



Spectra Watch

- with UV/Blue Accessories -

For the improvement of general well-being



User Guide

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■ Introduction

Dear customer,

We are pleased that you have decided to purchase our Spectra Watch and would like to thank you for the confidence that you have placed in our company.

On the following pages please find the relevant product information.

The Spectra Watch was manufactured to the highest quality standards and meets the latest technological requirements.

Please read these instructions carefully, keep them for future reference and make them available to other users if necessary .

Best regards,

Your weber medical team



weber medical GmbH

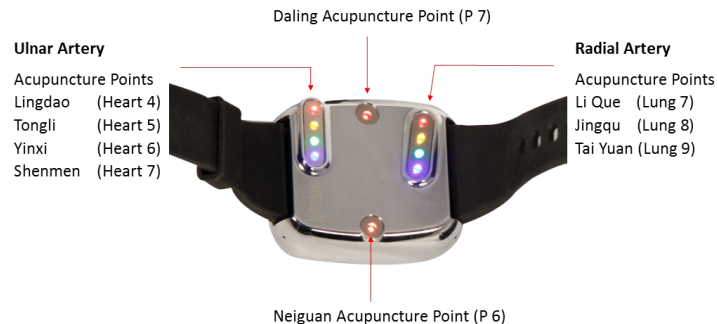
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ATTENTION: The device is a wellness product for the improvement of general well-being according to the Equipment and Products Safety Act. It is not a medical device within the meaning of the Medical Devices Directive and it is not licensed for therapeutic use.

■ Product Overview



■ Accessories



USB Charger



Y-Cable

For simultaneous application of both applicators



Nasal Applicator


Diodes: 1x UV (370 nm) and 1x blue (447 nm)



Mouth/Throat Applicator

Diodes: 14x UV (370 nm) and 14x blue (447 nm)

■ Irradiation of Wrist Arteries

1. Press and hold the **ON/OFF button** to switch on the device.
2. Press the **Power button** to adjust the intensity of irradiation. You can select from four levels (2-5 mW). 
3. Press the **Time button** repeatedly in order to determine the duration of the irradiation. Time can be set to 10, 20, 30, 40, 50 or 60 minutes.
4. Pressing the **Mode button** repeatedly enables you to select the color of the diodes. There are several options:
 1. Red + Blue
 2. Red + Green
 3. Red + Yellow
 4. Yellow + Blue
 5. All (colors at the same time)



The sun symbol indicates the selected mode.

5. Press the **ON/OFF button** again briefly to start the treatment. The letter A on the display indicates that the diodes of the watch are active.
6. In order to select another mode or to change the intensity during irradiation, please pause the irradiation first by pressing the **ON/OFF button** briefly. Then, press the **Mode** or **Power button** to make your selection. Press **ON/OFF** to continue the irradiation.
7. Press the **ON/OFF button** once the irradiation has been completed. The device will automatically switch to off mode as soon as the time has elapsed.
8. After use, please clean the device with a dry or damp cloth. Avoid cleaning chemicals. Store in a safe place.

■ Directions for Use

- Please remove the transparent protection foil from the display and the diodes before using the device.



- Please wear the device on your **left wrist only**. This guarantees a proper irradiation of Radial Artery and Ulnar Artery.

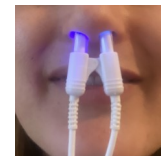


- Due to the superficial nature of these vessels the light can easily enter the bloodstream through the skin, thus ensuring its efficacy.
- In general, we suggest an **irradiation duration of 30 minutes at the highest power level two times per day**. You can gradually adapt power and time depending on your condition.
- Longer treatment periods or more sessions do not necessarily enhance the effects. Therefore, we recommend to use the device according to our suggestions.
- Regularly check the irradiated part of the body and the reaction of the skin. Immediately terminate the irradiation at signs of hypersensitivity or allergic reaction and consult a doctor.

