



USER GUIDE

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Essential Safety Reminders

Your safety is our priority. Please read the following guidelines carefully before using your Zappkit device.

Medical Disclaimer:

Zappkit is not a medical device and is not intended to diagnose, treat, cure, or prevent any medical condition. Zappkit employees are not certified to provide medical advice, nor do we claim to offer medical advice. Our goal is to provide educational resources to support personal wellness practices. Always consult with a healthcare professional before starting any new wellness routine, especially if you have a medical condition or concerns about your health.

Who Should NOT Use This Device:

- **Individuals with pacemakers:** The Zappkit may interfere with pacemaker functionality.
- **Pregnant individuals:** The safety of using this device during pregnancy has not been established.

Stay Hydrated

Maintaining proper daily hydration helps support your body's natural processes. Drink 10-16 ounces (300-500 ml) of water **before and after each session**, in addition to your typically recommended water intake (usually 8 glasses of water for most individuals).

If you experience any pain or adverse reactions, discontinue use immediately and consult a healthcare professional.

What's in the Box

When you receive your Zappkit, ensure that all the necessary components are included in the package. Each item is essential for proper setup and operation.

- **Z-Amplifier:** The core device that amplifies and delivers frequencies from the Z-App.
- **(4) 2" x 4" Reusable Adhesive Electrodes:** These patches send frequencies from the Z-Amplifier into your body.
- **Audio Cord (3.5mm AUX):** Connects your smartphone or tablet to the Z-Amplifier for frequency transmission.
- **Electrode Cord (2.35mm):** Links the Z-Amplifier to the electrode patches for signal delivery.
- **Charger:** Replenishes your Z-Amplifier's built-in battery so it's ready for your next frequency session.
- **Localized Power Adapters (110-240V):** Outlet adapters compatible with different regions.
- **Quick Start Guide:** A visual, step-by-step guide to help you set up and begin using your Zappkit right away.



If your Zappkit was purchased **before June 1, 2025**, you may need to purchase an additional adapter to connect your phone or tablet to the Z-Amplifier, **which is not included.**

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

→ If any of these items are missing or damaged, please contact Zappkit Support at zappkit@zappkit.com for assistance.

Charging the Z-Amplifier

It is recommended to charge fully before first use. This may take several hours.

- Ensure the charging cord is plugged into a working power outlet before charging.
- Plug the provided charging cord into the Z-Amplifier's charging port.
- The indicator light will **blink orange** while charging.
- When fully charged, the light turns **solid orange**.
- Unplug the charging cord from the Z-Amplifier before use. *The Z-Amplifier will not function if the charging cord is still plugged into the device.*

→ Use only the provided charger to maintain warranty coverage.

Download the Z-App

- Scan your preferred QR code bellow to download the app or follow these steps:
 - Go to the App Store (iOS) or Google Play (Android).
 - Search for Z-App (blue icon with a white frequency line).
 - Download and install the app.



1. Set Up

1.1 Connecting the Components

Connect Your Phone or Tablet to the Z-Amplifier:

- Plug one end of the **3.5mm AUX cord** into your smartphone or tablet.
- Insert the other end into the **AUX input** on the Z-Amplifier.



Special Instructions for iPhone Users:

- When you plug in your adapter, you may see a message on your smart device asking which type of device you connected. Choose “Other Device” instead of “Headphones.” Choosing “Headphones” may filter the signal, which can affect how the Z-Amplifier works.
- If You Don’t See a Message: Make sure there are no “hearing security” settings enabled on your iPhone. These settings can sometimes prevent the device from connecting properly.

Attach Electrodes to the Z-Amplifier:

- Plug the **2.35mm electrode cord** into the **Z-Amplifier’s output port**.
- Attach each of the **pigtail ends** of the cord to an **electrode**.



Tip: Firmly insert the electrode cables all the way into the connectors. They do not click into place, so ensure they are fully seated for a proper connection.

- ➔ Refer to the Quick Start Guide that is included with your Z-Amplifier for visual guidance.

1.2 Apply Electrodes

- Always start by cleaning and drying the skin where you'll place the electrodes.
- Place one electrode near the target area on your body and the other on the opposite side.
- Use diagonal placement to maximize frequency coverage.
- Stick to fleshy areas for better conductivity.
- Avoid placing electrodes on bony or sensitive areas, the head, and spine.
- Keep your skin clean and dry for better electrode adhesion.

➔ For detailed instructions on electrode body placement, refer to chapter 2 of this guide “Electrode Placement Essentials” (pp. 7–8).

➔ For important safety instructions, refer to the preliminary section of this guide “Essential Safety Reminders” (pg. 1).



