

LOURDES HYDROFIX

PREMIUM EDITION

H2 WATER & INHALATION MACHINE

Thank you for purchasing the Lourdes Hydrofix.

Please read the instructions carefully to ensure correct usage.

-
- Before installing this product, be sure to read the "SAFETY PRECAUTIONS 1 & 2" to ensure the safe use of the product.
 - Keep this User's Manual close at hand along with the warranty card for future reference.
-

INDEX

03	ITEM CHECKLIST & NOTICE
04–06	SAFETY PRECAUTIONS
07–08	TERMS OF USE
09–10	PARTS DESCRIPTION 1 & 2
11–14	HOW TO MAKE HYDROGEN WATER (PREPARATION)
14–15	HOW TO MAKE HYDROGEN WATER (OPERATION)
14–17	HOW TO MAKE HYDROGEN WATER (OPERATION MODE)
18	HYDROGEN CONCENTRATION INDICATOR
19–20	HYDROGEN GAS INHALATION OPTION
21–22	CLEANING INSTRUCTIONS / PITCHER & CITRIC ACID CLEANING
23	CLEANING INSTRUCTIONS / MACHINE
24	TRANSPORTATION & SHIPPING INSTRUCTIONS
25	CARTRIDGE REPLACEMENT INSTRUCTIONS
26–29	TROUBLESHOOTING
30	AFTERCARE & SERVICE
31	PRODUCT SPECS
32–34	MEMO

ITEM CHECKLIST

Before starting, check that all the following items have been included in the box.

- **LOURDES HYDROFIX PREMIUM EDITION** (Main Body, Pitcher, Lid, H2 Keeper, Measuring Cup & Cartridge)
- **UNIVERSAL AC/DC POWER ADAPTER**
- **INHALATION PITCHER LID**
- **PREMIUM H2 CANNULA**
- **CERTIFICATE OF AUTHENTICITY & DISSOLVED HYDROGEN CONCENTRATION MEASUREMENT**
- **WARRANTY CARD**
- **USER'S MANUAL**

NOTICE

- The products have undergone strict quality control and inspection procedures. In the unlikely event that a defect or other problem is discovered, please contact the retailer immediately.
- In rare occasions, you may find some small yellowish granules on the cartridge. Those are contents from the cartridge and extruded during shipping, and they do not affect its use. Please wipe to clean. If the cartridge is broken into pieces, please contact the retailer.
- You may find fine scratches on the plastic parts that are characteristic of the plastic materials. They do not affect its use.
- The serial numbers are marked on the product box, the warranty card and the certificate, and cannot be reprinted or reproduced. For warranty service purposes, keep the original warranty card and the product box along with your sales receipt.
- Considerable care has been taken in preparing this User's Manual. If you have any comments or concerns about the manual, please contact your retailer.
- The information in this manual is subject to change without notice. The manufacturer and the retailer assume no responsibility for any errors that may appear in this manual.
- The reproduction or transmission of this document or contents is not permitted.

SAFETY PRECAUTIONS

Before installing this product, be sure to read the Safety Precautions/Warning sections to ensure the safe use of the product. Incorrect handling of this product could possibly result in personal injury or property damage. Neither the manufacturer nor the retailer assumes responsibility for any damage or injury caused by mishandling this product or usage beyond normal as defined in this User's Manual.



WARNING This symbol indicates information that, if ignored, could possibly result in personal injury or even death due to incorrect handling.



CAUTION This symbol indicates information that, if ignored, could possibly result in personal injury or property damage due to incorrect handling.



WARNING



This symbol indicates an action that is prohibited.



This symbol indicates an action that is mandatory.



If you notice a strange odor, strange noise, or other abnormality, turn the power off immediately and remove the power plug from the electrical outlet. Contact your retailer for a repair immediately. Continued use may cause fire or electrical shock.



Be sure to connect the power cord only to an electrical outlet that meets the specified voltage and current requirements (AC100–240V 50/60 Hz). Incorrect power supply could result in fire or electrical shock.



Never disassemble, repair and/or modify the machine. Doing so may result in fire or electrical shock.



Do not damage, modify, forcefully bend, twist, pull and/or heat the power cable. Doing so will damage the power cable and may cause a short circuit, fire or electrical shock.

SAFETY PRECAUTIONS (continued)



Do not use a damaged power cable, power plug or loosened electrical outlet. Doing so may cause fire or electrical shock.



Do not insert and/or remove the power plug with wet hands. Doing so may cause an electrical shock and personal injury.



The power plug should be free of dust. Clean the power plug with a dry cloth before use to prevent risk of fire and electrical shock. Power plug should be plugged in all the way to prevent fire and electrical shock. Keep any metal object away from the power plug and the electric outlet.



Use only the enclosed AC power adapter. Do not use an electric voltage converter/transformer. Using a voltage converter/transformer may result in damage to the machine, fire and electrical shock.



Do not touch the electrode pins while the machine is turned on. Doing so may result in electrical shock and personal injury.



Do not place the machine on a wet surface or near water. It could result in damage to the machine, electrical shock, short circuit, personal injury and property damage.



Do not place the machine near an open flame and avoid areas with direct sunlight and high heat. It could cause damage to the machine or fire.



Use special caution in households where children and pets are present. Keep the machine, the power plug, and the cable out of reach of children and pets. Unsupervised use could result in damage to the machine, fire, electrical shock, personal injury and property damage.



Keep any metal object away from the electrode pins. Doing so may result in a short circuit, electrical shock, personal injury, and damage to the machine.

SAFETY PRECAUTIONS (continued)

Before installing this product, be sure to read Safety Precautions/Caution sections to ensure safe use of the product. Incorrect handling of this product could possibly result in personal injury or property damage. Neither the manufacturer nor the retailer assumes responsibility for any damage or injury caused by the mishandling of this product beyond normal usage defined in this User's Manual.