■ Irradiation of Nasal Mucous Membrane

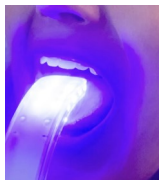
The nasal mucous membrane is rich in capillaries and thus very responsive to light.

- In case of rhinitis, please clean your nose before using the applicator.
- Connect the nasal applicator to the corresponding jack of the device. For simultaneous treatment with both applicators use the Y-cable provided.
- Stick the applicator into your nose.
- Switch on the device according to the instructions on page 5. Additionally to the letter A, the letter B appears on the display, indicating that the nose applicator has been plugged in.
- By pressing the **Mode button**, you can make the following selection:
 - Press 1x to activate the diodes of the watch only (A)
 - Press 2x to activate the diodes of the applicator only (B)
 - Press 3x to activate both, the diodes of the watch and the applicator (A, B)
- During irradiation you can change the mode of the watch (see page 5, point 5). However, the irradiation color of the nasal applicator always remains the same (UV and blue).



■ Irradiation of Mouth/Throat

1. Connect the mouth/throat applicator to the corresponding jack of the device. For simultaneous treatment with both applicators use the Y-cable provided.
2. Insert the applicator into your mouth.
3. Turn the device on according to the instructions on page 5. Additionally to the letter A, the letter B appears on the display, indicating that the mouth/throat applicator has been plugged in.
4. By pressing the **Mode button**, you can make the following selection:
 - Press 1x to activate the diodes of the watch only (A)
 - Press 2x to activate the diodes of the applicator only (B)
 - Press 3x to activate both, the diodes of the watch and the applicator (A, B)
5. During irradiation you can change the mode of the watch (see page 5, point 5). However, the irradiation color of the applicator always remains the same (UV/blue).



■ Important Information

How to charge the device

The lithium battery inside the device needs to be charged when the power symbol on the display shows only one bar. Please use the provided charger only.

1. Plug the USB cable into the charger jack of your Spectra Watch.
2. Insert the plug into a standard AC power outlet.

The battery takes several hours to fully recharge.

Please note that the Spectra Watch may only be supplied with SELV (Safety Extra Low Voltage) according to the labeling on the device.

In order to ensure a long product life, please charge the battery every 2 or 3 months even if you are not intending to use the device.



Warning: Please do not look directly into the light during the irradiation and avoid that the light hits the eye of other persons, since this might cause serious eye damages.

Side effects

Usually you won't feel any side effects. As an initial effect of light stimulation you might feel more energetic provoked by the stimulation of the sympathetic autonomous system, but just hours after this stimulation you will experience improved and more relaxed sleep due to the simultaneous activation of the parasympathetic autonomous system.

■ Technical Specifications

ITEM	DESCRIPTION
Light Medium	GaAlAs Semiconductor
Wavelength Red	650 nm
Wavelength Blue	450 nm
Wavelength Yellow	589 nm
Wavelength Green	532 nm
Wavelength UV-A (Applicators)	370 nm
N° Diodes (Watch)	22
Output Power	2-5mW
Voltage	3.6V
Input Voltage	110-220V /USB for any voltage
Timing Range	10-60 min (adjustable)
Environment Temperature	-20°C – 40°C
Relative Humidity	≤85%
Atmospheric Pressure	86kPa – 106kPa
Power Source	Lithium battery 1,600mAh
Weight	0.85 kg

■ Warranty and Service

The warranty on materials and manufacturing defects is one year and begins from the date of purchase. Please keep your receipt as proof of purchase. Defective parts may be returned to the service address below during the warranty period. Please affix sufficient postage.

We will send you a new or repaired device free of charge. After repair or replacement, no new warranty period starts.

The guarantee does not apply in the case of damage caused by improper use, wearing parts and for defects which were already known by the customer when the product was bought.

Even after the warranty period, it is possible to send the defective device for repair to the service address below. Please do not forget to affix sufficient postage. Repairs that are needed after the warranty period are subject to charges.

Please do not hesitate to contact us should you have any questions regarding the use of the Spectra Watch!



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