Tip: After use, place the electrodes back onto the provided plastic backing to preserve their adhesion and extend their lifespan. Store them in the resealable bag for protection and longevity. **Do not discard the plastic sheet they come with.**

1.3 Power On and Adjust

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

During startup the key indicator light will:

- 1. Flash orange briefly.
- 2. Turn off for about 10 seconds.
- 3. Cycle red > orange > green.
- 4. Steady green: Z-Amplifier is now ready.

1.4 Starting Your First Session

Selecting Sequences:

- **Open the Z-App:** Launch the app on your phone or tablet.
- **For First Time Users:**
 - Open the app and navigate to **Settings > Player > Duration**.
 - Beginners should start with **30-second intervals** per frequency and gradually increase to **up to 3 minutes over 5 days**.
- **Go to Sequences:** Tap on the “Sequences” tab.
- **Search for a Sequence:** Tap the magnifying glass icon to find the desired sequence, or scroll through the list.
- **Press Play:** Once a sequence has been selected, press play to start your session.



Tip: If the **green light is blinking** and your phone is set to 100% volume, you can trust that the frequencies are being delivered, **even if you cannot feel them**.

1.5 Understanding Signals and Sensations

This section will help you interpret the key indicator lights on your Z-Amplifier, understand what sensations to expect during use, and troubleshoot common signal-related issues.

Key Indicator Lights and Their Meanings:

The indicator lights on your Z-Amplifier provide important information about its status:

- **Steady Green:** The Z-Amplifier is powered on and connected but not currently running a program.
- **Blinking Green:** A program is actively running and being detected by the device.
- **Red:** The battery is extremely low. Recharge as soon as possible.
- **Blinking Orange:** The Z-Amplifier is currently charging and will turn steady orange once fully charged.
- **Steady Orange:** The Z-Amplifier is fully charged (if the charger is connected).

Sensations - What to Expect:

Users can expect mild jolts or tingling sensations with lower frequencies. The higher the frequency, the less likely you are to feel anything. It is **common to stop feeling sensations** around 1500 Hz. To confirm sensation and proper function, try 700Hz.

- ➔ If a sequence is playing and the green light on your Z-Amplifier is **steady**, this means you are **not receiving a signal** and should refer to chapter 6 of this guide "Troubleshooting and Support" (pp. 15–17).

2. Electrode Essentials

Electrode placement plays a crucial role in optimizing your Zappkit experience. Proper positioning ensures the frequencies flow effectively through the target areas. Follow these guidelines for safe and effective electrode use.

2.1 Understanding Frequency Pathways

- **How Frequencies Travel:** Frequencies travel between the electrodes, creating a pathway through the body.
- **Placement Impact:** Proper placement ensures the most efficient signal transmission, while incorrect placement may reduce effectiveness.
- **Diagonals & Opposite Sides:** Placing electrodes diagonally or on opposite sides of the body ensures effective frequency flow.

2.2 Basic Placement Techniques

- **Use Fleshy Areas:** Electrodes should be applied to soft tissue rather than bony or highly sensitive areas for optimal comfort and conductivity.
- **Avoid Sensitive Spots:** Do *not* place electrodes on the **head, face, neck, spine, or genitals**.
- **Targeting a Specific Area:** Place one electrode on one side of the target area and the other electrode on the opposite side to engage the target from multiple angles.
- **Distance Matters:** Keep electrodes at least a few inches apart and on opposite sides to allow the frequencies to travel effectively.



Visit our Advanced Electrode Guide on our website!

zappkit.com/resources



Buy Electrodes in bulk on our website!

zappkit.com/product/electordes

2.3 Targeting Specific Body Systems

The placement of electrodes can vary depending on what you wish to support. Below are general guidelines:

- **Whole Body Support:** One electrode on the front shoulder and the other on the back of the opposite hip.
- **Respiratory, Circulatory & Lymphatic (Upper Body):** One electrode on the left chest, the other on the right middle back.
- **Reproductive & Lower Lymphatic System:** One electrode on the front lower abdomen and the other on the back of the opposite thigh.
- **Digestive Support:** One electrode on the front near the liver, and the other on the lower back.
- **Nervous System (Vagus & Sacral Nerve):** Electrodes placed on either side of the waist, vertically aligned with the belly button.
- **Joint Discomfort:** Position electrodes on opposite sides of the joint, ensuring contact with soft muscle tissue.
- **Grounding & Circulation:** Placing electrodes on the soles of the feet can help stimulate reflex points and promote energy balance.

2.4 Common Mistakes to Avoid

- **Using Over Worn Electrodes:** Replace when adhesion weakens or conductivity decreases. For electrode care refer to chapter 7 of this guide “Maintenance and Care” (pg. 18)
- **Skipping Skin Prep:** Ensure skin is clean and dry before applying electrodes.
- **Incorrectly Storing Electrodes:** Store patches on the plastic film to maintain adhesion and longevity.
- **Not Checking Connection Points:** Ensure all cables are securely connected to prevent interruptions.
- **Sharing Electrodes:** For health and safety reasons used electrodes should not be shared between individuals.

