



INSTRUCTIONS

tENS Vagal Boost

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No battery. No charging. No app.

Boost is the simplest way to try vagus nerve stimulation. It plugs into your phone, borrows a trickle of power, and does the rest itself.

Your ear carries a branch of the vagus nerve — the nerve that tells your body *you're safe, you can relax now*. A gentle electrical pulse through a small clip on your tragus wakes it up. Fifteen minutes a day is enough.

Because Boost borrows its power, there is nothing inside to charge, pair, or update. Ever. It also means one thing really matters: *what you plug it into* — that's page 7, worth a minute before your first session.

THREE THINGS THAT TRIP PEOPLE UP

Hold M for two seconds to switch on — a quick tap does nothing.

Press + to at least level 1 or Boost turns itself off after thirty seconds.

Changing mode resets the level to zero — press + again every time.

Three buttons. That's the lot.



Display

Shows the mode letter (A–F) and, once set, the intensity level. Dark until you hold M — or if no power is arriving.

M button

Press and hold for about two seconds to switch on or off — a quick tap will not do it. Once on, short presses cycle through the six modes.

+ and –

Intensity, 1–9. Zeroes at power-on and each mode change — press + or nothing runs. Page 11.

Ear clip

Conductive-silicone electrode; the lead's pins push into it — page 6.

Cable

To a phone, laptop, or power bank.

03 • IN THE BOX

What you just unpacked.



Boost

The controller. Powered by whatever you plug it into.

Ear clip

Conductive-silicone auricular electrode.

Cable

Connects Boost to a USB-C port.

Lightning adapter

For iPhone 14 and earlier.

Comfort paste

A small pot. A thin layer on the pads softens the sensation.

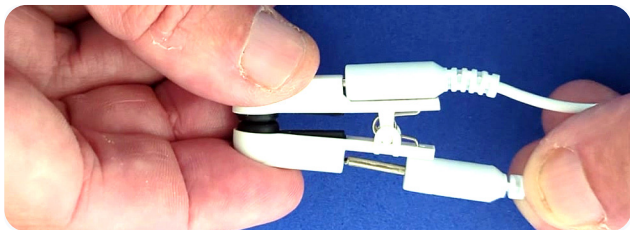
Carry case

Everything lives here between sessions.

04 • CONNECTING THE CLIP

Pins into silicone.

Boost's lead ends in two small 2 mm pins. They push into the black silicone parts of the ear clip — and that's the whole connection.



Line up

One pin each side, into the black silicone sockets on the clip.

Push home

A firm, snug push is right — they're meant to hold.

To separate

Pull the pins, never the wires.

The black silicone *is* the electrode — its higher impedance is part of what keeps tENS gentle and safe.

05 • BEFORE YOU PLUG IN

Will it work with your phone?

Boost has no battery — your phone has to be willing to send power out of its port. Most are. Samsung phones are not.

✓ **WORKS**

iPhone 15 and later

Plug straight into the USB-C port. No adapter needed.

✓ **WORKS**

iPhone 14 and earlier

Use the Lightning adapter from the box, then carry on as normal.

✗ **NOT COMPATIBLE**

Samsung phones

Samsung handsets don't supply power to the Boost — across the whole range. No setting fixes it. See page 8.

✓ **WORKS**

Other Android

Motorola confirmed; most others plug straight in. On older models, switch on any USB OTG or power-output setting.

BATTERY POWER ONLY

Run Boost from a phone, laptop, or USB power bank — never from a mains wall charger, even to test it.

You haven't done anything wrong.

A dark screen almost always means the port isn't sending power — not that your Boost is dead.

IF YOU HAVE A SAMSUNG

That's the answer. We've seen it right across the range — A-series, S-series, Ultra, Flip, and tablets — and no setting changes it. Your Boost isn't faulty; your phone simply won't feed it. Older advice about a “USB OTG” toggle no longer applies: on modern Samsungs the setting doesn't exist, and where it does, it makes no difference.

THE PLAN THAT WORKS ANYWAY

Boost runs happily from a *laptop USB-C port* or a small *USB power bank*. A pocket power bank keeps the whole thing properly portable — which is rather the point.

RATHER RETURN IT?

Completely fair. Email help@vagal.com and we'll sort it without any fuss — you're inside the 45-day money-back guarantee.

What to expect.

Three habits make day one smooth.

HOLD M TO SWITCH ON

Press the M button *and keep holding it* for about two seconds, until the display lights up. A quick tap does nothing.



PREPARE THE PADS

Before you clip on, put a thin layer of the comfort paste from the box on both electrode pads. Dry pads concentrate the current and make it bite; paste spreads it evenly, and grips too. No paste? A drop of water works, or TENS gel from any pharmacy.

PRESS + STRAIGHT AWAY

Boost wakes at level 0 — no stimulation. Press + to at least level 1, or it switches off after thirty seconds. Every mode change resets the level to zero, so press + again.

Seven small steps.

