HealthLine offers the world's widest range of affordable, high-quality far-infrared gemstone heated mats.

PLATINUM
SERIES

ADVANCED CONTROLLER
INSTRUCTION MANUAL

ADVANCED PEMF

With programmable features:

- ▶ **Waveform** (Sine, Square)
- ▶ **Frequency** (1 to 25Hz with 7.83 Hz default)
- ▶ **Pulse duration** (medium, fast, ultra-fast)
- ▶ **Intensity** (10% to 100% of 3000 milligauss)
- ▶ **Time** (20 min, 1 hr)

Billions of PEMF combinations!
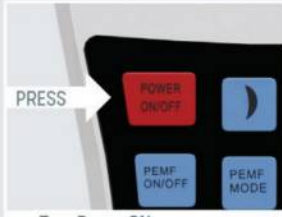
Platinum Series
CONTROLLER

① POWER ON

1 Connect Controller to the Mat
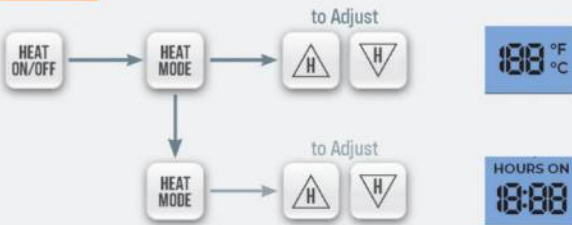2 Use Surge Protector

PRESS

3 Turn Power ON

ⓘ Information

The controller backlight will automatically turn off if the controller is not touched for more than 2 minutes.

The Controller automatically shuts down if it is not touched for more than 12 hours.

② HEAT SETTINGS

TEMPERATURE SET and ADJUST

HEAT ON/OFF → HEAT MODE → to Adjust [H] [H] → 188 °F °C

HEAT TIMER SET and ADJUST

HEAT MODE → to Adjust [H] [H] → HOURS ON 18:88

ⓘ Information

Actual Temperature is measured at the Core.

Please allow up to 40 minutes for the surface to reach the maximum temp.

HOLD [HEAT MODE] until you hear a BEEP to switch between °F and °C

④ CHANGEABLE PEMF MODE

DEFAULT SETTING SET and ADJUST

PEMF ON/OFF

PEMF Time:	20 minutes on - 100 minutes off
Wave Type:	Sine
Frequency:	7.83 Hz
Pulse Duration:	Medium (M)
Intensity:	50%

PE
Pulsed Electro-

PEMF TIMER SET and ADJUST

PEMF MODE → to Adjust [P] [P] → 20 MIN

Set 10, 15 or 20 min of PEMF ON time. PEMF is set as cycles of N min ON and 100 min off, for up to 12 hours with automatic shut-off.

WAVE TYPE SET and ADJUST

PEMF MODE → to Adjust [P] [P] → ∿⊔

Choose between sine and square wave types.

Hz WAVE FREQUENCY SET and ADJUST

PEMF MODE → to Adjust [P] [P] → 88 HZ

Increase or decrease frequency from 1 to 25 Hz. 1 Hz = 1 PEMF pulses per second. Default PEMF frequency is set to 7.83 Hz and displayed as 8 Hz.

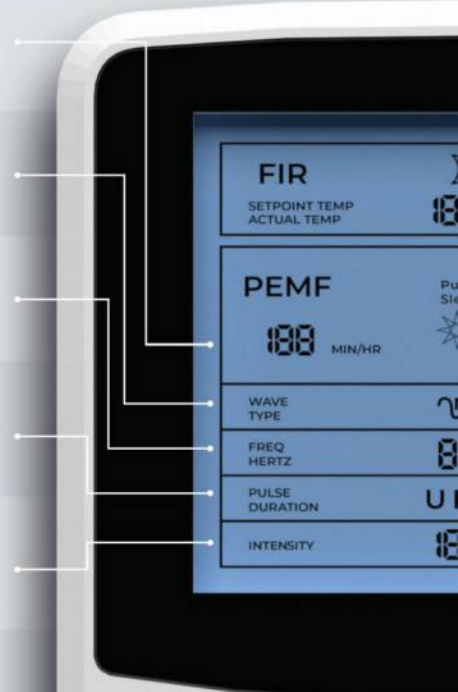**PULSE DURATION** SET and ADJUST

PEMF MODE → to Adjust [P] [P] → U F M

Choose between Ultra-fast (U), Fast (F) and Medium (M) options that respectively reflect the Highest, High and Low number of pulses within 1 sec.

