



— INSTRUCTIONS

Wireless tVNS

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You have the small one.

Eighteen grams. No screen, no buttons, no wires. Everything it does, it does quietly.

Your vagus nerve runs from your brainstem to your gut. It carries the signal that tells your body it is safe, and can stop bracing. When that signal is strong you sleep better, digest better, and recover from stress faster.

A branch of that nerve surfaces in your ear. It is the only place the vagus nerve can be reached from outside the body without surgery. A gentle current, delivered through a clip on your tragus, reaches it.

That is the whole idea. This book covers the rest: charging it, pairing it, wearing it, and what to expect once you do.

This is not a drug and not a surgery. It is a daily practice. The effects accumulate. Judge it at week six, not on day one.

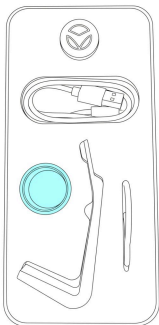
No screen. No buttons.



Everything is controlled from your phone. There is no power switch — Oh! is awake whenever it has charge. Two lights are the only thing it tells you directly; battery, progress and intensity are all in the app.

LIGHT	MEANING
● Green, steady	Session running
● Green, fast blink	Still checking contact — reseal the clip
● Blue, slow blink	Connected to your phone, idle
○ White, steady	Charging
● Red, steady	Recovering a flat battery
● Red, fast blink	Updating firmware — leave it be
○ Off	Resting: not connected, not charging

What you just unpacked.



Oh!

The stimulator. 18 g, rechargeable, no buttons.

Charging stand

Holds Oh! while it charges. Cable runs in its channel.

Magnetic cable

USB-C. Seats into the top of the stand.

Ear hook

Silicone. Optional — see page 8.

Comfort Care

Conductive paste. Softens the sensation.

Cleaning cloth

For the electrodes after each session.

Tin

Keeps it all together between sessions.

Assemble this first.

The cable threads into the stand and stays there. Once only.



1 Seat the head

Push the magnetic head into the socket at the top of the stand.

2 Press the cable home

Hold the head in place and work the cable into the channel, down to the base.

3 Connect

Plug the USB-C end into any powered outlet, then rest Oh! on the head.

CHARGING

Sixty minutes of charge, sixty minutes of stimulation.

The app is the interface.

Oh! has no controls of its own. Without a phone it is an object. Pair it before your first session.

1

Install

Scan the code below, or search *Vagal Tones*. Free on both stores.

2

Find the device

With Oh! charged, open the Device page and let the app search. Once only.

3

Start

Clip Oh! to your ear, then press play. Intensity, length and mode are all set here.



vag.al/app">

vag.al/app

Scan to install. The page sends you to the right store for your phone.

Out of Bluetooth range the session pauses, and resumes when you come back.

Paste, clip, hook.



WHERE IT GOES

The tragus — the small flap of cartilage in front of your ear canal. Clip it so both electrodes touch skin.

COMFORT CARE PASTE

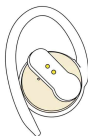
A smidge on both electrodes. It lowers the resistance between metal and skin, softening the sensation. Optional, but most prefer it.

THE EAR HOOK

Steadies Oh! if you are moving about, or if your ears are small. Sit the device inside the hook — rotating it within the hook changes the effective size.



WIDER FIT



NARROWER FIT

Five steps. Then wait.

1 Charge it

Sixty minutes on the stand from empty. The light tells you when it is done.

2 Paste both electrodes

A smidge of Comfort Care on each. Wipe your tragus with water first.

3 Clip it on

Onto the tragus, electrodes in contact. Add the ear hook if it needs steadying.

4 Start the session

Press play in the app. With *Auto* switched on, Oh! senses that it is seated and starts by itself.

5 Bring it up slowly

Raise until you notice it, then come back one step.

AIM FOR

Just below uncomfortable — not the highest you can stand. Higher is not better, and there is no prize for enduring it.

What normal feels like.

A TINGLE, NOT A SHOCK

A light prickling, like an itch from the inside. It usually settles within a minute as local blood flow rises and the skin adapts.