1 Prepare the pads

Comfort paste on each pad, or a drop of water.

2 Clip the tragus

The small flap at the front of your ear. Left is the usual choice; either works. Pads on skin.

3 Plug in

Phone, laptop, or power bank. iPhone 14 or earlier — via the Lightning adapter.

4 Hold M (not a tap)

Press and hold for about two seconds — a quick tap does nothing. The display lights up once Boost is on.

5 Pick a mode

Short presses of M cycle A–F. Start with Mode C.

6 Press + to level 1

The step everyone misses. Boost wakes at level 0. If you don't press + within thirty seconds, it switches itself off. And every mode change resets the level to zero — so press + again.

7 Fifteen minutes

Boost won't stop on its own — hold M to finish. That's a session.

Turned on and chosen a mode? Now press +.

You held M for two seconds and the display lit up — good. Now power-on *and every mode change* reset the level to zero, and after thirty seconds at zero Boost switches itself off.

It isn't broken. It's waiting — and it resets on purpose: modes feel different, so a level that's comfortable in one could be sharp in another. The fix is always the same button: press +.

What you'll see

Press + and the level number appears next to the mode letter. Stimulation starts within a second or two.

Level 0

No stimulation, and switch-off thirty seconds later. Level 1 is the floor of the 1–9 scale — for most people it's close to the ceiling too.

DISPLAY GOES DARK MID-SESSION?

Changed modes and didn't press +? That's this. Level was set and it still cut out? See page 16.

10 • THE SIX MODES

A to F, decoded.

	PROTOCOL	IN BRIEF
A	Cardiac Coherence 38 Hz continuous	One steady rhythm, start to finish.
B	Multi-Frequency Cycle 22 → 10 → 5 Hz	Three rhythms in one session.
C	Low-Frequency 5 & 3 Hz alternating	The gentlest feel. Start here.
D	Autonomic Balance 38 & 10 Hz switching	High and mid, taking turns.
E	Dual High-Frequency 38 & 25 Hz switching	Two highs, taking turns.
F	Full Spectrum 78 → 38 → 25 Hz	The whole range in one session.

CHANGING RHYTHM IS NORMAL

Every mode except A changes frequency mid-session, with a brief pause at each switch — that's the protocol. And switching modes yourself resets the level to zero: press + again.

11 • FINDING YOUR COMFORT LEVEL

Comfortable beats intense.

Your skin doesn't need to hurt for the nerve to respond. If a session stings, one of these will fix it.

- | | |
|--------------------|--|
| 1. Contact | Comfort paste on the pads, every time. Water if you have none. |
| 2. Position | Clip centred on the tragus, both pads flat on skin. Off-centre contact concentrates the current and feels sharp. |
| 3. Level | Down a notch. Level 1–2 is where most people live. |
| 4. Mode | Not in Mode C? Switch to it — it's the gentlest. Then press + again: switching resets the level to zero. |

A TINGLE BEYOND THE EAR?

A mild echo along the jaw or neck can be normal at first — the nerve runs through that whole area. If anything is sharp, painful, or getting worse, stop and email us.

12 • BUILD THE HABIT

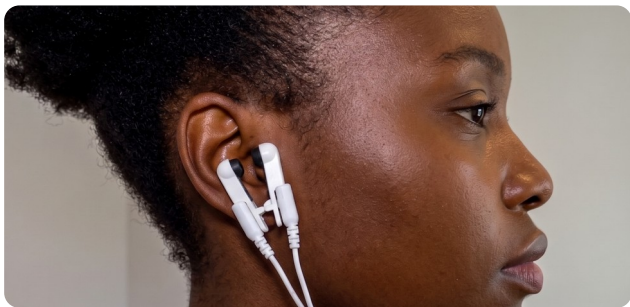
Fifteen minutes. Most days.

Some people feel calmer in their first session. The bigger differences build with steady daily use over four to six weeks — so give it that long before you judge it.

Anchor it to something you already do: the kettle, the evening news, the last emails of the day. Tick a box below each time. Missed a day? It doesn't reset anything — just start again tomorrow.

DAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14



It won't light up.

First: **hold** M for two full seconds — a quick tap does nothing. Still dark? Then no power is arriving. It doesn't mean the device is dead, and it never needs charging.

SAMSUNG? THAT'S WHY

Samsung phones don't power the Boost. Skip straight to the test below.

THE TEST THAT SETTLES IT

Plug Boost into a **USB power bank** or a **laptop**, ear clip detached. Hold M for two seconds and watch the screen.

It lights up

Boost is fine — your phone is declining to send power. Use the power bank or laptop for sessions.

Still dark

That's a genuine fault. Email help@vagal.com and we'll replace it.

TWO THINGS TO RULE OUT FIRST

Keep your phone above 20% — many phones cut accessory power below that. And push the connector fully home; lint blocks more ports than faults do.

13 • IF SOMETHING FEELS OFF

Quick fixes.

