

Safety First

RESPeRATE should only be used as part of your overall health program for achieving goal blood pressure, as recommended by your doctor. RESPeRATE can be safely used in conjunction with medication and lifestyle modifications such as diet and exercise.

- Do not use this device without consulting your physician if you suffer or have suffered in the past from: active ischemic heart disease / unstable angina, bradycardia, severe congestive heart failure, chronic atrial fibrillation, stroke resulting in permanent impairment, chronic renal failure, severe asthma, chronic obstructive pulmonary disease (COPD), like chronic bronchitis and emphysema, major organ failure, sleep paralysis, have a pacemaker or if you are pregnant.
- We strongly recommends that you do not modify your hypertension treatment without the advice and consent of your physician.
- Do not use your RESPeRATE when you need to be alert or to concentrate, or when using heavy equipment. Do not use RESPeRATE while driving.
- If you experience any side effects or if you feel any change in your general health or mood, immediately discontinue use of your RESPeRATE, and contact your physician.
- Breathe effortlessly throughout the exercise. Excessive deep breathing may cause dizziness and/or palpitations.
- Prolonged exposure to increased sound levels may cause damage to your hearing. Please adjust the audio level to your satisfaction and don't use the device for multiple sessions without a break.
- **Do not use this device if you are allergic to Natural Rubber Latex (NRL) as this product contains NRL. The sensor belt must be worn over clothes.**
- The respiration rate, indicated as "Breaths/Min", should not be used to make any medical decisions. It is only shown to provide feedback during the breathing exercise.

We are committed to lowering your blood pressure.