FEELING ALMOST NOTHING IS FINE

Especially with paste. Skin sensation and nerve stimulation are different things — the current is reaching the nerve whether or not you can feel it on the surface.

NOTHING DRAMATIC HAPPENS TODAY

This is not caffeine. There is no rush and no jolt. The effects are cumulative.

ADJUST OR STOP WHENEVER

Intensity is live in the app. Pause and resume as you like. If it becomes painful, stop — pain is not the goal and not a sign it is working.

WHEN IT ENDS

The current ramps down and the session closes. Unclip, wipe the electrodes, and put Oh! back on the stand.

One device. Many rhythms.

A Tone is a stimulation pattern: a frequency, a pulse width, a rhythm of on and off.

The vagus nerve does not respond to every pattern the same way. A slow, wide pulse does something different from a fast, narrow one — which is why Oh! is not fixed to a single setting.

Balance is already on your device. It runs at 30 Hz, it is the foundation Tone for daily use, and it is where everyone should start. You never have to buy anything to use Oh!

The rest of the library covers sleep, recovery, digestion, mood and sensitive skin. Each is bought once and syncs from the app.



vag.al/tones>

vag.al/tones

The current library, what each Tone is for, and the parameters behind it.

Changing Tone every day is the commonest way to get nowhere. Hold one for a fortnight, then change one thing.

EverSteady™

Your skin is a living organ. Its resistance shifts with heat, sweat and hydration.

Most stimulators push a fixed *voltage*, so when your skin changes the current changes with it: what you set in minute one is not what you get in minute twenty.

EverSteady regulates *current* instead. Fifty thousand times a second it measures the resistance, solves for the voltage it demands, and delivers the pulse you asked for.

50,000

CHECKS PER SECOND

1 μ A

RESOLUTION

10–60 V

SET AUTOMATICALLY

AUTO

Oh! can sense when it is seated correctly and start the session on its own. Switch it on in the app.

Adapt, Pulse+ and Switch: vag.al/eversteady

Fourteen days. That's the deal.

Consistency does more than duration. Fifteen minutes daily beats an hour on Sundays.

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14

PICK A TIME YOU WILL ACTUALLY REPEAT

Morning coffee, the commute, the wind-down before bed. The specific hour matters far less than it being the same one.

MISSING A DAY IS NOT A RESET

Miss one, carry on. The fourteen days are a marker, not a test you can fail.

Almost always: contact.

Nearly every complaint traces back to the electrodes not meeting the skin properly.

SHARP OR STINGING

Too much current through too small a contact patch. Turn it down, add paste, and reseal the clip so both electrodes sit flat.

NOTHING AT ALL, AT ANY INTENSITY

Check the clip is on the tragus, not the lobe or rim. A fast-blinking green light means Oh! is still looking for good contact: reseal it and add paste.

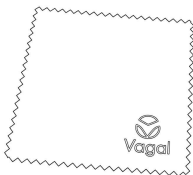
IT CUTS OUT

Your phone has probably drifted out of Bluetooth range, or the battery has run down. Both resume where they left off.

REDNESS AFTERWARDS

Common and usually brief. If it persists between sessions, lower the intensity, use more paste, and give it a day. If it still persists, stop.

Small rituals. Long life.



WIPE THE ELECTRODES AFTER EVERY SESSION

Use the cloth. Paste left to dry on the contacts is the biggest cause of weak stimulation later. Cleaned each time, the electrodes last years.

DO NOT RINSE IT

Oh! is IPX4 — it shrugs off sweat and splashes, so workouts and rain are fine. It is not waterproof. Never submerge it, and never wear it in the shower or a pool.

KEEP IT ON THE STAND

Charge is the resting state. Between sessions, park it on the stand or in the tin.

THE BATTERY AGES

Like every lithium cell it holds less over the years. It does not fail suddenly; sessions just get shorter.

Please read this page.

DO NOT USE OH! IF YOU

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

DO NOT USE OH! 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.

ADULTS ONLY

For use by adults aged 18 and over.