NOTHING HAPPENS WHEN I PRESS M

Hold it — two full seconds. A quick tap does nothing. Still dark after holding? See page 15.

IT SWITCHES ITSELF OFF IN THIRTY SECONDS

Intensity is still at zero. Press + to at least level 1 — at power-on *and* after every mode change, because changing modes resets the level to zero. Page 11.

IT CUTS OUT MID-SESSION

Pressed M? That changed the mode and zeroed the level — thirty seconds later, off. Press + after every mode change. Didn't touch M? Try another battery source, keep your phone above 20%, and email us.

IT STINGS, OR I FELT A ZAP

Paste on the pads, centre the clip, drop a level, try Mode C. Still sharp at level 1? Stop and email us.

THE CLIP SLIPS OFF

Paste grips better than water. Using water? Less of it — damp, not wet.

I FEEL NOTHING / THE APP WON'T CONTROL IT

Feeling little at low levels is normal — it works either way. And there is no app: no Bluetooth, buttons only.

Almost nothing to do.

NOTHING TO CHARGE

There's no battery, so there's no charging — ever. If anyone tells you to charge it overnight, they're thinking of a different device.

AFTER EVERY SESSION

Wipe the clip electrodes with warm water, dry with a soft cloth, and put everything back in the case. Paste or gel left to dry is what wears pads out.

KEEP THE CONTROLLER DRY

Water on the electrodes: yes, a drop. Water on the controller: no. No taps, baths, or showers.

TRAVEL

No battery on board means nothing for airport security to mind. Boost goes anywhere your phone does — case in pocket, done.

SPARES

Replacement ear clips are at vag.al/shop if yours ever tarnishes or loses its spring.

Please read this page.

DO NOT USE BOOST IF YOU

Have a pacemaker or implanted electrical device. Are pregnant. Have a diagnosed heart rhythm problem. Experience persistent skin irritation at the stimulation site.

DO NOT USE BOOST WHILE

Driving or operating machinery. Near oxygen or flammable liquids. Showering, bathing, or swimming.

STOP AND SEE YOUR DOCTOR IF

You feel faint or unwell during or after a session. You're taking medication and unsure whether it interacts with vagus nerve stimulation.

A WELLNESS DEVICE, NOT A MEDICAL ONE

Boost is not intended to diagnose, treat, cure, or prevent any disease. For adults 18+ only.

The details.

STIMULATION

Method	Transcutaneous auricular VNS (tragus)
Modes	6 pre-set frequency programs
Frequency	3 Hz to 78 Hz
Waveform	Uniphasic square wave, 275 μ s pulse width
Output	Adjustable, low-intensity auricular — 9 levels
Electrodes	Conductive silicone; no metal at the skin

DEVICE

Power	USB-C, from a battery source — phone, laptop, or power bank. No internal battery.
Connectivity	Wired only. No Bluetooth, no app required.
Adapters	USB-C and Lightning included
Certification	CE, FCC

WARRANTY & SUPPORT

Twelve months against defects. Forty-five day money-back guarantee. help@vagal.com

17 • LIKE BOOST?

Try Buddy or Oh! next.

Boost has two bigger siblings, and everything you've learned here — placement, moisture, comfort — carries straight over.

Buddy carries its own battery and a joystick, and loads fresh session Tones from the app. Same clip, same ritual, nothing to plug into.

Oh! goes further still: fully wireless and in-ear, with a charging stand — tVNS that disappears into your day.



Curious? They're side by side at vag.al/compare — no hurry, Boost isn't going anywhere.

ABOUT VAGAL & GETTING HELP

A small team, actually here.

We're a small London-based team who've been building at-home tVNS since 2019 — first as Vagus.net, now as Vagal.com. Every device is built, tested, and supported by the same people. We read every email.

EMAIL US ANYTIME

help@vagal.com — we aim to reply within two business days. Check your spam folder if you haven't heard back.



This book, online

Scan for the always-current version of these instructions, or visit vagal.al/manual/boost

Ear placement guide: vagal.al/ear

The science

vagal.al/science

FAQs

vagal.al/faqs

LEGAL

The fine print.



TYPE BF



CE

FCC

PART 15

Type BF: body-floating protection against electric shock. CE compliant. FCC Part 15 certified.

LIMITED WARRANTY

Vagal Ltd warrants this Product against defects in materials and workmanship under normal use for twelve (12) months from the date of original purchase. This warranty does not cover damage caused by misuse, accident, abuse, external causes, use other than as described in this manual, finishes, normal wear and tear, tampering, or service by unauthorised agents. We do not warrant that the operation of the Product will be uninterrupted or error-free.

LIMITATION OF REMEDIES

Under this Limited Warranty, our liability and your exclusive remedy will be limited to replacement or repair of the Product. A replacement Product or part assumes the remaining warranty of the original Product or ninety (90) days from replacement, whichever is longer. To obtain warranty service, contact help@vagal.com. Return the Product with an insured carrier and retain your receipt. We are not responsible for items damaged or lost in transit. Other than for the reason of hardware defects, return freight cost is the customer's responsibility.