2.5 Storing Electrodes

- **Use the Provided Plastic Film:** Always place electrodes back onto their plastic backing after use to keep them clean and adhesive.
- **Avoid High Humidity:** Store electrodes in a dry place to prevent adhesive degradation.
- **Replace When Necessary:** Over time, electrode adhesive will wear out. If used frequently, replace electrodes every 2-3 months, or when they no longer stick properly, or show signs of wear to ensure optimal conductivity and adhesion.

3. Using Your Z-App

3.1 Welcome to the Z-App

When you open the app, you'll see the Home screen, your main dashboard for exploring features. Tap on any option to jump right in.

Here's what each section does:

- **Sequences:** Explore nearly 1,500 wellness programs from trusted frequency sources.
- **My Z-App:** Save or create your own sequences and playlists.
- **Zappkit:** Info about how the app works with your Z-Amplifier.
- **News:** Get updates, tips, and announcements.
- **About Us:** Our mission statement and history.
- **Settings:** Choose your language, frequency duration, and source filters.

3.2 Sidebar Menu

Tap the ≡ three bar menu icon in the top-left corner to access the full app menu. It is similar to the main dashboard, but there are three extra options:

- **Frequencies:** Browse and play individual tones without using a full sequence.
- **Player:** View your current session in progress. If nothing is playing, you'll see an instructional message.
- **About:** Company information and App version.

3.3 Frequencies vs Sequences: What's the Difference?

- **Frequencies** are single tones (like 528 Hz or 3.0 Hz) that can be played one at a time—great for simple sessions or focused testing.
- **Sequences** are sets of multiple frequencies designed for a specific purpose (e.g., circulation, inflammation). Each sequence plays the frequencies one after the other and may last anywhere from a few minutes to over an hour, depending on the playback duration you've selected in Settings.

3.4 Before You Begin, Set Your Preferences

Open Settings before starting your first session:

- **Language:** Select from English, Español, Italiano, Deutsch, or Íslenska.
- **Duration:** Choose how long each frequency runs during playback:
 - 30 seconds – best for those new to frequency therapy.
 - 60-90 seconds – ideal for experienced users.
 - More than 90 seconds is usually unnecessary.
- **Sources:** Enable the frequency lists you want to see. Here's what each list means:
 - CAFL – Consolidated Annotated Frequency List
 - The Rife Handbook – Nenah Sylver's well-known reference guide
 - Xtra – User-contributed or experimental sets.
 - Chakras – Energetic balancing sequences
 - Unknown – Sequences without a listed source



Tip: Turning off a source means you won't see any sequences from that list – not in the main sequence view or in searches.

3.5 Playing a Sequence

To start a sequence:

1. Go to Sequences, search or scroll to the one you want.
2. Tap the ► play button.
3. The Player will open and show the current frequency, time elapsed, and remaining frequencies.

➔ If you open "Player" from the menu while no sequence is running, it will show "Inactive," which means no sequence or frequency is playing.




Tip: You can pause or stop at any time, but for best results, we recommend playing the full sequence from start to finish, as each frequency is designed to contribute to the overall effect.

3.6 Creating Custom Playlists

To create a custom playlist, the process is twofold: First, you must clone the sequences you want to use, and then you can organize them into a playlist. Follow the steps below to complete both parts of the process.

Step 1: Cloning Sequences:

1. **Open the Z-App:** Launch the app on your phone or tablet.
2. **Go to Sequences:** Tap on the “Sequences” tab.
3. **Search for Desired Sequences:** Tap the  magnifying glass icon to find the sequences you want to include.
4. **Save Each Sequence:** Open each sequence, tap the ≡ three-bar menu in the top right corner, and select “Clone Sequence.” This will save it to your personal library for easy access later.
5. **Tap “Back”** to return to the Sequence List. **Repeat steps 1-4** until you have cloned all desired sequences for your playlist.

Step 2: Create Your Playlist:

1. **Open the Menu:** Tap the menu icon in the top left corner.
2. **Tap “My Z-App.”**
3. **Tap “My Playlists”** in the bottom right corner.
4. **Create a New Playlist:** Tap “Create a Playlist.”
5. Tap the “Set Sequences” button.
6. **Select Your Saved Sequences:** A list of your cloned sequences will appear. Select all desired sequences for the playlist and tap continue. *Note: that “My Z-App” does not connect to the predefined sequences list, you must clone sequences to be able to access them in your Playlists.*
7. **Name Your Playlist and Save:** Enter a name and press “Add.”