A WELLNESS DEVICE, NOT A MEDICAL ONE

Vagal Oh! is not intended to diagnose, treat, cure, or prevent any disease.

The details.



Skin impedance drifts with temperature, moisture and movement. Oh! measures it 50,000 times a second and corrects every pulse, so the current reaching the nerve is the one you set.

STIMULATION

Frequency	0.1 Hz to 100 Hz (± 0.1 Hz)
Amplitude	0.1 mA to 4.0 mA (± 0.1 mA)
Max voltage	60 V
Pulse width	10 μ s to 5 ms (± 1 μ s)
Waveform	Biphasic square wave
Control	Current-controlled (EverSteady)
Impedance	Real time, 1–100 k Ω

DEVICE

Size, weight	23.5 × 23.5 × 19.6 mm, 18 g
Battery	86 mAh lithium polymer, 60 minutes
Charging	Magnetic stand, USB-C. 60 minutes.
Connectivity	Bluetooth Low Energy
Water	IPX4, splash resistant
Logging	8-hour session logs
Standards	IEC 60601-1, ISO 13485. CE, FCC.

Who made this thing.

We started in 2019 as Vagus.net, making electrodes for university research. We became Vagal.com in 2026. Tens of thousands of devices to more than forty countries, every one built, tested and supported by the same small team in London.

tVNS is not magic. It is a daily practice that quietly rebuilds a healthy nervous system. We do not promise cures. We build good tools, we say what the science actually shows, and we trust you to use them well.

GETTING HELP

help@vagal.com, or vagal.com/help for the contact form. A small team, considered answers, usually within two working days.

ONLINE

vagal.com/manual/oh for these steps with photographs. vagal.com/app for the app, protocols and firmware. vagal.com/faqs for questions we get often.

LEGAL

The fine print.



TYPE BF



CE

FCC

PART 15

Type BF: body-floating protection against electric shock (IEC 60601-1). CE compliant. FCC Part 15 certified.

LIMITED WARRANTY

Vagal Ltd warrants this Product against defects in materials and workmanship under normal use for twenty-four (24) 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, service by unauthorised agents, or loss or damage to the battery. 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. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. 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. For adults 18+ only.

SAFETY INFORMATION · SICHERHEIT · SÉCURITÉ · SICUREZZA

Български BG

Не използвайте Vagal Oh! ако имате пеймейкър или имплантирано електрическо устройство, сте бременна, имате диагностициран сърдечен ритъмен проблем или имате постоянно дразнене на кожата на мястото на стимулация. Не използвайте Vagal Oh! 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 Oh! не е предназначен за диагностициране, лечение, излекуване или предотвратяване на заболявания. Само за възрастни над 18 години.

Čeština CZ

Nepoužívejte Vagal Oh! pokud máte kardiostimulátor nebo implantované elektrické zařízení, jste těhotná, máte diagnostikovanou poruchu srdečního rytmu nebo trvalé podráždění kůže v místě stimulace. Nepoužívejte Vagal Oh! 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 Oh! není určen k diagnostice, léčbě, vyléčení nebo prevenci jakékoli nemoci. Pouze pro dospělé od 18 let.

Dansk DK

Brug ikke Vagal Oh! hvis du har en pacemaker eller implanteret elektrisk enhed, er gravid, har en diagnosticeret hjerterytmeforstyrrelse eller oplever vedvarende hudirritation på stimulationsstedet. Brug ikke Vagal Oh! 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 Oh! er ikke beregnet til at diagnosticere, behandle, helbrede eller forebygge nogen sygdom. Kun til voksne fra 18 år.

Deutsch DE · AT · CH · LI

Vagal Oh! 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 Oh! 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 Oh! 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 Oh! 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 Oh! 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 Oh! δεν προορίζεται για διάγνωση, θεραπεία, ίαση ή πρόληψη οποιασδήποτε ασθένειας. Μόνο για ενήλικες άνω των 18 ετών.

Español ES

No utilice Vagal Oh! 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 Oh! 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 Oh! no está destinado a diagnosticar, tratar, curar o prevenir ninguna enfermedad. Solo para adultos mayores de 18 años.