LEGAL (CONTINUED)

LIMITATION OF DAMAGES

In no event will Vagal Ltd or any affiliated company be responsible for any special, incidental, or consequential damages resulting from the use of this Product, or based on any breach of warranty, breach of contract, negligence, tort, or any other legal theory. Such damages may include, without limitation: loss of savings or revenue; loss of profit; loss of use; claims of third parties including retailers; cost of any substitute equipment or services. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may have others which vary from state to state or country to country.

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

INTENDED USE

This device is intended for general wellness use. It is not intended to diagnose, treat, cure, or prevent any disease. If you have a medical condition, consult your doctor before use. Power only from a battery source (phone, laptop, or USB power bank); do not connect to a mains power adapter. For adults 18+ only.

SAFETY INFORMATION · SICHERHEIT · SÉCURITÉ · SICUREZZA

Български BG

Не използвайте Vagal Boost ако имате пейсмейкър или имплантирано електрическо устройство, сте бременна, имате диагностициран сърдечен ритъмен проблем или имате постоянно дразнене на кожата на мястото на стимулация. Не използвайте Vagal Boost докато шофирате или работите с машини, сте близо до кислород или запалими течности, се къпете под душа или във вана, или плувате. Спрете и се консултирайте с лекар, ако се чувствате слаби или зле по време на или след сесия, или ако приемате лекарства и не сте сигурни дали взаимодействат със стимулацията на блуждаещия нерв. **Уелнес устройство, не медицинско.** Vagal Boost не е предназначен за диагностициране, лечение, излекуване или предотвратяване на заболявания. Само за възрастни над 18 години.

Čeština CZ

Nepoužívejte Vagal Boost pokud máte kardiostimulátor nebo implantované elektrické zařízení, jste těhotná, máte diagnostikovanou poruchu srdečního rytmu nebo trvalé podráždění kůže v místě stimulace. Nepoužívejte Vagal Boost při řízení nebo obsluze strojů, v blízkosti kyslíku nebo hořlavých kapalin, ve sprše, koupeli nebo při plavání. Vyhledejte lékaře, pokud se během nebo po sezení cítíte slabě nebo nevolno, nebo pokud užíváte léky a nejste si jisti, zda interagují se stimulací bloudivého nervu. **Wellness zařízení, ne zdravotnické.** Vagal Boost není určen k diagnostice, léčbě, vyléčení nebo prevenci jakékoli nemoci. Pouze pro dospělé od 18 let.

Dansk DK

Brug ikke Vagal Boost hvis du har en pacemaker eller implanteret elektrisk enhed, er gravid, har en diagnosticeret hjerterytmeforstyrrelse eller oplever vedvarende hudirritation på stimulationsstedet. Brug ikke Vagal Boost mens du kører eller betjener maskiner, er i nærheden af ilt eller brandfarlige væsker, går i bad, tager bad eller svømmer. Stop og kontakt din læge, hvis du føler dig svag eller utilpas under eller efter en session, eller hvis du tager medicin og er usikker på, om det interagerer med stimulering af vagusnerven. **Wellness-enhed, ikke medicinsk.** Vagal Boost er ikke beregnet til at diagnosticere, behandle, helbrede eller forebygge nogen sygdom. Kun til voksne fra 18 år.

Deutsch DE · AT · CH · LI

Vagal Boost nicht verwenden, wenn Sie einen Herzschrittmacher oder ein implantiertes elektrisches Gerät tragen, schwanger sind, an einer diagnostizierten Herzrhythmusstörung leiden oder anhaltende Hautreizungen an der Stimulationsstelle haben. Vagal Boost nicht verwenden beim: Fahren oder Bedienen von Maschinen, in der Nähe von Sauerstoff oder brennbaren Flüssigkeiten, beim Duschen, Baden oder Schwimmen. Suchen Sie einen Arzt auf, wenn: Sie sich während oder nach einer Sitzung schwach oder unwohl fühlen, oder wenn Sie Medikamente einnehmen und unsicher sind, ob diese mit der Vagusnervstimulation interagieren. **Wellness-Gerät, kein Medizinprodukt.** Vagal Boost ist nicht zur Diagnose, Behandlung, Heilung oder Vorbeugung von Krankheiten bestimmt. Nur für Erwachsene ab 18 Jahren.

