beyond normal wear and tear of the device.

The manufacturer warranty does not cover any accessories, such as cords, electrode patches, battery or transformer.

In case of failure of the device during warranty period, please contact your distribution representative or send an e-mail detailing the issue to:

[zappkit@zappkit.com](mailto:zappkit@zappkit.com)

# Terms Of Use

All use of this device is considered the responsibility of the owner of the device.

USE THE Z-AMPLIFIER AT YOUR OWN RISK.

## Precautions

### WARNING

- **DO NOT USE THIS DEVICE IF YOU HAVE A PACEMAKER, IF YOU ARE PREGNANT OR NURSING.**
- **Do not use the Zappkit while in control of any form of machinery, transport device, etc.**
- **Do not use the Zappkit during sleep.**
- **Do not use the Zappkit near medical equipment, smart watches, sensitive high-tech equipment etc.**
- **Do not place patches on the head, neck, genitals, or spine.**
- **Replace worn/old patches promptly.**
- **Set your smartphone or tablet to “Airplane mode” while using the Zappkit.**

The Z-Amplifier and its components are not intended to diagnose or cure any ailments. Consult with a medical specialist before any use of this device.

As with many treatments, a time-limited increase of symptoms can occur. To eliminate/minimize that risk, always start by running frequencies for 10 to 15 min per day (total time), and then slowly increase to a maximum of 2 to 3 hours of daily use. Make this transition over the first 10 to 14 days of use, preferably dividing the time of daily use into 2 to 4 periods a day.

**It is very important to drink more water during these periods of use.**

While utilizing the frequencies administered by the Zappkit it is important to increase normal water intake to ensure that toxins are disposed of from the body. Before, during, and after sessions, drink water. As a rule of thumb, an estimated amount of daily water intake, based on body weight **without** using frequencies is as follows:

50 kg / 110 lbs: 1.5l

75 kg / 165 lbs: 2.2l

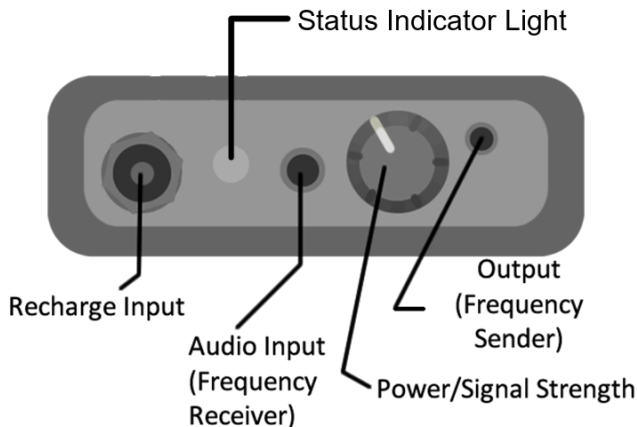
100 kg / 220 lbs: 3.0l

# What Is Included

- 1 x Z-Amplifier
- 1 x 100 – 240Vac to 15Vdc 300mA adapter  
(4 types of mains connectors)
- 1 x 3.5mm 50cm audio cord
- 1 x 2.35mm cord
- 4 x Electrode patches 5.0cm x 9.0cm
- 1 x User manual

# Indicator And Switches

Front View



**Power/Signal Strength:** To power up the Z-Amplifier, turn the knob clockwise until it clicks, the indicator light rotates through orange and red before ending in solid green. To set the signal strength, adjust the knob until the desired strength is reached.



**Audio Input:** Standard 3.5 mm audio input. Use a standard stereo audio cord with 3.5 mm audio jacks to connect the Z-Amplifier with your chosen Z-App driven device. Set your device's volume above 80%.

**Output:** Standard 2.35 mm shielded output. Use a standard 2.35 mm shielded audio jack to connect the Z-Amplifier to a delivery method. (i.e. electrodes, foot patches, metal cylinders or crystal cylinders)

**Recharge Plug:** Red light (either blinking or steady) indicates power is low. Disconnect input and output cords before connecting the charger – supplied with the Z-Amplifier – to the recharge plug to recharge the battery. Charging can take up to 14 hours.

### **Status Indicator Light:**

Green – no blinking: Z-Amplifier is on, but not receiving frequency input. Battery is sufficiently charged.