CAUTION



This symbol indicates an action that is prohibited.



This symbol indicates an action that is mandatory.



Remove the power plug from the electrical outlet when the machine is not in use and during a thunderstorm to prevent possible fire and electrical shock.



Remove the power plug from both the electrical outlet and the machine during cleaning to avoid possible electrical shock.



Do not place the machine on an unstable or incline surface. It could result in an accident, personal injury and property damage.



Do not place the machine outdoors and/or in a high humidity area. It could cause damage to the machine and electrical shock. Use the machine indoors with humidity less than 80%.



Use special caution when the inhalation cannula is attached to the machine. Do not pull on the tubing while it is connected to the machine. Doing so may damage the accessory and may accidentally tip the machine resulting in breakage, personal injury and/or property damage.



Use only potable water. Do not use water unsuitable for consumption, such as dirty or contaminated water with this product. Doing so may cause serious health consequences and may result in damage to the machine.

TERMS OF USE

Before installing this product, be sure to read the Terms of Use section to ensure correct use of the product. Incorrect handling of this product could result in damage to the product. Neither the manufacturer nor the retailer assumes responsibility for any damage caused by mishandling this product or usage beyond normal as defined in this User's Manual.

- If you are using the machine for the first time or if the water has been drained from the machine and it has not been used for five days or more, prepare the membrane properly prior to generating hydrogen. (Reference pp. 11–15)
- Do not use anything other than water in this product (except for citric acid to clean the pitcher). Doing so will damage the machine.
- Do not use salt water or sea water in this product. Doing so will damage the machine.
- Use water at room temperature for the cartridge/reservoir tank. Do not use water at temperatures above 41°C (105°F).
- Use water at temperature of 5°C—40°C (41°F—104°F) only in the pitcher.
- Do not wash the pitcher, H2 Keeper or lid in hot water or in the dishwasher.
- Do not wash the pitcher with detergent, chlorine, vinegar or abrasive cleaners.
- Do not use rough sponges, scrubbers or brushes to clean the pitcher or the H2 Keeper. Use a soft cloth to wipe for cleaning.
- Do not place the pitcher or the H2 Keeper on heated surfaces, near open flames, or in the microwave.
- Do not drop or hit the pitcher and the H2 Keeper on a hard surfaces.
- Do not place the pitcher or the H2 Keeper in a refrigerator and/or freezer.
- Do not touch or scratch the electrode plate or the electrode pins.
- Do not bend or use excessive force when replacing the pitcher onto the pitcher tray. It will damage the electrode pins.
- Do not attempt to dry the membrane/electrode plates by heating them.
- The machine does not shut itself off even when the pitcher is empty. Turn the machine off when the pitcher is empty or when the machine is not in use, to avoid damage to the machine.

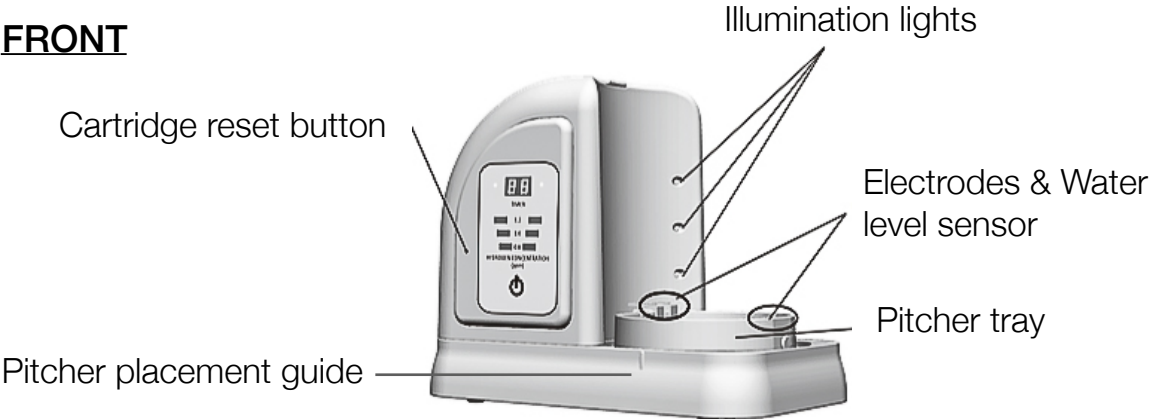
TERMS OF USE (continued)

- When there is water in the reservoir tank or in the pitcher tray, carefully move the machine or use a syringe to remove the water from the pitcher tray before moving the machine to avoid the damage.
- Always drain the water in the pitcher tray through the drainage hole. Do not tip the machine to pour the water directly out of the pitcher tray.
- Remove the pitcher from the machine when you replace the pitcher lid (especially the Inhalation Pitcher Lid) to avoid damage to the electrode pins.
- If the water used contains high amounts of calcium (such as alkaline water, Kangen water, hard water, etc.), it may require more frequent citric acid cleaning than usual.
- Only use 100% pure citric acid for pitcher cleaning to avoid damage to the electrode plate and the machine.
- Never add citric acid directly to the pitcher to avoid damage to the electrode plate and the machine.
- Never operate the machine when the citric acid is in the pitcher. Make sure to empty the citric acid water and rinse the pitcher thoroughly to avoid damage to the electrode plate and the machine.
- Never add citric acid to the cartridge/reservoir tank, or the pitcher tray. Doing so will damage the cartridge, electrode plate, electrode pins, and the machine.
- Do not use a cartridge that has been exposed to the citric acid.
- If the water used contains a large amount of silica and/or iron (such as tap water, well water, spring water, etc.), it may require more frequent maintenance than usual.
- When you add water to the reservoir tank, always add the water through the cartridge. Do not add water directly to the pitcher tray.
- Do not add an excess amount of water to the reservoir tank to avoid overflow. Doing so will damage the machine. Only add the amount of water directed by this manual.
- If the electrode pins on the pitcher tray get wet or dirty, be sure to wipe them with a damp cloth to avoid damage to the electrode pins and the pitcher.
- Do not spill any water outside the cartridge in the reservoir tank. Doing so will damage the machine.

