



## TIPS

- **Drink plenty of water before and after your session** to support detoxification.
- **Beginners:** start slow. Go to the Settings in the app, find the Duration option (under “Player” section). Set each frequency to 30 seconds. Over the course of 5 days, you can increase the time to 3 minutes per frequency as you get more comfortable.
- Mild flu-like symptoms **may occur but are uncommon during dextoxification**. Manage this by staying hydrated and easing into your sessions.
- Frequencies ranging from 0 - 1100 Hz produce a mild jolt sensation, **anything over 1100 Hz will not be felt** by most users.
- **Do not place electrodes on bony areas, head, face, neck, dense hair growth, or genitalia.**
- Ensure both **skin and electrodes are clean and dry** before adhering to skin.
- Store your Zappkit in a cool, dry place when not in use. Store electrodes on plastic film provided.



## DISCLAIMER

The Zappkit device is intended to support general wellness and personal well-being. It is not a substitute for professional medical advice, diagnosis, or treatment. **Always consult with a qualified healthcare provider** before starting any wellness program or if you have any questions regarding a medical condition. Use as directed. Avoid placing electrodes on areas other than the suggested zones. Refer to the placement guide for proper usage on our website. Individual results may vary.

## QUICK START GUIDE



## TROUBLESHOOTING GUIDE



## ELECTRODE PLACEMENT GUIDE



## QUICK START GUIDE



 [zappkit.com/support](https://zappkit.com/support)

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

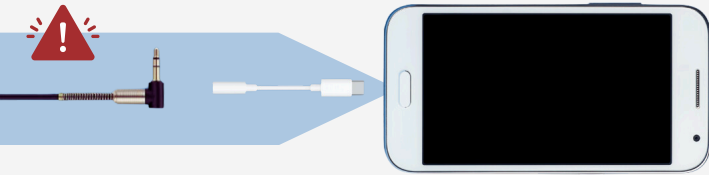
# SETTING UP

## Step 1:

Fully charge Z-Amplifier when needed. **Unplug power cord from Z-Amplifier.**

## Step 2:

Plug the 3.5 mm AUX cord into your phone or tablet and the Z-Amplifier.



Your device may need an audio jack adapter, not included with Z-Amplifier:

- iPhone 15+ and Android: Use a **USB-C to AUX adapter**.
- iPhone 14 and older: Use a **Lightning to AUX adapter**.

## Step 3:

Turn on Z-Amplifier to 70% or more using the dial.

During startup the key indicator light will:

1. Flash orange briefly.
2. Turn off for about 10 seconds.
3. Cycle red → orange → green, then steady green when ready.

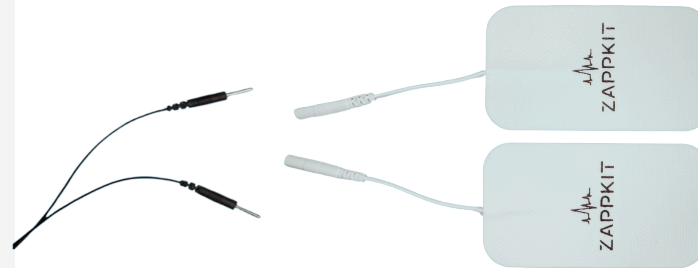
## Step 4:

Attach the 2.35 mm electrode cord to the Z-Amplifier.



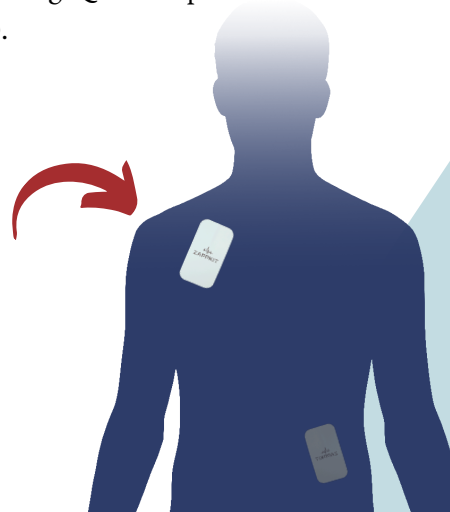
## Step 5:

Connect the electrodes to the electrode cord.



## Step 6:

Apply the electrodes to clean, dry skin (see electrode placement guide using QR code provided on the back of this pamphlet).

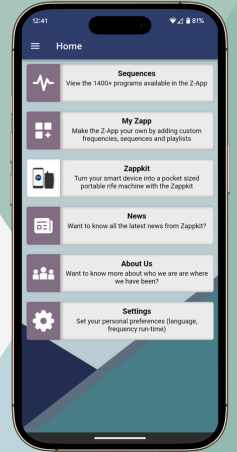


## Step 7:

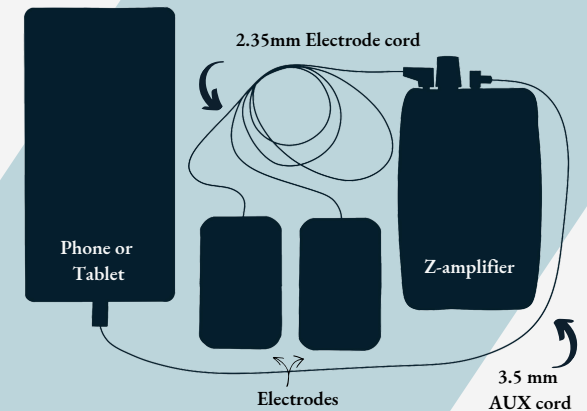
Open the Z-App on your phone and select a sequence to begin.

**Don't forget!**

to raise your phone or tablet volume to 100%



For more Zappkit details, see QR codes on the back of this pamphlet or visit our website: [zappkit.com](http://zappkit.com)



**YOU'RE NOW READY TO ENJOY A RIFE FREQUENCY SESSION!**