Tip: Your playlists will be stored under My Z-App > My Playlists for easy access.

4. Supporting Your Body Through Frequency Sessions

As you begin using your Zappkit, it is important to understand how your body may respond to frequency sessions over time. This chapter will help you recognize signs of fatigue, support your body's natural recovery, and ease into your wellness routine with comfort and confidence.

4.1 Frequency Fatigue

Frequency fatigue refers to a feeling of tiredness, fogginess, or overstimulation that can occur after long or intense frequency sessions. This often results from overuse or sensitivity to prolonged frequency exposure. It's your body's gentle reminder to slow down, rest, and give yourself time to rebalance. To avoid fatigue:

- Start with shorter sessions (10–15 minutes) and gradually increase duration.
- Listen to your body. If you feel tired, it's okay to take a break or skip a day or two if needed.
- Stay well-hydrated to support your body's natural recovery.

4.2 Recognizing a “Healing Response” or “Healing Crisis”

Some users may experience temporary effects as their body adjusts to frequency therapy, sometimes referred to as a “Healing Response” or “Healing Crisis”. This can include:

- Mild fatigue or low energy
- Headaches or minor discomfort
- Flu-like symptoms
- General feeling of being “off”

These effects are usually short-lived and indicate your body is responding to the new wellness support. To ease discomfort, **stay hydrated, take regular breaks, and listen to your body.**

5. Power Management

Proper power management ensures that your Z-Amplifier remains reliable and functions optimally over time. Follow these guidelines for charging and maintaining your device's battery life.

5.1 Charging Best Practices

- **Use the Provided Charger:** Only use the charger included with your Zappkit to maintain battery health and warranty coverage.
- **Charge After Each Use:** To ensure the device is always ready for your next session, we recommend recharging the Z-Amplifier after each use.
- **Charging Time:** A full charge typically takes several hours. Avoid interrupting the charging cycle to maximize battery lifespan.
- **Avoid Overcharging:** Unplug the charging cord from the Z-Amplifier once fully charged to prevent unnecessary strain on the battery and ensure optimal performance.
- **Optimal Charging Conditions:** Charge the Z-Amplifier in a dry, room-temperature environment away from direct sunlight, humidity, or extreme temperatures to prevent potential damage to the battery.

5.2 Battery Maintenance and Troubleshooting

Extending Battery Life:

- Store the device in a cool, dry place when not in use.
- Charge the Z-Amplifier at least once a month to maintain battery health, **even if not regularly used.**

5.3 Common Charging Issues and Solutions

Device Won't Charge:

Ensure the charger is securely connected to both the power source and the Z-Amplifier.

- Try using a different power outlet.
- Inspect the charging port for debris and clean gently with a cotton swab if needed.
- Inspect the power cord, and charger for damage. Replace the charger if there is visible damage and dispose of it according to regional guidelines.

Battery Drains Quickly:

- Make sure the device is fully charged before each session.
- Reduce usage time if experiencing excessive battery drain.

Charging Indicator Doesn't Light Up:

- Confirm that the power outlet / source is functional.
- Try a different outlet or a new 15VDC charger if necessary.

Note: The Z-Amplifier will not function while plugged into the charger. It is not enough to just unplug the charger from the outlet, unplug the charging cord from your device before use.

6. Troubleshooting and Support

For a step-by-step troubleshooting experience, our Interactive Troubleshooting Guide, can:

- Walk you through the setup and identify issues along the way.
- Give you tailored solutions for resolution.



Visit our Interactive Troubleshooting Guide on our website!

zappkit.com/resources/troubleshooting-guide

Though the interactive guide and other resources online are commonly more up to date and comprehensive, you can also address any issue with your Zappkit by referring to the troubleshooting steps here below:

6.1 Device Not Powering On

- **Check the battery level:** Ensure the Z-Amplifier is charged by connecting it to the provided charger and inserting the charger into a functioning outlet.
- **Inspect the power knob:** Turn the knob clockwise until you hear a click.
- **Check the charging indicator light:** If the red light blinks, charge the device fully before attempting to use it.

6.2 Weak or No Signal From Electrodes

- **Ensure electrodes are properly connected:** Check that the electrode cables are securely plugged into the Z-Amplifier and that the electrodes are completely connected to the electrode cord (the metal ends should not be visible if fully inserted).
- **Adjust signal strength:** Turn up the Power/Signal Strength knob to increase intensity.
- **Check electrode placement:** Ensure electrodes are placed on clean, dry skin and follow the placement guide.
- **Replace worn electrodes:** If the electrodes no longer adhere well, first clean and dry them. If problem persists, replace them with new ones.
- **Consider frequency level:** Higher frequencies (above 1500 Hz) are usually imperceptible, even when everything is working properly. If the green light is blinking, you can trust the frequencies are being delivered.