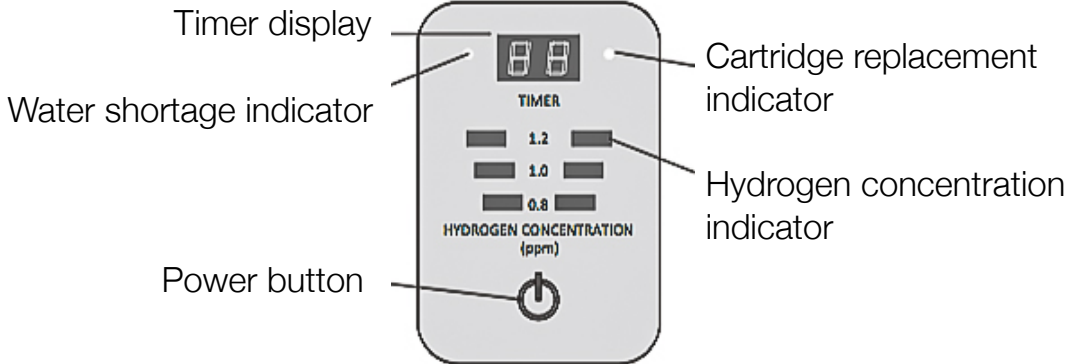
PARTS DESCRIPTION 1

MAIN BODY

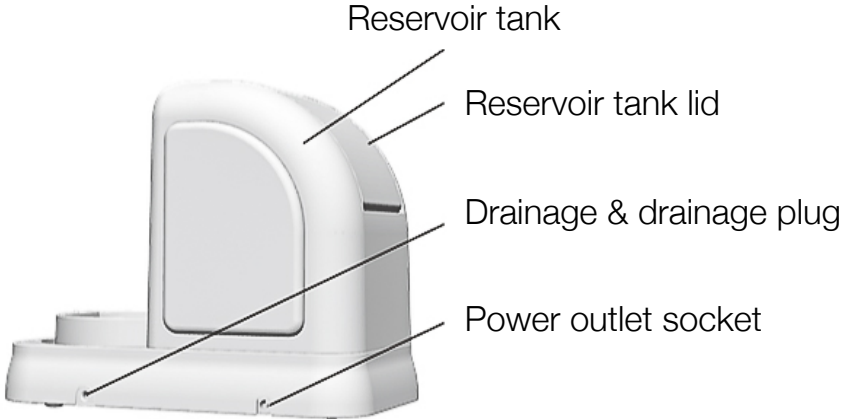
FRONT



CONTROL PANEL

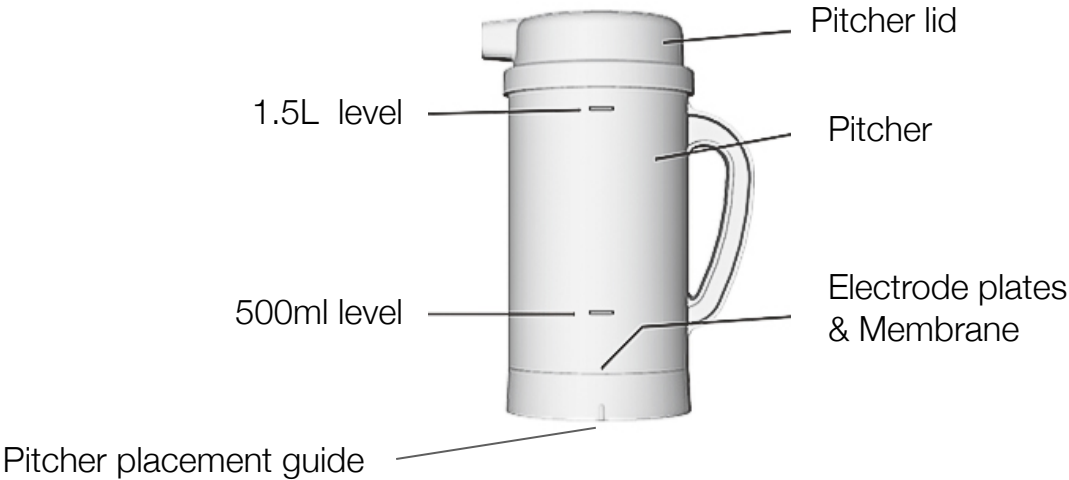


BACK

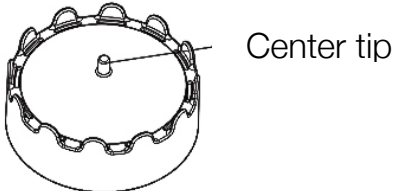


PARTS DESCRIPTION 2

PITCHER



H2 KEEPER



HOW TO MAKE HYDROGEN WATER

If you are using the machine for the first time or if the water has been drained from the machine and it has not been used for five days or more, please follow the next steps to properly prepare the electrode plates & membrane.

PREPARATION

1. DECIDE WHERE TO SET UP THE DEVICE

Before you start, decide where you would like to set up the machine. We recommend setting up the device where you can sit comfortably during inhalation therapy.