PULSE INTENSITY SET and ADJUST

PEMF MODE → to Adjust [P] [P] → 100 %

Set the desired intensity as 10%, 25%, 50%, 75% or 100% of 3000 milligauss.

FIR
SETPOINT TEMP
ACTUAL TEMP
188

PEMF
188 MIN/HR

WAVE TYPE
FREQ HERTZ
PULSE DURATION
INTENSITY

INSPIRED BY **NATURE**, PERFECTED BY **SCIENCE**.

POWER ON/OFF — [POWER ON/OFF] ... [☾] ... [PHOTON] ... [PEMF PROGRAM] — Advanced PEMF Programming

SLEEP Cycle — PHOTON Light ON/OFF

PEMF ON/OFF — [PEMF ON/OFF] ... [PEMF MODE] ... [△P] ... [▽P] — Decrease PEMF Settings

PEMF Mode change — Increase PEMF Settings

HEAT ON/OFF — [HEAT ON/OFF] ... [HEAT MODE] ... [△H] ... [▽H] — Decrease HEAT Settings

HEAT Mode change — Increase HEAT Settings

Preset PEMF Programs — [F1] [F2] [F3] [F4] [F5] [F6] [F7] [F8] [F9] [F10] [F11] [F12]

Table 1 - Factory preset PEMF functions description

Program Button	Program Type	Default Frequencies, in ABCD, Hz
F1	Low Frequencies	1, 3, 4, 6
F2	Medium Low Frequencies	7, 8, 10,12
F3	Medium Frequencies	14, 15, 17, 18
F4	High Frequencies	19, 21, 23, 25
F5	Before Sleep	5, 4, 3, 2
F6	Pain Assist	15, 16, 19, 20
F7	Sports Injury & Strain Assist	24, 24, 25, 25
F8	General Regeneration	7.83, 7.83, 10, 10
F9	Earth Frequencies	7.83, 14, 21, 25
F10	Wake Up/Energy	7.83, 10, 11, 12
F11	Energize	Sequence: F10, F8, F6
F12	Relaxation	Sequence: F9, F8, F5

③ PHOTON SETTINGS

[✦] ← [PHOTON] **PHOTON LIGHT** ON and OFF ☀

ⓘ Information

Photon lights turn OFF automatically after 1 hour.
Photon lights can be turned ON again at any time.
Lights operate with or without heat.
Intensity of photon light is 2.5 mW/ cm^2
Wavelength of photon light is 660 nm

⑤ PREPROGRAMMED PEMF FUNCTIONS

MF
-Magnetic Field

⏱ **20 MIN PEMF** PICK from TABLE 1 ... [PEMF PROGRAM] → [F1] ... [F10] — PEMF settings of the active program will be displayed on the screen.

[NI] ← Negative Ion icon is lit when the heat is on.

Pulse / Sleep ← "Pulse" displayed when PEMF is active.

← "Sleep" displayed when PEMF is non-active during 100 min OFF time.

PROGRAM (A D B C) ← Flashing arrow indicates active programs A, B, C or D.

ⓘ Information

Each preprogrammed PEMF function F1-F10 consists of 4 programs (ABCD). Each ABCD program is 5 min long and has a unique combination of PEMF Wave Type, Frequency, Pulse duration, and Intensity.