Green – blinking: Z-Amplifier is on and receiving frequency input. Battery is sufficiently charged.

Green to Orange blinking: Z-Amplifier is receiving frequency input. Battery charge is getting low.

Green to Red blinking: Z-Amplifier is receiving frequency input. Battery charge is critically low.

Red blinking: Charge the Z-Amplifier now.

Red – no blinking: Z-Amplifier is out of power, charge now.

Orange – blinking: Z-Amplifier is charging.

Orange – no blinking: Z-Amplifier is fully charged.

**IMPORTANT:** Use of any other charger than the one included with the Z-Amplifier makes the manufacturer warranty void.

# Z-App

The Z-Amplifier is designed to work with a smart-phone/tablet application called Z-App. This application maintains all of the programs/sequences and frequencies that power the Z-Amplifier.

## Installation

There are two primary ways to install the Z-App onto your phone or tablet.

### Method #1

Open either Google Play or App store on your device. Once it is open use the search box and search for “Z-App”. Several options will appear. The actual Z-App has a blue logo with a white frequency line through it. The Z-App is free of charge. Follow the instructions provided by your device to complete the installation of the Z-App.

### Method #2

Copy the following URL into your device's browser:  
[https://apps.apple.com/us/app/z-app/id1509263](https://apps.apple.com/us/app/z-app/id1509263287)

287

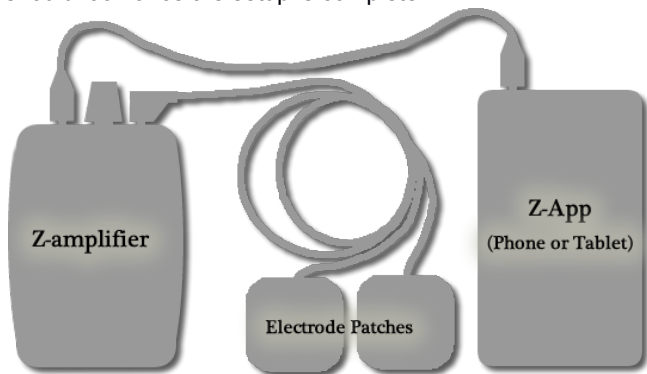
Or

<https://play.google.com/store/apps/details?id=com.zappkit.zappid>

The Z-App is free of charge. Follow the instructions provided in your device to complete the installation of the Z-App.

# Zappkit Operation

The following image displays how the Zappkit should look once the setup is complete.



## Step 1:

Take the 3.5mm cord and connect one end to your device's audio output (the device you use to run Z-App), the other end of the cord connects to the 3.5 mm input on the Z-Amplifier.

## Step 2:

Take the 2.35 mm cord and connect the singular audio jack to the 2.35 mm audio output on the Z-Amplifier. Take the other end of the cord (that has the split ends) and connect them to your electrode patches.

### Step 3:

Apply one electrode patch to the affected/target area and the second patch approximately opposite from the first patch, so that the affected area is between the patches.

**IMPORTANT: Do not place patches side by side, do not apply the patches to your head or neck, genitals or over the spine. If you want to use the device on these areas, apply the patches close to the affected areas, but not directly on them.**

### Step 4:

Turn the Z-Amplifier on by rotating the Power/Signal Strength knob clockwise from the starting position. Use the Z-App (your phone or tablet) to select the appropriate sequence or frequency and push play. To adjust the frequency strength, turn the Power/Signal Strength knob until desired results have been reached; Note: Signal strength can vary depending on the frequency and person and should be adjusted accordingly. When possible, turn your phone to airplane mode while operating the Zappkit.

**IMPORTANT: Confirm that the volume is above 80% on the phone or tablet used to operate the Z-App.**

## First Time Use

The Z-Amplifier will need to be fully recharged *before its first use*. Plug your Z-amplifier into an outlet and follow the instructions on page 10 to operate the Zappkit once the device is fully charged.

# Application

If electrode patches are not the frequency administering method of choice, other options are available. These options include but are not limited to foot patches, metal cylinders, and crystal cylinders. The Z-Amplifier does not include these administering alternatives, but they can be purchased separately.