SAFETY INFORMATION · SICHERHEIT · SÉCURITÉ · SICUREZZA

Ελληνικά GR · CY

Μη χρησιμοποιείτε το Vagal Boost εάν έχετε βηματοδότη ή εμφυτευμένη ηλεκτρική συσκευή, είστε έγκυος, έχετε διαγνωσμένο πρόβλημα καρδιακού ρυθμού ή παρουσιάζετε επίμονο ερεθισμό του δέρματος στο σημείο διέγερσης. Μη χρησιμοποιείτε το Vagal Boost ενώ οδηγείτε ή χειρίζεστε μηχανήματα, βρίσκεστε κοντά σε οξυγόνο ή εύφλεκτα υγρά, κάνετε ντους ή μπάνιο ή κολυμπάτε. Σταματήστε και συμβουλευτείτε γιατρό εάν αισθανθείτε αδυναμία ή αδιαθεσία κατά τη διάρκεια ή μετά από μια συνεδρία, ή εάν παίρνετε φάρμακα και δεν είστε σίγουροι αν αλληλεπιδρούν με τη διέγερση του πνευμονογαστρικού νεύρου. **Συσκευή ευεξίας, όχι ιατρική.** Το Vagal Boost δεν προορίζεται για διάγνωση, θεραπεία, ίαση ή πρόληψη οποιασδήποτε ασθένειας. Μόνο για ενήλικες άνω των 18 ετών.

Español ES

No utilice Vagal Boost si tiene un marcapasos o un dispositivo eléctrico implantado, está embarazada, padece un trastorno del ritmo cardíaco diagnosticado o presenta irritación cutánea persistente en el sitio de estimulación. No utilice Vagal Boost mientras conduce o maneja maquinaria, está cerca de oxígeno o líquidos inflamables, se ducha, se baña o nada. Deténgase y consulte a su médico si se siente débil o indispuesto durante o después de una sesión, o si está tomando medicación y no está seguro de si interactúa con la estimulación del nervio vago. **Dispositivo de bienestar, no médico.** Vagal Boost no está destinado a diagnosticar, tratar, curar o prevenir ninguna enfermedad. Solo para adultos mayores de 18 años.

Eesti EE

Ärge kasutage Vagal Boost seadet, kui teil on südamestimulaator või implanteeritud elektriline seade, te olete rase, teil on diagnoositud südamerütmihäire või kestev nahaärritus stimulatsioonikohas. Ärge kasutage Vagal Boost seadet järgmistes olukordades autojuhtimine või masinatega töötamine, hapniku või tuleohtlike vedelike läheduses, duši all, vannis või ujumas käies. Lõpetage kasutamine ja pöörduge arsti poole, kui tunnete seansi ajal või pärast seda nõrkust või halb enesetunnet, või kui võtate ravimeid ja pole kindel, kas need toimivad koos uitnärvi stimulatsiooniga. **Heaoluseade, mitte meditsiiniseade.** Vagal Boost pole mõeldud haiguste diagnoosimiseks, raviks, ravimiseks ega ennetamiseks. Ainult 18-aastastele ja vanematele.

Suomi FI

Älä käytä Vagal Boost -laitetta, jos sinulla on sydämentahdistin tai implantoitu sähkölaite, olet raskaana, sinulla on diagnosoitu sydämen rytmihäiriö tai jatkuvaan ihoärsytystä stimulaatiokohdassa. Älä käytä Vagal Boost -laitetta kun ajat tai käytät koneita, olet hapen tai syttyvien nesteiden lähellä, suihkussa, kylvyssä tai uimassa. Lopeta ja ota yhteyttä lääkäriin, jos tunnet olosi heikoksi tai pahoinvoivaksi istunnon aikana tai sen jälkeen, tai jos käytät lääkkeitä etkä ole varma, vaikuttavatko ne vagushermon stimulaatioon. **Hyvinvointilaitte, ei lääketieteellinen.** Vagal Boost -laitetta ei ole tarkoitettu sairauksien diagnosointiin, hoitoon, parantamiseen tai ehkäisyyn. Vain yli 18-vuotiaille.

SAFETY INFORMATION · SICHERHEIT · SÉCURITÉ · SICUREZZA

Français FR · BE · LU · CH

N'utilisez pas Vagal Boost si vous portez un stimulateur cardiaque ou un dispositif électrique implanté, êtes enceinte, souffrez d'un trouble du rythme cardiaque diagnostiqué, ou présentez une irritation cutanée persistante au site de stimulation. N'utilisez pas Vagal Boost lorsque vous conduisez ou utilisez une machine, êtes à proximité d'oxygène ou de liquides inflammables, prenez une douche, un bain ou nagez. Consultez un médecin si vous vous sentez faible ou malade pendant ou après une séance, ou si vous prenez des médicaments et n'êtes pas sûr de leur interaction avec la stimulation du nerf vague. **Dispositif de bien-être, pas médical.** Vagal Boost n'est pas destiné à diagnostiquer, traiter, guérir ou prévenir une maladie. Réservé aux adultes de 18 ans et plus.