PEMF function can be changed at any time by pressing different F-button. Active ABCD program will restart according to the chosen Function.
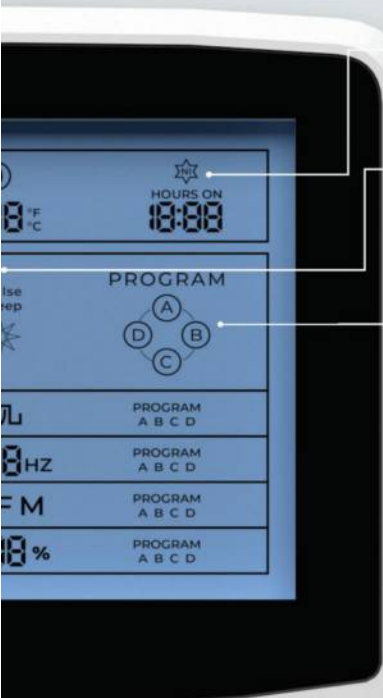
Functions F1 - F10 can be customized or reset to the factory settings at any time (see page 4).

📋 **1 HR ENERGIZE** EASY PEMF MODE ... [PEMF PROGRAM] → [F11] — Functions will run in sequence: F10 - F8 - F6 (see Table 1). Controller will shut off after 1 hour. The program is not customizable.
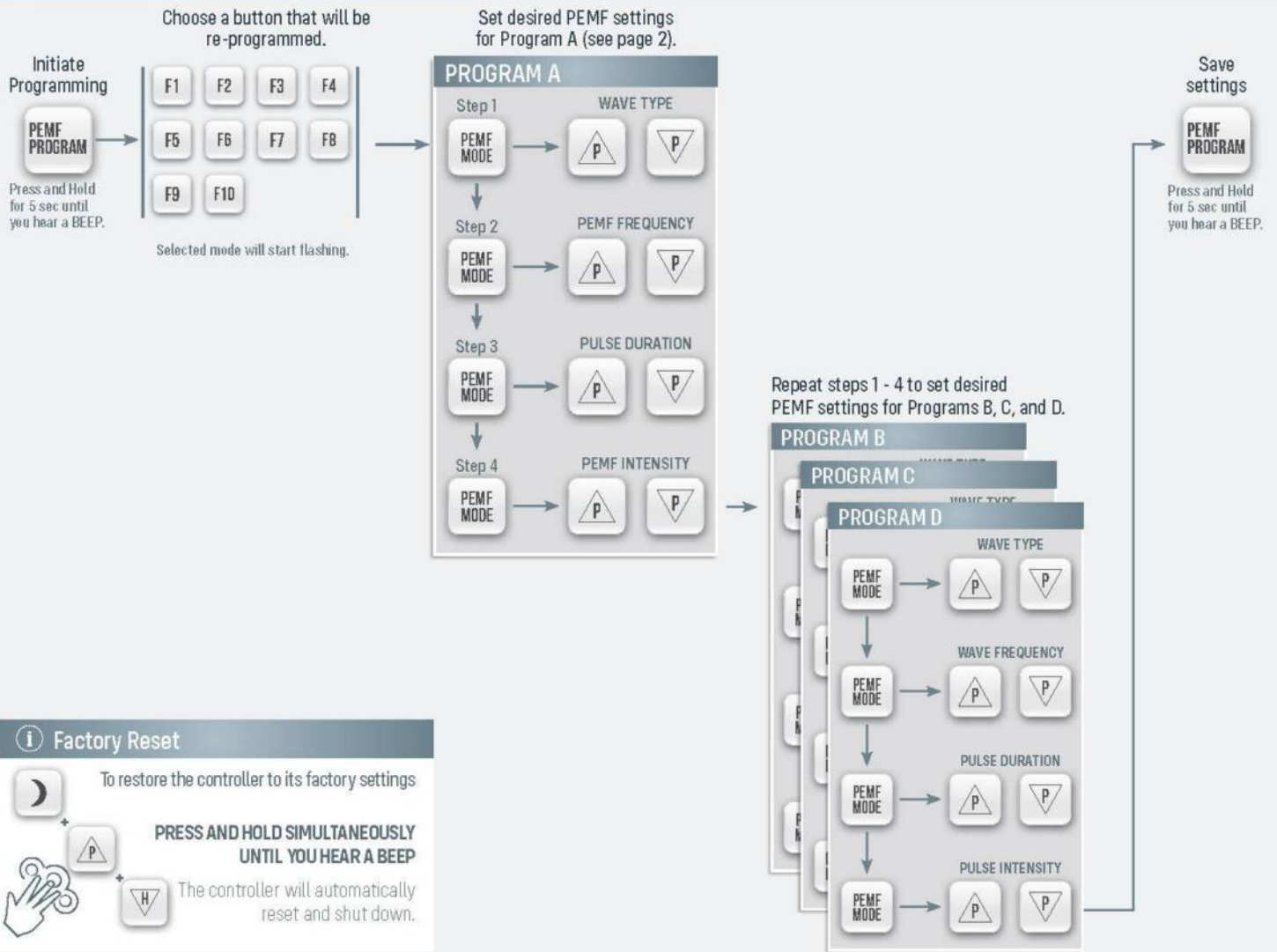
💤 **1 HR RELAXATION** EASY PEMF MODE ... [PEMF PROGRAM] → [F12] — Functions will run in sequence, F9 - F8 - F5 (see Table 1). Controller will shut off after 1 hour. The program is not customizable.