6.3 Device Not Responding to Frequency Input

- **Check Indicator Lights:** A blinking green light confirms frequency input is active. If not, restart both the Z-Amplifier and the app.
- **Increase Device Volume:** Set the volume of your phone or tablet to 100%.
- **Check Cords and Connections:** Inspect all cords and connections carefully. The cords are often the culprit.
 - Make sure the **3.5mm AUX cord** is securely plugged into both the Z-Amplifier and your device.
 - If you're using an **adapter** (USB-C to AUX or Lightning to AUX), verify it's connected properly.
 - If the issue persists, **test each cord and adapter with a different device**, or try replacing them to rule out a faulty cable or connection.
- **Test With a Different Device:** If possible, try connecting the Z-Amplifier to another phone or tablet.
- **Verify App sSettings:** Ensure the Z-App is installed and running correctly on your phone or tablet.

6.4 How to Perform a Diagnostic Test

If you're unsure whether the issue is with the Z-App or the Z-Amplifier, follow these steps to isolate the problem:

- Disconnect your phone or tablet from the Z-Amplifier and make sure your volume is turned up to 100%.
- Play the frequency **700 Hz**. You should hear a steady tone. If you do, that means the app is not the issue.
- Reattach the electrodes, the Z-Amplifier, and your phone or tablet, then turn the signal knob to at least 70% on the amplifier, while maintaining 100% on your phone.
- Place the electrodes anywhere safe on your body (e.g., arm or thigh) and play the frequency again. Look for the **blinking green light** and wait for a mild tingling or pulsing sensation. If it still isn't working, refer to our troubleshooting guide on our website.

6.5 Unexpected Sensations or Discomfort

- **Reduce Intensity:** Lower the signal strength using the knob on your Z-Amplifier.
- **Adjust Electrode Placement:** Ensure patches are positioned correctly on fleshy areas and that electrode cords are fully inserted into electrodes.
- **Limit Session Duration:** If discomfort persists, reduce session time and consult a certified healthcare professional.

6.6 Online Resources

For the latest support information, visit our online Resources Page, where you can find:

- A detailed Quickstart Guide
- Interactive troubleshooting guide
- Frequently Asked Questions (FAQ)
- Advanced Electrode Placement Guide (with a downloadable visual guide)
- Downloadable Resources
- Compilation of Best Practice Articles



Visit our Resources Page
on our website!

zappkit.com/resources/

6.7 Contacting Support

If troubleshooting does not resolve your issue, reach out to Zappkit Customer Support for assistance. To expedite support, provide the following details:

- A description of the issue you are experiencing.
- The ten digit serial number on the back of your Z-Amplifier.
- The device you are using to run the Z-App (phone/tablet model and operating system).
- Steps you have already taken to troubleshoot the issue.
- Any photos or videos of your issue would help us more efficiently assess the situation and assist you.



zappkit@zappkit.com



facebook.com/zappkit

7. Maintenance and Care

7.1 Cleaning the Z-Amplifier and Electrodes

Regular maintenance of your Z-Amplifier and electrodes will help ensure optimal performance and longevity. Follow these simple steps for proper cleaning:

Cleaning the Z-Amplifier

- **Use a Damp or Microfiber Cloth:** Wipe the Z-Amplifier with a clean, slightly damp or microfiber cloth to remove dust or residue. Avoid using soaps, detergents, or chemical cleaners, as they may damage the device.
- **Keep It Dry:** Never submerge the Z-Amplifier in water or expose it to excessive moisture.
- **Check the Ports:** Ensure that the audio and electrode ports remain free of debris or moisture. Use a dry cotton swab if necessary to clean them.

Cleaning the Electrodes

- **Gentle Washing:** If the electrode adhesive becomes dirty, lightly rinse it with lukewarm water and a small amount of dish soap, then let it air dry completely before reuse. Never immerse your electrodes in water.
- **Proper Storage:** After each use, place the electrodes back onto their plastic film to preserve their adhesive properties.
- **Avoid Damaged Patches:** Do not use electrodes that are torn or damaged, as they may cause discomfort or reduce effectiveness.

7.2 Storing Your Zappkit

Proper storage will extend the life of your Zappkit and its components, and maintain their effectiveness.