- The machine must be set up on a stable, dry surface with enough head clearance.
- Avoid areas with direct sunlight, high heat, an open flame or high humidity (80% or higher).
- Use special caution in households where children and pets are present.
- Do not move the machine when there is water in the reservoir tank, the pitcher tray, or in the pitcher.

2. SETTING UP YOUR LOURDES HYDROFIX

Make sure the drainage plug in the back of the machine is in all the way and the drainage area is securely sealed, and plug in the AC Adapter. You will hear a beep and the blue light on the power button will turn on.

- Use only the enclosed Universal AC Adapter* (*The Adapter provided with the Lourdes Hydrofix Premium Edition is specially programmed with an electric voltage regulating system to withstand the wide range of voltages for international use. To avoid the damage to the machine, do not use the wrong plug or the electric voltage converter/transformer. If necessary, use only a plug adapter to fit the power outlet type in your country).

3. WASH THE PITCHER & H2 KEEPER

Lift the pitcher straight upwards and twist open the pitcher lid. Rinse the pitcher with room temperature water and wipe the H2 Keeper with a soft cloth or sponge.

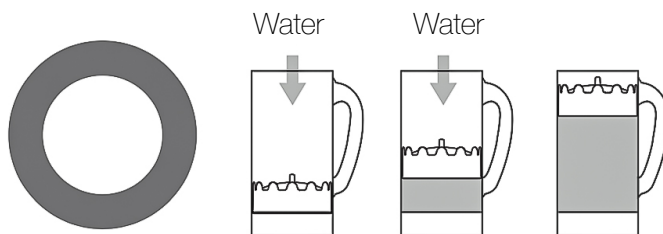
- Do not wash the pitcher or the H2 Keeper with rough materials. Do not use scrubbers or brushes. Do not touch or scratch the electrode plate.
- Do not use detergent, chlorine, vinegar or abrasive cleaners on the pitcher.
- Do not wash the pitcher, H2 Keeper or lid in hot water or the dishwasher.
- Do not wash the machine itself.

HOW TO MAKE HYDROGEN WATER (continued)

4. FILL THE PITCHER WITH DRINKING WATER

Add 500ml—1.5L of the drinking water to the pitcher and place the H2 Keeper inside the pitcher, and twist to close the pitcher securely. Set the pitcher to the side for now.

- The H2 Keeper does not need to be removed each time you refill or dispense the water as long as it floats upon the water surface.
- The H2 Keeper may get stuck inside of the pitcher, but in most cases, it will lift itself with in a few seconds of generating hydrogen. In case the H2 Keeper gets stuck, lift the H2 keeper by holding the center tip with clean hands to adjust the position.
- Remove the H2 Keeper and change the pitcher lid when you use the inhalation option. (Reference pp. 19–20)



WATER TO USE IN THE PITCHER

Tap water • Well water • Filtered water • Mineral water • Spring water • Kangen water • Alkaline water • RO (Reverse Osmosis) water • Distilled water

- Do not use any beverage besides water. Do not use water unsuitable for consumption such as dirty or contaminated water in the pitcher. Do not use salt water or sea water in the pitcher.
- Type of water used in the pitcher will not affect the hydrogen level produced. (including RO water and distilled water.)
- Use water temperature of 5°C—40°C (41°F—104°F) only in the pitcher.
- Ice cubes may be used to produce cold hydrogen water.
- If water used contains a high amount of calcium (such as alkaline water, Kangen water, hard water, etc.) it may require more frequent citric acid cleaning than usual.
- If the water used contains a large amount of silica and/or iron, such as tap water, well water, mineral water, etc., it may require more frequent maintenance than usual.

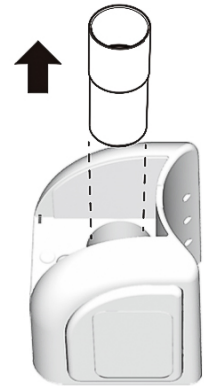
HOW TO MAKE HYDROGEN WATER (continued)

5. SET THE CARTRIDGE

Open the reservoir tank lid and lift the cartridge straight upwards, and remove the plastic wrapper.

Place the cartridge under room temperature running water and shake it lightly for a few seconds to help the cartridge settle.

Set the cartridge back in the reservoir tank by inserting it straight down.



6. ADD WATER INTO THE CARTRIDGE/RESERVOIR TANK

Carefully pour 100ml/100cc of room temperature water into the cartridge inside the reservoir tank. All of the water you add to the cartridge/reservoir tank will run through the cartridge and fill the pitcher tray in a few seconds and the orange light on the water shortage indicator light will turn off.

- Be careful not to spill any water outside the cartridge/reservoir tank and do not overfill. Wipe off the machine if any water is spilled.
- Do not add water directly to the pitcher tray.
- The water that comes down to the pitcher tray may be red/brownish when the cartridge has been dried. Those are deposits from the cartridge and are a normal occurrence, and it will turn clear after a few uses. Water in the pitcher tray is only used for the electrolysis process and does not affect the quality and hygiene of the water inside the pitcher.
- If the water does not stream down to the pitcher tray, carefully remove the cartridge and cover the top opening with your palm to create a suction to remove any clumps that may be formed inside the cartridge. Place the cartridge under running water again for a few seconds to confirm the water is draining through the cartridge. If the cartridge is still clogged, tap the side or the bottom of the cartridge and shake it to remove any clumps formed inside the cartridge.
- If the water filled the pitcher tray and the water shortage indicator light does not turn off, add a small amount of water (up to 20ml) to the cartridge/reservoir tank.