Gaeilge IE

Ná húsáid Vagal Boost má tá séadaire croí nó gléas leictreach ionchlannaithe agat, má tá tú ag iompar clainne, má tá fadhb diagnóisithe le rithim do chroí, nó má bhíonn greannú leanúnach craicinn ag an láthair spreagtha. Ná húsáid Vagal Boost agus tú ag tiomáint nó ag oibriú innealra, in aice le ocsaigin nó leachtanna inadhaite, ag glacadh cithfholcadán, folcadh nó ag snámh. Stop agus déan teagmháil le do dhochtúir má bhraitheann tú lag nó mí-ghnách le linn nó tar éis seisiún, nó má tá tú ag glacadh cógais agus go bhfuil tú éiginnte an idirghníomhaíonn siad le spreagadh na néaróige fáin. **Gléas folláine, ní gléas leighis.** Níl Vagal Boost ceaptha chun aon ghalar a dhiagnóisíú, a chóireáil, a leigheas ná a chosc. Do dhaoine fásta 18 bliana d'aois agus os a chionn amháin.

Hrvatski HR

Ne koristite Vagal Boost ako imate elektrosimulator srca ili implantirani električni uređaj, ste trudni, imate dijagnostičiran poremećaj srčanog ritma ili trajnu iritaciju kože na mjestu stimulacije. Ne koristite Vagal Boost dok vozite ili upravljate strojevima, ste blizu kisika ili zapaljivih tekućina, se tuširate, kupate ili plivate. Prekinite i posjetite liječnika ako osjetite slabost ili mučninu tijekom ili nakon seanse, ili ako uzimate lijekove i niste sigurni utječu li na stimulaciju vagusnog živca. **Uređaj za wellness, ne medicinski.** Vagal Boost nije namijenjen dijagnostičiranju, liječenju, izlječenju ili prevenciji bilo koje bolesti. Samo za odrasle starije od 18 godina.

Magyar HU

Ne használja a Vagal Boost készüléket, ha szívritmus-szabályozója vagy beültetett elektromos eszköze van, terhes, diagnosztizált szívritmuszavara van, vagy a stimulációs ponton tartós bőrirritációt tapasztal. Ne használja a Vagal Boost készüléket, miközben vezet vagy gépeket kezel, oxigén vagy gyúlékony folyadék közelében tartózkodik, zuhanyozik, fürdik vagy úszik. Hagyja abba és forduljon orvoshoz, ha gyengének vagy rosszul érzi magát a kezelés alatt vagy után, vagy ha gyógyszer szed, és nem biztos benne, hogy az kölcsönhatásba lép-e a bolygóideg stimulációjával. **Wellness eszköz, nem orvostechnikai.** A Vagal Boost nem alkalmas semmilyen betegség diagnosztizálására, kezelésére, gyógyítására vagy megelőzésére. Csak 18 éven felüli felnőttek számára.

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Íslenska IS

Ekki nota Vagal Boost ef þú ert með gangráð eða grædd rafmagnstæki, ert þunguð, ert með greindan hjartsláttartruflanir eða viðvarandi húðertingu á örvunarstaðnum. Ekki nota Vagal Boost á meðan þú keyrir eða notar vél-ar, ert nálægt súrefni eða eldfimur vökvum, ferð í sturtu, bað eða synd. Hættu og leitaðu lækni ef þú finnur fyrir máttleysi eða vanlíðan í eða eftir lotu, eða ef þú tekur lyf og ert ekki viss um hvort þau hafi áhrif á örvun vagstugarinnar. **Velliðunartæki, ekki lækni-sfræðilegt.** Vagal Boost er ekki ætlað til að greina, meðhöndla, lækna eða koma í veg fyrir neinn sjúkdóm. Engöngu fyrir fullorðna 18 ára og eldri.

Italiano IT · CH

Non utilizzare Vagal Boost se ha un pacemaker o un dispositivo elettrico impiantato, è in gravidanza, ha un disturbo del ritmo cardiaco diagnosticato o presenta irritazione cutanea persistente nel sito di stimolazione. Non utilizzare Vagal Boost mentre guida o utilizza macchinari, è vicino a ossigeno o liquidi infiammabili, fa la doccia, il bagno o nuota. Interrompa e consulti il medico se si sente debole o indisposto durante o dopo una sessione, o se sta assumendo farmaci e non è sicuro se interagiscono con la stimolazione del nervo vago. **Dispositivo per il benessere, non medico.** Vagal Boost non è destinato a diagnosticare, trattare, curare o prevenire alcuna malattia. Solo per adulti dai 18 anni in su.

Lietuvių LT

Nenaudokite Vagal Boost jei turite širdies stimuliatorių ar implantuotą elektrinį prietaisą, esate nėščia, jums diagnozuotas širdies ritmo sutrikimas arba nuolatinis odos sudirginimas stimuliacijos vietoje. Nenaudokite Vagal Boost kai vairuojate ar valdote mašinas, esate šalia deguonies ar degių skysčių, prausiatės po dušu, voniojate ar plaukiojate. Nutraukite ir kreipkitės į gydytoją, jei seanso metu ar po jo jaučiate silpnumą ar prastą savijautą, arba jei vartojate vaistus ir nesate tikri, ar jie sąveikauja su klajoklio nervo stimuliacija. **Sveikatingumo prietaisas, ne medicininis.** Vagal Boost nėra skirtas diagnozuoti, gydyti, išgydyti ar užkirsti kelią jokiai ligai. Tik suaugusiems nuo 18 metų.