INSPIRED BY NATURE, PERFECTED BY SCIENCE.

Initiate Programming

PEMF PROGRAM

Press and Hold for 5 sec until you hear a BEEP.

Choose a button that will be re-programmed.

F1 F2 F3 F4
F5 F6 F7 F8
F9 F10

Selected mode will start flashing.

Set desired PEMF settings for Program A (see page 2).

PROGRAM A

Step 1 — WAVE TYPE — PEMF MODE → P ▽
Step 2 — PEMF FREQUENCY — PEMF MODE → P ▽
Step 3 — PULSE DURATION — PEMF MODE → P ▽
Step 4 — PEMF INTENSITY — PEMF MODE → P ▽

Repeat steps 1 - 4 to set desired PEMF settings for Programs B, C, and D.

PROGRAM B
PROGRAM C
PROGRAM D

WAVE TYPE — PEMF MODE → P ▽
WAVE FREQUENCY — PEMF MODE → P ▽
PULSE DURATION — PEMF MODE → P ▽
PULSE INTENSITY — PEMF MODE → P ▽

Save settings

PEMF PROGRAM

Press and Hold for 5 sec until you hear a BEEP.

ⓘ **Factory Reset**

☾ + P + H

To restore the controller to its factory settings

PRESS AND HOLD SIMULTANEOUSLY UNTIL YOU HEAR A BEEP

The controller will automatically reset and shut down.

TERMS and DEFINITIONS

PEMF Pulse - A short burst of an electromagnetic wave.

PEMF Wave - Oscillation (disturbance) that travels through space and matter, transporting energy from one place to another.

Wave Type (Sine, Square) - The shape of pulses in an electromagnetic wave. In PEMF this can be Sine, Square or other types, such as sawtooth.

Frequency (Hertz, Hz) - The number of individual PEMF Pulses per second. 1 Hz = 1 PEMF pulses per second.

Pulse Duration - The time from the start of a PEMF pulse, to the end of that PEMF pulse. This is also referred to as "Pulse Width".

PEMF Intensity (Gauss, G) - The measured level of the PEMF magnetic flux density. The unit of measurement is Gauss. 1 Gauss = 1000 milligauss = 0.0001 Tesla.

PEMF Functions (F1-F12) - Factory preprogrammed PEMF functions. Each of the 12 functions consists of 4 programs (ABCD). Each ABCD program has it's own PEMF settings (PEMF Time, Wave Type, Frequency, Pulse duration, and Intensity).

⚠ WARNINGS

Do not use PEMF or high heat settings while pregnant.
Do not use PEMF or high heat settings if you have metal implants or a pacemaker.

Do not use if you have varicose veins.
Do not use with muscle relaxants.
Please consult with your doctor if you have any serious medical condition before using this or any medical device.