HOW TO MAKE HYDROGEN WATER (continued)

WATER TO USE IN THE RESERVOIR TANK

Tap water • Well water • Filtered water • Mineral water • Spring water •
Kangen water • Alkaline water • RO (Reverse Osmosis) water • Distilled water

- Use room temperature water (below 41°C/105°F) in the reservoir tank.
- Do not use any liquid other than water in the reservoir tank. Do not use water unsuitable for consumption such as dirty or contaminated water. Do not use salt water or sea water in the reservoir tank.
- Using RO water and distilled water in the reservoir tank will affect the hydrogen level by -0.1ppm.
- If the electrode pins on the pitcher tray get wet or dirty, be sure to wipe them with a damp cloth. Certain minerals and impurities that adhere to the electrode pins will damage the machine and the pitcher.

7. SET THE PITCHER ON THE MACHINE

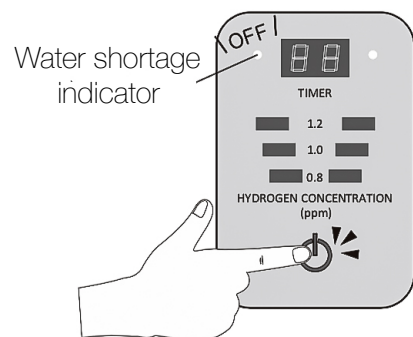
Line up the placement guides of the pitcher and the pitcher tray, and set the pitcher down vertically. Now your Lourdes Hydrofix is ready to make hydrogen water.

OPERATION

1. MAKE SURE THE WATER SHORTAGE INDICATOR LIGHT IS OFF

The machine will not operate while the water shortage indicator light is on.

- If you just added 100ml/100cc of water into the cartridge/reservoir tank, but the water shortage indicator light does not turn off, add a small amount of water (up to 20ml) to the cartridge/reservoir tank.
- If you have been using the machine and there is some water left on the pitcher tray (but the water shortage indicator light is on), add 50ml/50cc of water to the cartridge/reservoir tank. Do not add 100m/100cc of water unless the pitcher tray is completely empty.



HOW TO MAKE HYDROGEN WATER (continued)

2. PRESS THE POWER BUTTON ONCE

Press the button once and you will hear a beep and the timer display will show “30” indicating that the 30-minute mode has started.

3. PRESS THE POWER BUTTON AGAIN (FOR PREPARATION)

For the first few uses, press the power button again to run a 90-minute mode to help speed up the preparation process of the membrane. You will see “90” on the timer display and see a small amount of mist-like hydrogen gas and bubbles rising into the pitcher water.

- The membrane is dry when the device is used for the first time or after it has not been used for a while. The hydrogen production amount will continue to increase over time and it will reach 100% of the production level after a few uses. Run the device a few times until you see a constant stream of nano-bubbles.
- It is normal to see a few large bubbles released occasionally, however, on rare occasions, you may see excess amounts of large bubbles released every second. This is due to the hydrogen bubbles getting trapped around the electrode plates causing it to create large bubbles and it will not affect the amount of hydrogen gas produced. This is a natural phenomenon caused by many factors and cannot be predicted. It will resolve itself naturally over time. However, if you wish to resolve it quickly, lift the pitcher and tap the bottom of the pitcher a few times on a cloth or towel to release the trapped bubble.

OPERATION MODES

You can choose different modes by pressing the power button to switch between 30-minute mode, 90-minute mode, night mode and to turn off the device.

POWER BUTTON OPERATIONAL GUIDE

POWER BUTTON	OPERATION MODE	SOUND NOTIFICATION	DISSOLVED HYDROGEN LEVEL
Press Once	30-min Mode	1 Beep	1.6ppm
Press Twice	90-min Mode	1 Beep	1.6ppm
Press & Hold	Night Mode	3 Beeps	1.6ppm
Press & Hold Again	Power Off	3 Beeps	-

Tested condition: Tap water temperature of 20°C (68°F) with the H2 Keeper installed.

HOW TO MAKE HYDROGEN WATER (continued)

30-MINUTE MODE

Use 30-minute mode to make a full pitcher (1.5 L) of H₂ water or to do a standard inhalation* session (*H₂ Keeper must be removed to do a inhalation). Press the power button once. You will hear a beep and the timer displays “30” and the hydrogen concentration bar will blink to indicate the approximate hydrogen level during the production mode.

- Hydrogen water is ready when the timer displays “00” and you hear the beeps.
- If the pitcher is filled to the 500ml line, water is ready in 10 minutes when the timer displays “20”. The timer display and hydrogen concentration bar will continue as 30-minute mode.
- The machine will automatically go into stand-by mode when the 30-minute production mode is completed.

90-MINUTE MODE

90-minute mode can be used for a preparation process or for a 90-minute continuous inhalation* session (*H₂ Keeper must be removed to do a inhalation). Press the power button twice to select the 90-minute mode. You will hear a beep and the timer displays “90” and the hydrogen concentration bar will blink to indicate the approximate hydrogen level during the production mode.

- Once the membrane has been prepared, the water will be fully saturated in 30-minute and running the 90-minute mode will not increase hydrogen level in the water.
- You can switch between the 30-minute mode and 90-minute mode by pressing the button.
- The machine will automatically go into stand-by mode when the 90-minute production mode is completed.

NIGHT MODE

You can turn off the illumination lights during production mode. To put the machine into night mode, press and hold the power button during any production mode. You will hear triple beeps and only the timer display will be lit indicating the remaining time to complete selected production mode. The power button, hydrogen concentration bar and the pitcher illumination lights will be turned off.

- Production will continue and you will see hydrogen gas is produced. Selected mode is complete when the timer displays “00” and you hear the beeps.
- The machine will automatically go into stand-by mode when the selected production mode is completed. The timer displays “00” when the machine is on stand-by mode.

HOW TO MAKE HYDROGEN WATER (continued)

STAND-BY MODE

The machine will automatically go into stand-by mode after hydrogen mode is complete and will continue to generate some hydrogen to keep the dissolved hydrogen level at full concentration up to twelve hours.