Latviešu LV

Nelietojiet Vagal Boost ja jums ir elektrokardiostimulators vai implantēta elektriska ierīce, esat grūtniece, jums ir diagnosticēts sirds ritma traucējums vai pastāvīgs ādas kairinājums stimulācijas vietā. Nelietojiet Vagal Boost kad braucat ar transportlīdzekli vai darbojaties ar mašīnām, atrodaties skābekļa vai uzliesmojošu šķidrumu tuvumā, dušā, vannā vai peldat. Pārtrauciet un sazinieties ar ārstu, ja seansa laikā vai pēc tā jūtaties vāji vai slimi, vai ja lietojat zāles un neesat pārliecināts, vai tās mijiedarbojas ar klejotājnervu stimulāciju. **Labsajūtas ierīce, nevis medicīniska.** Vagal Boost nav paredzēts neviens slimības diagnosticēšanai, ārstēšanai, izārstēšanai vai novēršanai. Tikai pieaugušajiem no 18 gadu vecuma.

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Malti MT

Tużax Vagal Boost jekk għandek pacemaker jew apparat elettriku implantat, inti tqila, għandek problema diagnostikata bir-ritmu tal-qalb, jew tesperjenza irritazzjoni persistenti tal-ġilda fis-sit tal-istimulazzjoni. Tużax Vagal Boost waqt li issuq jew thaddem makkinarju, qrib l-ossigenu jew likwidi li jaqbd, taht id-doċċa, fil-banju jew tghum. Iqaf u kkonsulta lit-tabib jekk thossok dgħajef jew ma tiflahx waqt jew wara sessjoni, jew jekk qed tiehu medikazzjoni u m'intix ċert jekk tinteragixxix mal-istimulazzjoni tan-nerv vagu. **Apparat tal-wellness, mhux mediku.** Vagal Boost mhuwiex mahsub biex jiddijanostika, jitratta, ifejjaq jew jipprevjeni xi marda. Għall-adulti minn 18-il sena 'l fuq biss.

Nederlands NL · BE

Gebruik Vagal Boost niet als u een pacemaker of geïmplanteed elektrisch apparaat heeft, zwanger bent, een gediagnosticeerde hartritmestoornis heeft of aanhoudende huidirritatie ervaart op de stimulatieplek. Gebruik Vagal Boost niet tijdens het rijden of bedienen van machines, in de buurt van zuurstof of brandbare vloeistoffen, het douchen, baden of zwemmen. Stop en raadpleeg uw arts als u zich zwak of onwel voelt tijdens of na een sessie, of als u medicatie gebruikt en niet zeker weet of deze interageert met de nervus vagus stimulatie. **Wellnessapparaat, geen medisch.** Vagal Boost is niet bedoeld voor het diagnosticeren, behandelen, genezen of voorkomen van enige ziekte. Alleen voor volwassenen vanaf 18 jaar.

Norsk NO

Ikke bruk Vagal Boost hvis du har en pacemaker eller implantert elektrisk enhet, er gravid, har en diagnostisert hjerterytmeforstyrrelse eller opplever vedvarende hudirritasjon på stimuleringsstedet. Ikke bruk Vagal Boost mens du kjører eller betjener maskiner, er i nærheten av oksygen eller brennbare væsker, dusjer, bader eller svømmer. Stopp og kontakt lege hvis du føler deg svak eller uvel under eller etter en økt, eller hvis du tar medisiner og er usikker på om de samvirker med vagusnervestimulering. **Velværeenhet, ikke medisinsk.** Vagal Boost er ikke ment for å diagnostisere, behandle, kurere eller forebygge noen sykdom. Kun for voksne fra 18 år.

Polski PL

Nie używaj Vagal Boost jeśli masz rozrusznik serca lub wszczepione urządzenie elektryczne, jesteś w ciąży, masz zdiagnozowane zaburzenia rytmu serca lub utrzymujące się podrażnienie skóry w miejscu stymulacji. Nie używaj Vagal Boost podczas prowadzenia pojazdu lub obsługi maszyn, w pobliżu tlenu lub łatwopalnych cieczy, brania prysznica, kąpeli lub pływania. Przerwij i skonsultuj się z lekarzem, jeśli czujesz się słabo lub źle podczas lub po sesji, lub jeśli przyjmujesz leki i nie masz pewności, czy wchodzi w interakcję ze stymulacją nerwu błędnego. **Urządzenie wellness, nie medyczne.** Vagal Boost nie jest przeznaczony do diagnozowania, leczenia, wyleczenia ani zapobiegania jakiegokolwiek chorobie. Tylko dla dorosłych od 18 lat.

