



IonCleanse[®]
by AMD
Solo[®]

Quick Start Guide



1 Power Up



Plug the **power cords** into the wall outlet, power supply, and back of the machine. Plug the **array** into the front of the machine.

2 Get Your Footbath Ready



Line the inside of the tub with one of our **custom liners**. Fill the tub to the fill line with comfortably warm tap water. During your first session, we highly encourage you to watch the **instructional DVD*** that came with your equipment. This DVD covers everything from contraindications to frequency of use.

**No DVD player? Check the back of this guide for a link to our online instructional video.*

3 Begin Your Session



Be sure to have paper towels and your IonCleanse by AMD water bottle filled with clean water within reach to rinse and dry your feet when the session is over. Put the array into the water along with your feet. Turn on the machine and press **“START”** when indicated. Adjust the time as needed and press **“START”** two more times to begin your session.

4 Adding Salt



After the session begins, wait 15 seconds before adding salt. Salt requirements vary by location with some places not needing any salt. Adding salt to the water **raises the amps** and **lowers the volts**. We want the amps to be 1.8 or higher without lowering the volts below 10.0.

If necessary, add 1/8 of a teaspoon of salt (supplied) to the water. Swish the array in the water for 10-15 seconds to ensure the salt has completely dissolved. Get your new reading from the machine. If more salt is required, repeat the process until the amps are 1.8 or higher.

NOTE: If you see little to no color change at the end of the session, visit AMajorDifference.com/nocolor and follow the steps.

5 Finish the Session



Rinse off your feet, empty the tub, and clean the array and tub. Any disinfectant will work, except products that contain chlorine. Multi-purpose cleaners, alcohol, and hydrogen peroxide are all acceptable cleaners.





Digital versions of the instructional manual and the DVD are available on our website.

Visit byAMD.us or scan the QR code and navigate to the link you're looking for.



QUESTIONS?



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