Eesti EE

Ärge kasutage Vagal Oh! seadet, kui teil on südamestimulaator või implanteeritud elektriline seade, te olete rase, teil on diagnoositud südamerütmihäire või kestev nahaärritus stimulatsioonikohas. Ärge kasutage Vagal Oh! 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 Oh! pole mõeldud haiguste diagnoosimiseks, raviks, ravimiseks ega ennetamiseks. Ainult 18-aastastele ja vanematele.

Suomi FI

Älä käytä Vagal Oh! -laitetta, jos sinulla on sydämentahdistin tai implantoitu sähkölaite, olet raskaana, sinulla on diagnosoitu sydämen rytmihäiriö tai jatkuvaa ihoärsytystä stimulaatiokohdassa. Älä käytä Vagal Oh! -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. **Hyvinvointilaite, ei lääketieteellinen.** Vagal Oh! -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 Oh! 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 Oh! 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 Oh! 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 Oh! 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 Oh! 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 Oh! ceaptha chun aon ghalar a dhiagnóisiú, a chóireáil, a leigheas ná a chosc. Do dhaoine fásta 18 bliana d'aois agus os a chionn amháin.

Hrvatski HR

Ne koristite Vagal Oh! ako imate elektrostimulator srca ili implantirani električni uređaj, ste trudni, imate dijagnosticiran poremećaj srčanog ritma ili trajnu iritaciju kože na mjestu stimulacije. Ne koristite Vagal Oh! dok vozite ili upravljate strojevima, ste blizu kisika ili zapaljivih tkućina, 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 Oh! nije namijenjen dijagnosticiranju, liječenju, izlječenju ili prevenciji bilo koje bolesti. Samo za odrasle starije od 18 godina.

Magyar HU

Ne használja a Vagal Oh! készüléket, ha szívritmus-szabályozója vagy beültetett elektromos eszköze van, terhes, diagnosztizált szívritmuszavara van, vagy a stimulációs ponton tartós bőrirritációt tapasztal. Ne használja a Vagal Oh! 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 gyógyszert szed, és nem biztos benne, hogy az kölcsönhatásba lép-e a bolygóideg stimulációjával. **Wellness eszköz, nem orvostechnikai.** A Vagal Oh! nem alkalmas semmilyen betegség diagnosztizálására, kezelésére, gyógyítására vagy megelőzésére. Csak 18 éven felüli felnőttek számára.

SAFETY INFORMATION · SICHERHEIT · SÉCURITÉ · SICUREZZA

Íslenska IS

Ekki nota Vagal Oh! ef þú ert með gangráð eða grædd rafmagnstæki, ert þunguð, ert með greindan hjartsláttartruflanir eða viðvarandi húðertingu á örvunarstaðnum. Ekki nota Vagal Oh! á meðan þú keyrir eða notar vélar, ert nálægt súrefni eða eldfimfum 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 vagstaugarinnar. **Velliðunartæki, ekki læknisfræðilegt.** Vagal Oh! er ekki ætlað til að greina, meðhöndla, lækna eða koma í veg fyrir neinn sjúkdóm. Eingöngu fyrir fullorðna 18 ára og eldri.

Italiano IT · CH

Non utilizzare Vagal Oh! 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 Oh! 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 Oh! non è destinato a diagnosticare, trattare, curare o prevenire alcuna malattia. Solo per adulti dai 18 anni in su.

Lietuvių LT

Nenaudokite Vagal Oh! jei turite širdies stimuliatorių ar implantuotą elektrinį prietaisą, esate nėščia, jums diagnozuotas širdies ritmo sutrikimas arba nuolatinis odos sudirginimas stimuliacijos vietoje. Nenaudokite Vagal Oh! kai vairuojate ar valdote mašiną, 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 Oh! nėra skirtas diagnozuoti, gydyti, išgydyti ar užkirsti kelią jokiai ligai. Tik suaugusiems nuo 18 metų.