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Português PT

Não utilize o Vagal Boost se tem um pace-maker ou dispositivo elétrico implantado, está grávida, tem uma perturbação do ritmo cardíaco diagnosticada ou apresenta irritação cutânea persistente no local da estimulação. Não utilize o Vagal Boost enquanto conduz ou opera maquinaria, está perto de oxigénio ou líquidos inflamáveis, toma banho, duche ou nada. Pare e consulte o seu médico se se sentir fraco ou indisposto durante ou após uma sessão, ou se estiver a tomar medicação e não tiver a certeza se interage com a estimulação do nervo vago. **Dispositivo de bem-estar, não médico.** O Vagal Boost não se destina a diagnosticar, tratar, curar ou prevenir qualquer doença. Apenas para adultos com mais de 18 anos.

Română RO

Nu utilizați Vagal Boost dacă aveți un stimulator cardiac sau un dispozitiv electric implantat, sunteți însărcinată, aveți o tulburare diagnosticată a ritmului cardiac sau prezentați iritație cutanată persistentă la locul stimulării. Nu utilizați Vagal Boost în timp ce conduceți sau utilizați mașini, vă aflați aproape de oxigen sau lichide inflamabile, faceți duș, baie sau înotați. Opriti-vă și consultați medicul dacă vă simțiți slăbit sau nu vă simțiți bine în timpul sau după o sesiune, sau dacă luați medicamente și nu sunteți sigur dacă interacționează cu stimularea nervului vag. **Dispozitiv de wellness, nu medical.** Vagal Boost nu este destinat diagnosticării, tratării, vindecării sau prevenirii vreunei boli. Doar pentru adulții cu vârsta de peste 18 ani.

Slovenčina SK

Nepoužívajte Vagal Boost ak máte kardiostimulátor alebo implantované elektrické zariadenie, ste tehotná, máte diagnostikovanú poruchu srdcového rytmu alebo trvalé podráždenie kože v mieste stimulácie. Nepoužívajte Vagal Boost pri šoférovaní alebo obsluhu strojov, v blízkosti kyslíka alebo horľavých kvapalín, v sprche, kúpeli alebo pri plávaní. Prestaňte a navštívte lekára, ak sa počas alebo po sedení cítite slabšie alebo nevoľno, alebo ak užívate lieky a nie ste si istí, či interagujú so stimuláciou blúdivého nervu. **Wellness zariadenie, nie zdravotnícke.** Vagal Boost nie je určený na diagnostiku, liečbu, vyliečenie alebo prevenciu žiadnej choroby. Iba pre dospelých od 18 rokov.

Slovenščina SI

Ne uporabljajte Vagal Boost če imate srčni spodbujevalnik ali vsajeno električno napravo, ste noseči, imate diagnosticirano motnjo srčnega ritma ali vztrajno draženje kože na mestu stimulacije. Ne uporabljajte Vagal Boost med vožnjo ali upravljanjem strojev, v bližini kisika ali vnetljivih tekočin, prhanjem, kopanjem ali plavanjem. Prenehajte in se posvetujte z zdravnikom, če se med ali po seansi počutite šibko ali slabše, ali če jemljete zdravila in niste prepričani, ali medsebojno delujejo s stimulacijo vagusnega živca. **Wellness naprava, ne medicinska.** Vagal Boost ni namenjen diagnosticiranju, zdravljenju, ozdravitvi ali preprečevanju kakršne koli bolezni. Samo za odrasle od 18. leta naprej.

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Svenska SE

Använd inte Vagal Boost om du har en pacemaker eller implanterad elektrisk enhet, är gravid, har en diagnostiserad hjärtrytmstörning eller upplever ihållande hudirritation på stimuleringsstället. Använd inte Vagal Boost medan du kör eller använder maskiner, är nära syre eller brandfarliga vätskor, duschar, badar eller simmar. Avbryt och kontakta läkare om du känner dig svag eller illamående under eller efter en session, eller om du tar medicin och är osäker på om den interagerar med vagusnervstimulering. **Wellness-enhet, inte medicinsk.** Vagal Boost är inte avsedd att diagnostisera, behandla, bota eller förebygga någon sjukdom. Endast för vuxna från 18 år.

English UK · IE · MT

Do not use Vagal Boost if you have a pacemaker or implanted electrical device, are pregnant, have a diagnosed heart rhythm problem, or experience persistent skin irritation at the stimulation site. Do not use Vagal Boost while driving or operating machinery, near oxygen or flammable liquids, showering, bathing, or swimming. Stop and see your doctor if you feel faint or unwell during or after a session, or you're taking medication and unsure whether it interacts with vagus nerve stimulation. **A wellness device, not a medical one.** Vagal Boost is not intended to diagnose, treat, cure, or prevent any disease. For adults 18+ only.

Plug in. Clip on. Hold M. Press +.

Those last two matter.

Hold M for two seconds to switch on. Press + to start.

Tonight: Mode C, level 1, fifteen minutes.

Then most days for six weeks. That's the whole plan.

Better starts here.

Fifteen minutes a day, powered by the phone already in your pocket. The simplest way to look after your vagus nerve — and the friendliest price in tVNS.



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