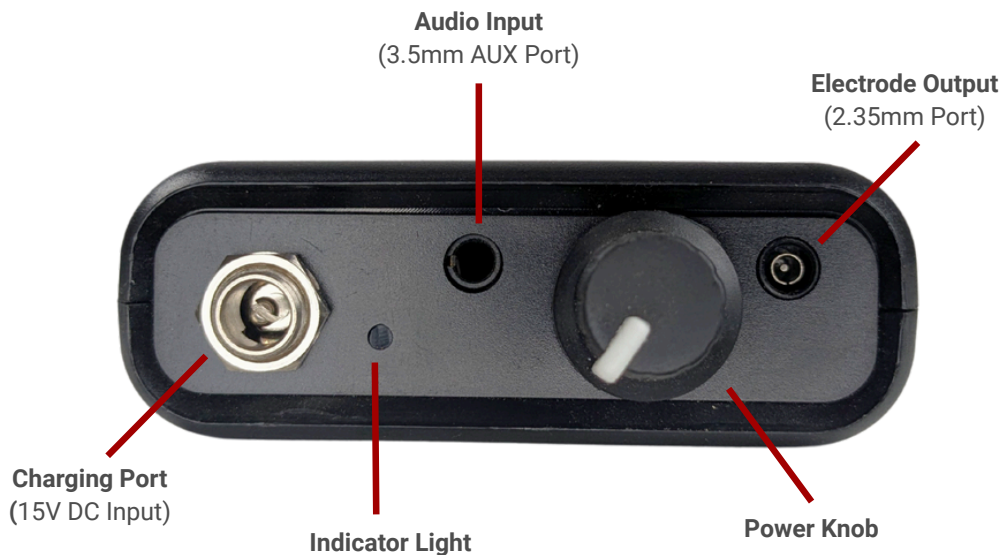
- **Keep It In a Cool, Dry Place:** Store the Z-Amplifier away from direct sunlight, excessive heat, or humid environments.
- **Avoid Bending Cords:** Store cables neatly without excessive twisting or bending to prevent damage.



Tip: Damaged cords are the most common issue faced by users of the Z-Amplifier, handling them with care can extend their lifespan significantly.

8. Appendix

8.1 Visual Guides



(Images are not to scale.)

- **Audio Input:** Receives the frequency signal from your phone or tablet. Connect this port to your device using the included AUX cable.
- **Charging Port:** Used to recharge the Z-Amplifier's internal battery.
- **Electrode Output:** Delivers frequency signals to the body through the electrode cord and electrodes.
- **Indicator Light:** Displays the current status of the Z-Amplifier.
- **Power Knob:** Turns the Z-Amplifier on and adjusts signal intensity.

Key Light Indicators:

- **Steady Green:** Powered on, idle
- **Blinking Green:** Session running
- **Red:** Low battery
- **Blinking Orange:** Charging
- **Steady Orange:** Fully charged

8.1 Visual Guides cont.



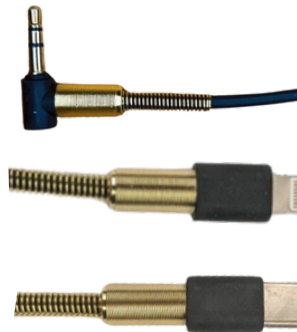
2.35mm Electrode Cord



15VDC Charger
and local adapters



Electrodes



3.5 mm AUX Cord Types

Top: AUX to AUX
Middle: Lightning
Bottom: USB-C



3.5 mm AUX Adapters
(not included)

(Images are not to scale.)

8.2 Travel Tips

Taking your Zappkit on the go? Whether you're heading to a wellness retreat, a work trip, or just getting out of town, your Zappkit is designed to travel with ease.

No Lithium Battery

The Z-Amplifier uses a NiMH rechargeable battery, meaning it's safe for air travel and typically not subject to lithium battery restrictions. You can pack it in your carry-on or checked bag.

Follows TSA Regulations

The device does not emit signals unless it's connected and running a session. It's small, non-medical, and generally cleared without issue.

8.2 Travel Tips cont.

Taking Your Zappkit Through Security

We recommend placing your Zappkit in your carry-on or personal bag. To make security checks easier, store your components in a see-through resealable bag.

If stopped by TSA, you can say:

“This device contains no lithium battery, no wireless functionality, and emits no signals unless actively used with physical contact. It is compliant with TSA regulations for carry-on electronic devices.”



Tip: We have a printable you can download and print off to include in your resealable bag for TSA to read. You can find it under “TSA STATEMENT.”



Visit our Downloads page to access the free printable!

<https://zappkit.com/resources/downloads-resources/>

In-Flight Use

You can use your Zappkit while seated. Just make sure your phone or tablet is set to Airplane Mode.

- Some flight attendants may ask you to store the device, especially during takeoff or landing. It's up to their discretion, and policies can vary between airlines.

International Travel Ready

Your Zappkit comes with snap-and-replace plug adapters compatible with most global outlets (100–240V). Just pack the ones you'll need based on the regions you're visiting.

- These adapters are designed only for use with the Zappkit charger and may not fit other devices.