You will not receive the proper amount of hydrogen gas for the inhalation on stand-by mode. To continue the inhalation session, turn off the machine and start the 30-minute or 90-minute mode again.

- When the machine is in stand-by mode, operation indicator LED lights flash (unless it is on the night mode) and you will see the hydrogen bubbles released into the pitcher. The timer displays "00".
- Stand-by mode will turn off automatically after twelve hours or when the water shortage indicator light is on.
- If the water shortage indicator light is on, slowly add up to 50ml (50cc) of water to the cartridge/reservoir tank and wait for the indicator light to turn off. Restart the 30-minute mode and the machine will go into stand-by mode after hydrogen mode is complete.
- Stand-by mode does not shut itself off even when the pitcher is empty and/or when the pitcher is not set on the machine. Make sure to place the pitcher onto the pitcher tray after you pour the hydrogen water and stand-by mode will continue. Turn the machine off if you leave the pitcher off the machine for a long period of time or when the pitcher is empty to avoid damage to the machine.
- Up to 89% of dissolved hydrogen level is preserved twelve hours after stand-by mode has been turned off (with the H2 Keeper placed inside the pitcher).
- To turn off stand-by mode and shut down the machine, press and hold the power button once to turn off the illumination lights first (if the machine is not currently on night mode) and press and hold the power button again until you hear the triple beeps. All the lights beside the power button are off when the machine is not in operation.



TURN OFF THE DEVICE

Press and hold the power button once to turn off the illumination lights first and press and hold the power button again to shut off the machine. You will hear triple beeps and all the lights beside the power button are off when the machine is not in operation.

- The machine is on night mode if the timer display light is lit. Press and hold the power button again to shut off the machine. Only the power button is lit when the machine is turned off.

HYDROGEN CONCENTRATION INDICATOR

Please note that the hydrogen concentration indicator displays only a guideline of the dissolved hydrogen level based on the amount of hydrogen gas released in a water temperature of 20°C/68°F. The actual dissolved hydrogen level may differ from that shown on the indicator.

DISPLAY ON HYDROGEN PRODUCTION MODE

- The hydrogen concentration indicator display will be turned off on night mode and when the machine is turned off.



1. Light 1 flashes when the dissolved hydrogen level is below 0.8ppm.
2. Lights 1 & 2 turn on when the dissolved hydrogen level reaches 0.8ppm.
3. Lights 1 & 2 turn on and Light 3 flashes when the dissolved hydrogen level is 0.8ppm—below 1.0ppm.
4. Lights 1–4 turn on when the dissolved hydrogen level reaches 1.0ppm.
5. Lights 1–4 turn on and Light 5 flashes when the dissolved hydrogen level is 1.0ppm—below 1.6ppm.
6. Lights 1–6 turn on when the dissolved hydrogen level reaches 1.6ppm and higher.

DISPLAY ON STAND-BY MODE

- All the lights (1–6) stay on after the hydrogen mode is complete and the machine automatically goes into stand-by mode.
- All the lights (1-6) turn off when the machine is on night mode and/or when the machine is turned off.

HYDROGEN GAS INHALATION OPTION

Lourdes Hydrofix Premium Edition produces only a pure hydrogen gas* (*99.9995%) without any other toxic gases. Hydrogen is non-toxic and there is no limit of the duration and the frequency of sessions you can do daily. Frequent inhalation sessions of ten-minute or more throughout the day (two to three times a day) are recommended. Amount of hydrogen gas measured at the tip of the cannula nose piece is 120ml & higher* per minute and a 30-minute inhalation session will provide 3,600ml & higher* (*You need a Inhalation Pitcher Lid and specially designed Premium H2 cannula to use the hydrogen gas inhalation option. Premium H2 cannula and tubing are made of dense materials to deliver proper amount of hydrogen gas to the tip of the cannula nosepiece and use of an oxygen cannula or other devices as a substitute will not deliver the same amount of hydrogen gas).

HOW TO DO HYDROGEN GAS INHALATION

1. Remove the pitcher lid and H2 Keeper from the pitcher.

- The H2 Keeper must be removed to do hydrogen gas inhalation.

2. Fill the pitcher with 1.5L of drinking water.

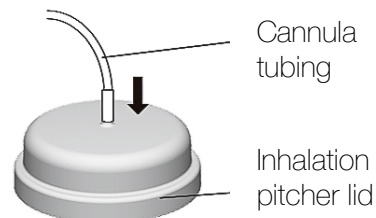
- Always fill the pitcher with 1.5L of water for hydrogen gas inhalation. Do not attempt hydrogen gas inhalation with less water and/or with an empty pitcher.
- Using tap water in the pitcher is not recommended for hydrogen gas inhalation due to chlorine gas in tap water.

3. Close the pitcher with the inhalation option pitcher lid securely.

- The Inhalation Lid has a tight fit. To attach or remove the pitcher lid, always remove the pitcher from the machine to avoid damage to the electrode pins.

4. Firmly attach the cannula tubing to the connecting parts of the Inhalation Lid.

5. Secure the nosepiece directly under your nostrils and wear the cannula tubes over your ears and adjust the tubing under your chin to secure the cannula in place. Make sure tubing is connected to the cannula and the pitcher lid.



HYDROGEN GAS INHALATION OPTION (continued)

6. Make sure the water shortage indicator light is off. Press the power button once to start the 30-minute mode or press the power button again to start the 90- minute mode for the inhalation session and breathe normally through your nose.