Latviešu LV

Nelietojiet Vagal Oh! ja jums ir elektrokardiostimulators vai implantēta elektriska ierīce, esat grūtniece, jums ir diagnosticēts sirds ritma traucējums vai pastāvīgs ādas kairinājums stimulācijas vietā. Nelietojiet Vagal Oh! 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 klejotājnerva stimulāciju. **Labsajūtas ierīce, nevis medicīniska.** Vagal Oh! nav paredzēts nevienas slimības diagnosticēšanai, ārstēšanai, izārstēšanai vai novēršanai. Tikai pieaugušajiem no 18 gadu vecuma.

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Malti MT

Tużax Vagal Oh! jekk ghandek pacemaker jew apparat elettriku implantat, inti tqila, ghandek problema diagnostikata bir-ritmu tal-qalb, jew tesperjenza irritazzjoni persistenti tal-ġilda fis-sit tal-istimulazzjoni. Tużax Vagal Oh! 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 dghajef 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 Oh! mhuwiex mahsub biex jiddijanostika, jittratta, ifejjaq jew jipprevjeni xi marda. Għall-adulti minn 18-il sena 'l fuq biss.

Nederlands NL · BE

Gebruik Vagal Oh! 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 Oh! 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 nervus vagus stimulatie. **Wellnessapparaat, geen medisch.** Vagal Oh! is niet bedoeld voor het diagnosticeren, behandelen, genezen of voorkomen van enige ziekte. Alleen voor volwassenen vanaf 18 jaar.

Norsk NO

Ikke bruk Vagal Oh! hvis du har en pacemaker eller implantert elektrisk enhet, er gravid, har en diagnostisert hjerterytmeforstyrrelse eller opplever vedvarende hudirritasjon på stimuleringsstedet. Ikke bruk Vagal Oh! 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 Oh! er ikke ment for å diagnostisere, behandle, kurere eller forebygge noen sykdom. Kun for voksne fra 18 år.

Polski PL

Nie używaj Vagal Oh! 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 Oh! podczas prowadzenia pojazdu lub obsługi maszyn, w pobliżu tlenu lub łatwopalnych cieczy, brania prysznica, kąpieli 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 Oh! nie jest przeznaczony do diagnozowania, leczenia, wyleczenia ani zapobiegania jakiegokolwiek choroby. Tylko dla dorosłych od 18 lat.

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Português PT

Não utilize o Vagal Oh! se tem um pacemaker 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 Oh! 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 Oh! não se destina a diagnosticar, tratar, curar ou prevenir qualquer doença. Apenas para adultos com mais de 18 anos.

Română RO

Nu utilizați Vagal Oh! 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 Oh! 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 Oh! nu este destinat diagnosticării, tratării, vindecării sau prevenirii vreunei boli. Doar pentru adulții cu vârsta de peste 18 ani.

Slovenčina SK

Nepoužívajte Vagal Oh! ak máte kardiostimulátor alebo implantované elektrické zariadenie, ste tehotná, máte diagnostikovanú poruchu srdcového rytmu alebo trvalé podráždenie kože v mieste stimulácie. Nepoužívajte Vagal Oh! 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 slabو alebo nevoľno, alebo ak užívate lieky a nie ste si istí, či interagujú so stimuláciou blúdívého nervu. **Wellness zariadenie, nie zdravotnícke.** Vagal Oh! nie je určený na diagnostiku, liečbu, vyliečenie alebo prevenciu žiadnej choroby. Iba pre dospelých od 18 rokov.

Slovenščina SI

Ne uporabljajte Vagal Oh! 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 Oh! med vožnjo ali upravljanjem strojov, 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 slabو, ali če jemljete zdravila in niste prepričani, ali medsebojno delujejo s stimulacijo vagusnega živca. **Wellness naprava, ne medicinska.** Vagal Oh! 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 Oh! om du har en pacemaker eller implanterad elektrisk enhet, är gravid, har en diagnostiserad hjärtrytmstörning eller upplever ihållande hudirritation på stimuleringsstället. Använd inte Vagal Oh! 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 Oh! 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 Oh! 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 Oh! 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 Oh! is not intended to diagnose, treat, cure, or prevent any disease. For adults 18+ only.



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