8.3 Glossary of Terms

1. **Audio Cord (3.5mm AUX)** – A cable that transmits frequency signals from a smartphone/tablet to the Z-Amplifier.
2. **CAFL** – (Consolidated Annotated Frequency List) a historic collection of experimental frequency sets shared by practitioners based on anecdotal reports and past research.
3. **Chakras** – Energy centers in the body used in many holistic wellness practices. In the Z-App, sequences labeled "Chakras" are inspired by traditional chakra concepts.
4. **Charging Adapter (110-240V)** – The power adapter used to charge the Z-Amplifier.
5. **Cloning (a sequence)** – The process of saving a copy of a sequence from the main library into your personal collection of sequences called "My Z-App." Once cloned, you can add it to custom playlists or modify it for your own routine.
6. **Electrode Cord (2.35mm)** – The cable that connects the Z-Amplifier to the electrodes.
7. **Electrode Placement Guide** – A visual and written reference (available on our website) that shows safe, effective ways to place electrodes on the body. It helps users align placement with the intended area of support, like digestive, lymphatic, or nervous system pathways.
8. **Electrode Patches** – Adhesive pads that deliver frequencies from the Z-Amplifier to the body.
9. **Frequencies** – Precisely tuned vibrations, measured in Hertz (Hz), that the Z-Amplifier delivers to the body.
10. **Frequency Fatigue** – Feeling of tiredness or overstimulation from exposure to frequencies.
11. **Frequency Pathways** – The route that frequencies travel between two electrodes placed on the body. Proper placement helps guide frequencies through the intended body system, encouraging balanced energy flow.
12. **Healing Response ("Healing Crisis")** – Temporary physical responses, such as fatigue or mild discomfort, that may occur as the body adjusts.
13. **Indicator Lights** – LED lights on the Z-Amplifier that show power, charging, and signal activity.
14. **Lightning to AUX Adapter** – A required adapter for iPhone 14 and older models.

8.3 Glossary of Terms cont.

15. **NiMH Rechargeable Battery** – The internal battery inside the Z-Amplifier. “NiMH” stands for Nickel-Metal Hydride, a rechargeable battery type.
16. **Looping** – The ability to repeat a sequence or frequency indefinitely within the Z-App.
17. **Player** – The part of the Z-App that shows which frequencies are currently playing. From the Player screen, you can start, stop, or loop frequencies during a session. It’s your main control center while a sequence is running.
18. **Playlists** – Custom groupings of sequences that users can organize for repeated sessions.
19. **Power/Signal Strength Knob** – The dial that turns the Z-Amplifier on and adjusts intensity levels.
20. **Quick Start Guide** – A visual step-by-step overview to help you set up and begin using your Zappkit right away. Includes key setup steps, images, and first-time usage notes.
21. **Rife Handbook** – A guide written by Nenah Sylver, PhD, that blends traditional wellness practices with frequency therapy, exploring how specific frequencies support the body’s natural healing.
22. **Sequences** – Predefined sets of frequencies that users can select in the Z-App.
23. **Session Duration** – The total time a frequency or sequence runs in a session.
24. **Troubleshooting Guide** – A step-by-step tool available on our website that helps you identify and resolve common issues with your Zappkit.
25. **Unknown Sources** – an ongoing list curated by Zappkit’s team since 2014. While we’re verifying their original references to align with established research, some remain in progress.
26. **USB-C to AUX Adapter** – A required adapter for newer Android and iPhone 15+ models.
27. **Xtra Sources** – User-contributed or experimental sets.
28. **Z-Amplifier** – The core device that amplifies and delivers frequencies from the Z-App.
29. **Z-App** – The mobile application (app) used to select and play frequency sequences.
30. **Zappkit** – Our complete frequency-based wellness system consisting of the Z-Amplifier, the Z-App, and electrode patches.

8.4 Frequently Asked Questions

8.4.1 Getting Started with Zappkit

- 1. What is frequency therapy?**
 - a. Frequency therapy (or bioresonant therapy) is a type of natural wellness method that uses specific sound frequencies to support the energy balance of the body's different systems.
- 2. What is the difference between the Quick Start Guide and the User Guide?**
 - a. The Quick Start Guide is a visual, step-by-step aide to help you set up and begin using your Zappkit right away, while the full User Guide offers detailed instructions, tips, troubleshooting, and advanced usage information for ongoing support.
- 3. Where can I download the latest guides and manuals?**
 - a. Access the latest resources, including guides and manuals, from the Downloadable Resources section on our website.
- 4. Where can I get a physical copy of this guide?**
 - a. We've chosen to reduce paper waste by offering this manual digitally, but if you've purchased a Zappkit, you're welcome to print it out for personal use. The layout is designed for standard A4 paper.

