



**Step 4.** Plug one end of the Ion Cable into the Ion Output and the other end into either side of the charcoal colored mat.

**Step 5.** Plug the Power Adaptor into an electrical outlet and the other end into the Power Jack. You will hear four beeps. The RADD2 now is in Standby Mode.

**Step 6.** There are 3 operation modes LOW, HIGH and BEDTIME. When using the RADD2, you may select one of them as Step 7, 8 and 9.

**Step 7.** Press the Output Control on the back panel once to operate the unit on LOW Output Mode. The Ion Output will be on for 20 minutes. The blue Output Indicator will illuminate when the RADD2 is running on LOW Output Mode.

**Step 8.** Press the Ion Output Control a second time to switch to HIGH Output Mode. The Ion Output will be on for 20 minutes. The red Output Indicator will illuminate when the RADD2 is running on HIGH Output Mode.

**Step 9.** Press the Ion Output Control a third time to switch to BEDTIME Mode. The RADD2 unit will cycle 4 times. Each cycle consists of 20 minutes of LOW Ion Output and 60 minutes of Ion Output off. The blue Output Indicator will flash during LOW Ion Output.

**Step 10.** Press the Output Control a fourth time to turn off the Ion Output and switch to Standby Mode.

**Step 11.** Unplug the Power Adaptor from the electrical outlet to turn the power off.

Please start to use the RADD2 at LOW Output Mode once or twice a day. After a week or two, if you don't feel uncomfortable, switch to HIGH Output Mode or BEDTIME Mode. The BEDTIME Mode is equal to 4 times of LOW Output Mode. We suggest to use the BEDTIME Mode once or twice a week.

To use the RADD2 before bedtime will improve your sleeping quality, after exercise will relieve the tight muscles, when under stress will reduce your tension, improve mood and ease anxiety. If you feel strongly uncomfortable when using it, stop using and contact your vendor.