Note that if you purchase an administering alternative from another retailer it requires a 2.35 mm shielded input size to work with the shielded 2.35mm plug.

**IMPORTANT: The Kit is not under warranty when used with accessories from other manufacturers.**

## Patches, where to place them

The electrode patches provided with your Zappkit are to be placed on both sides of the focus area at any given time. Electricity always travels the shortest way possible, therefore it will not work to place patches side by side hoping that you're "aiming" at what you're working with. Place one patch directly over the focus area, and the other opposite so the focus area is between them as much as possible. Frequencies administered usually cover an area the size of a basketball or so, so even if you're not 100% on target you're likely still good. For example, when working with the head and neck areas it is sufficient to place the patches on each shoulder, lateral to reach these areas, as you never work directly on head and neck areas.

**Please read PRECAUTIONS - WARNING on page 3 carefully before placing the patches!**

# Recharging

Once the status indicator light begins indicating that a recharge is needed (see page 6-8). Turn off the Z-Amplifier, then disconnect input and output cords and plug your charger into the recharge plug. The recharge status light should then start blinking amber. Once the recharging has finished, the recharge status light becomes constant amber. The device will not produce any frequencies while charging, and cannot be used during charging time. This is to prevent unwanted frequencies from the charger transferring to the user. A good practice is to allow the Z-Amplifier to charge overnight.

**IMPORTANT: Use of any other charger than the one provided by the manufacturer makes the manufacturer's warranty void. If the Zappkit is not used for an extended period of time, the device should be recharged on monthly interval, and before use.**

## Maintaining The Zappkit

### **Z-Amplifier:**

The Z-amplifier and cords can be wiped clean with a clean damp cloth, do not use soap or other chemicals. Allow equipment to dry fully before any use.

Never submerge the equipment in liquids.

Do NOT operate nor store the Z-amplifier or any of its components in a damp/moist environment.

### **Self-Adhesive Electrode Patches:**

Do not use the patches when torn or damaged, as it can result in injury or irritation around the electrode patch

area. New patches can be found on Ebay or Amazon, search: "Self-Adhesive Electrode Patches".

**The Self-Adhesive** side of the **Electrode Patches** can be superficially hand-washed with lukewarm water and then rinsed. Do not submerge Electrode Patches in liquids at any time.

**While equipment is not in use**, store patches on the plastic foils they came attached to.

**At All Times:**

Do not bend cables "excessively" as this can result in torn or broken cables. Replace any worn or broken cables before using the Z-Amplifier.

**Ensure that the Z-Amplifier is fully charged before storing it away. Recharging it monthly is a good method to extend the battery life.**

## Technical Specifications

Dimensions	13,3cm x 7,9cm x 2,4cm
Weight	185gr
Max output current	22mA (500 $\Omega$ load)
Max output voltage	40Vp-p (10k $\Omega$ load)
Power supply	1 x 9V rechargeable battery NiMH 250mAh
Frequency range	0.45Hz to 22KHz
Waveform	square wave



<b>Operating conditions:</b>	Temp. 10°C – 42°C; humidity min. 30%, max 70%
<b>Electrical safety:</b>	Class II
<b>Electrode type and size:</b>	Self-Adhesive Electrode Patches max size 5cm x 10cm
<b>Manufacturer:</b>	Threnna ehf. Iceland
<b>EC Representative:</b>	Threnna ehf. Iceland

**Disclaimer**

Zappkit is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, have a medical condition, or are taking medication, consult a healthcare practitioner before any use. The Zappkit has not been evaluated by the FDA or AMA.

# Troubleshooting

If you are experiencing issues with your Z-Amplifier or the Z-App, take a look at the following link to see if a solution to your problem has already been addressed:

<https://zappkit.com/frequently-asked-questions/>

If you cannot resolve the issue via the website, send us an email at:

[zappkit@zappkit.com](mailto:zappkit@zappkit.com)



Hereby, Threnna ehf., declares that this device is in compliance with the essential safety requirements and other relevant provisions set out in the European directive.



Batteries should not be disposed of as unsorted household waste. Please use the public collection system to return, recycle, or treat them in compliance with local regulations





**ZAPPKIT**

MOBILE. POWERFUL. CURRENT.