8.4.2 Setup and Using the Zappkit

- 1. How do I know if the Z-Amplifier is delivering a signal?**
 - a. When the Z-Amplifier is receiving a signal from the Z-App, the indicator light will blink green. If it stays steady green, it's on but not receiving input.
- 2. How do I know if the Z-App is delivering a signal?**
 - a. Make sure the Z-App is actively playing a sequence or frequency and your phone/tablet volume is set to 100%. We recommend testing with 700 Hz, as it produces a noticeable sensation through the electrodes or a clear tone from your phone or tablet's speaker if nothing is plugged in. You should also see the frequency timer moving in the app and the green light on the Z-Amplifier blinking.
- 3. What should I do if the Z-Amplifier isn't turning on?**
 - a. First, check if the Z-Amplifier needs charging. Connect it to the charger and look for the blinking orange charging light. If it still doesn't respond after a full charge, try unplugging all cords and powering it on again. If problems persist, refer to our troubleshooting guide on our website.
- 4. Do I need to have my phone or tablet on airplane mode during sessions?**
 - a. Airplane mode is recommended but not required. It helps avoid unnecessary interference, and some notifications—like calls or alerts—can interrupt the session and may require restarting the sequence.

8.4.3 Safety Concerns

1. **Can I use the Zappkit if I have a pacemaker?**
 - a. If you have a pacemaker, do not use the Z-Amplifier or electrodes, as the electrical stimulation could interfere with your pacemaker's function. However, there are no known adverse effects to using the app by itself. If you have any concerns, we recommend consulting your healthcare provider before use.
2. **Is it safe to use the Zappkit during pregnancy?**
 - a. No, we do not recommend using the Z-Amplifier or electrodes if you are pregnant. The Zappkit has not been tested for use during pregnancy, so out of an abundance of caution, we advise against it. If you have any concerns, please consult your healthcare provider.
3. **Are there any areas where I should avoid placing the electrodes?**
 - a. Always use fleshy areas. Avoid placing electrodes side by side, and never place them on the head, neck, spine, or genitals.

8.4.4 Electrode Placement and Maintenance

1. **Where should I place the electrodes?**
 - a. Electrode placement depends on your goal and the area you want to support. In general, place one electrode on one side of the target area and the other on the opposite side—this might mean front and back, or left and right. Frequencies travel between the two electrodes, so the area you want to support should lie between them.
 - b. For general wellness, shoulder-to-hip placement is a great starting point. For more specific goals, refer to the Electrode Placement Guide on our website for ideas.
2. **How do I clean and maintain the electrodes?**
 - a. If the electrodes show signs of dust or other unwanted particles, rinse the gel side with lukewarm water and a drop of gentle soap, then let them air dry. **Never submerge them** in water. After each session, reapply them to the plastic film and store in a cool, dry place to help them last longer.
3. **When should I replace the electrodes?**
 - a. Replace your electrodes when they stop sticking well, feel dry, or show visible wear. Most last about 20–30 uses with proper care.

8.4.5 Session Guidance & Best Practices

1. How many times can I run sessions in a day?

- a. If you're new to frequency therapy, begin with 1–2 short sessions per day, each around 10–15 minutes. After your first week, you can gradually increase both the length of each session (up to 2+ hours total per day) and the number of sessions. Most users find that 2–3 sessions a day is plenty.

2. How can I maximize the effectiveness of my sessions?

- a. Start by choosing sequences that support the body systems you want to focus on e.g energy, circulation, digestion, or relaxation. Use electrode placements that create a clear pathway through that area, stay hydrated, and keep your device volume and amplifier level high enough for proper delivery.

3. How do I know if the frequency therapy is working?

- a. Some people notice subtle shifts right away, while others may need more time. You might feel tingling at lower frequencies (below ~1500 Hz), or simply a sense of calm or energy afterward. Keep track of how you feel over several sessions in a journal or in your preferred note keeping app.

8.4.6 Device Compatibility

1. Can I use the Z-App with headphones instead of the Z-Amplifier?

- a. You can listen to the frequencies with headphones, but they won't deliver the same type of experience as the Z-Amplifier, which uses electrodes to send signals directly through the body.

2. Does the Z-App work with other frequency therapy devices?

- a. Since we have not tested the Z-App or Z-Amplifier with other frequency setups, we cannot guarantee compatibility or performance. Please note that we do not offer support for third-party equipment used with any of our products.

Your Next Chapter Starts Here

Thank you for making Zappkit part of your wellness journey. We're grateful to walk alongside you as you explore the benefits of frequency support.

We're always looking for ways to make your experience more empowering. If anything in this guide feels unclear, or if there's something you'd like to see added, or you simply want to share your experience with us, we'd love to hear from you!



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