- Stand-by mode will not deliver the proper amount of hydrogen gas for the inhalation. Always chose the 30-minute or 90-minute mode with full pitcher of water for hydrogen gas inhalation.
- Hydrogen gas will be released into the pitcher and reach the tip of the cannula in about 10–30 seconds.
- Hydrogen gas is odorless and you may not feel anything, but as long as the machine is generating hydrogen, the H2 Keeper is removed, and the tubes are connected properly, you are getting the proper amount of hydrogen gas.
- To check if you are getting hydrogen gas through the cannula, disconnect the tubing from the connector, place the tip of the tubing into a small glass of water (about 30–45ml / 1–1.5 oz), and place the tip of the tubing sideways, close to the water surface. A large bubble will form slowly in a few seconds indicating the hydrogen gas is reaching the tip of the cannula. (Do not expect to see the same kind of nano-bubbles you see inside the pitcher. The bubbles you will see at the tip of the tubing are significantly different in amount and size when compared with the hydrogen gas released into the pitcher.)
- You may add ice cubes to the pitcher water to create cold air flow from the nosepiece in order to confirm the hydrogen gas is flowing.
- Do not pull on the tubing while it is connected to the machine.

7. After the selected mode cycle ends, the machine will automatically go into stand-by mode. Remove the pitcher from the machine and twist open the inhalation option pitcher lid. Place the H2 Keeper and the pitcher lid on and place the pitcher back on the machine.

- You can drink hydrogen water after the inhalation session is over.
- The cannula is made of an antimicrobial material. However, washing or disinfecting the nosepiece after each use is recommended. The nosepiece can be removed for washing. For infection prevention and hygiene, it is recommended to have one dedicated cannula for each user.
- To continue or resume an inhalation session, shut off the machine first and restart the 30-minute mode or 90-minute mode again. Stand-by mode will not provide enough hydrogen gas for the inhalation session.
- The water in the pitcher does not need to be changed to do another inhalation session, but must be full.

CLEANING INSTRUCTIONS / PITCHER

Regular cleaning is important to keep the pitcher clean from mildew and bacteria. The water pitcher, H2 Keeper and the lid should be washed thoroughly with water once every twenty-four hours. Wipe clean with a soft cloth or sponge.

- Do not use detergent, chlorine, vinegar or abrasive cleaners on the pitcher.
- Do not use rough sponges, scrubbers or brushes.
- Do not wash the pitcher, H2 Keeper or lid in hot water or in the dishwasher.
- Do not touch or scratch the electrode plate area.
- After washing, wipe the water drops on the outside and bottom of the pitcher with a soft cloth before placing it on the tray.

CITRIC ACID CLEANING

Monthly citric acid cleaning is essential to keep the pitcher sanitized, maintain the electrode plate membranes, and to descale minerals accumulated on the electrode plate which will affect the levels of hydrogen production.

- Clean the pitcher with citric acid once a month even if you do not notice any mineral buildup on the electrode plate.
- Perform the citric acid cleaning once a month even if you use RO water or distilled water to maintain the electrode plate membranes.
- Only use 100% pure citric acid for the pitcher to avoid damage to the machine.
- Never add citric acid to the cartridge/reservoir tank, or the pitcher tray. If you accidentally expose the cartridge/reservoir tank and pitcher tray to the citric acid solution, discard the cartridge, drain the citric acid solution, flush once with clean water and wipe to clean. Do not use a cartridge if it has been exposed to citric acid.
- If you use water containing a high amount of calcium (such as alkaline water, Kangen water, hard water etc.), it will require more frequent citric acid cleaning. Check the mineral buildup on the electrode plate and do citric acid cleaning as needed.
- Do not touch or scratch the electrode plate. Do not use rough sponges, scrubbers or brushes to clean the mineral buildup on the electrode plate.
- Do not wash the pitcher with detergent, chlorine, vinegar or abrasive cleaners.
- Do not wash the pitcher in hot water or in the dishwasher.

CITRIC ACID CLEANING (continued)

HOW TO DO A CITRIC ACID CLEANING

1. Pour 200ml of 5°C—40°C (41°F—104°F) tap water in a separate container and mix 20g (about two level tablespoon) of 100% pure citric acid to the water and dissolve thoroughly.

- Never add citric acid directly to the pitcher.
- If you have not regularly performed citric acid cleaning and/or see large amounts of white mineral build-up covering the electrode plate, make a citric acid solution of 200ml water with 60g citric acid.

2. **Remove the pitcher from the machine and add the citric acid solution.**

- Never operate the machine when the citric acid solution is in the pitcher. Place the pitcher away from the machine during citric acid cleaning to avoid accidentally using the machine with the citric acid water in the pitcher.

3. **Leave the citric acid solution in the pitcher for about a hour.**

- If you still see white mineral build-up remaining on the electrode plate, leave the citric acid solution in the pitcher for 3–12 hours.
- If you still see large amounts of white mineral build-up that could not be descaled after a few hours, use a new citric acid solution of 200ml water with 60g citric acid and leave it until all mineral build-up is dissolved (12-24 hours).
- Do not add more than 60g of citric acid in 200ml of water. If the mineral build-up has not been descaled, leave the citric acid solution for a longer period of time.

4. **Empty the citric acid water from the pitcher and rinse the pitcher thoroughly with running water several times until all citric acid solution has been removed.**

- After rinsing, wipe the water drops on the outside and bottom of the pitcher with a soft cloth before placing it on the tray.
- Residual citric acid will cause the machine to over electrolyze if citric acid is left on the electrode plates. It will cause the titanium plates to turn black, however, it does not affect the function of the machine.

CLEANING INSTRUCTIONS / MACHINE

If dust and mildew have accumulated in the pitcher tray area over time, it is time to clean the machine. Please follow the next steps to clean the machine.

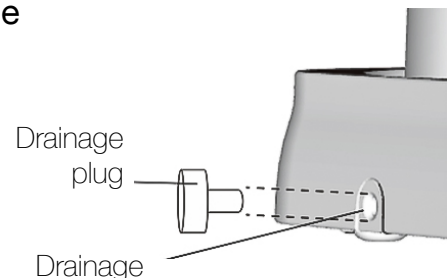
HOW TO CLEAN THE PITCHER TRAY AREA

1. Remove the pitcher from the machine and unplug the AC adapter from the machine before cleaning the machine.

2. Carefully move the machine to the sink without allowing the water in the pitcher tray to splash back into the cartridge/reservoir tank or out of the pitcher tray.

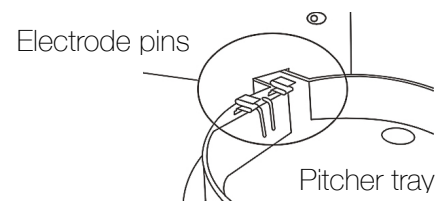
Remove the drainage plug by the sink and empty the water inside the reservoir tank and the pitcher tray.

- Always drain the water in the pitcher tray through the drainage hole. Do not tip the machine to pour the water directly out of the pitcher tray.
- Be careful not to lose the drainage plug and do not forget to put it back in.



3. Use a soft cloth to wipe the pitcher tray area and use Q-tips for difficult to reach areas.

- Do not wash the pitcher tray area or the electrode pins with rough materials, detergent, vinegar, chlorine or abrasive cleaners.
- Do not use water temperatures above 41°C (105°F).
- Do not wash the machine itself. The machine is not waterproof.
- When the electrode pins get wet or dirty, wipe them off with a soft cloth. Do not bend or use excessive force on the electrode pins.
- Do not bend or use excessive force when replacing the pitcher onto the pitcher tray. It will damage the electrode pins.



4. Carefully pour 100ml (100cc) of water into the cartridge/reservoir tank and wait for a few seconds for the water shortage indicator light to turn off. (Reference pp. 13)

TRANSPORTATION & SHIPPING INSTRUCTIONS

When you pack up the machine for transporting or shipping, please take the following steps to avoid any damage.

HOW TO PACK THE MACHINE

1. Unplug the AC adapter.

2. Empty the pitcher water and set it upside down to remove all water from the electrode area. Wipe the pitcher with a soft cloth to dry.

- When the electrode pins get wet or dirty, wipe them off with a soft cloth. Do not bend or use excessive force on the electrode pins.

3. Remove the cartridge and wipe to dry. Pack the cartridge separately in a sealable bag to avoid water leakage during transportation or shipping.

4. Carefully move the machine to the sink without allowing the water in the pitcher tray to splash back into the cartridge/reservoir tank or out of the pitcher tray.

Open the drainage plug over the sink and empty the water inside the reservoir tank and the pitcher tray.

- Always drain the water in the pitcher tray through the drainage hole. Do not tip the machine to pour the water directly out of the pitcher tray.
- Be careful not to lose the drainage plug and do not forget to put it back in.
- Make sure there is no water remaining in the machine to avoid water damage.

5. Wipe off any remaining water on the machine and allow to dry completely.

6. Wipe any wet accessories, pitcher lid, and H2 Keeper before packing.

7. Pack the machine securely in the original product box to avoid damage during transportation or shipping.

- Make sure all your parts and accessories are packed.
- Make sure to handle the machine carefully.
- If you are shipping the machine, make sure to use a shipping box with padding materials, and mark it "Fragile".

CARTRIDGE REPLACEMENT INSTRUCTIONS

Change the cartridge once a year or when the cartridge replacement indicator light turns on.

HOW TO CHANGE THE CARTRIDGE

1. Unplug the AC adapter from the machine before you change the cartridge.

2. Carefully move the machine to the sink without splashing the water in the pitcher tray. Open the drainage plug over the sink and empty the water. Wipe to clean the pitcher tray area. (Reference pp. 23)

- Always drain the water in the pitcher tray through the drainage hole. Do not tip the machine to pour the water directly out of the pitcher tray.
- Be careful not to lose the drainage plug and do not forget to insert it again.

3. Open the reservoir tank lid and remove the cartridge by lifting the cartridge straight upwards.

4. Place the new cartridge under room temperature running water and shake it lightly for a few seconds to help the contents settle.

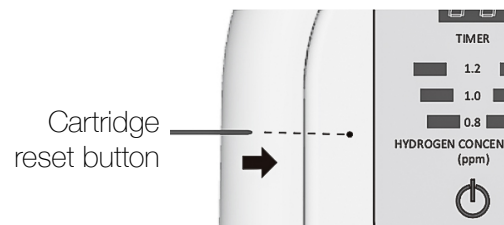
5. Install the new cartridge by placing the cartridge straight downward.

6. Plug in the AC adapter.

- You will hear a beep and the water shortage indicator light will flash. The power button light will turn on.

7. Depress the cartridge reset button for 1–2 seconds with a toothpick.

- If the cartridge replacement indicator light was flashing, the light will turn off.



8. Pour 100ml (100cc) of water into the cartridge/reservoir tank and wait for the water shortage indicator light to turn off.

- The water that collects in the pitcher tray may be red/brownish in the first few uses of the cartridge. Those are deposits from the cartridge and is normal. It will turn clear after a few uses. (Water in the pitcher tray is only used for the electrolysis process and does not affect the quality and hygiene of the water inside the pitcher.)

TROUBLESHOOTING

Please check and follow the directions below if you encounter any trouble while operating the machine. If the issue is not resolved, please contact the seller for support.

Water in the pitcher tray is red/brownish

- The water that comes down to the pitcher tray may be red/brownish in the first few uses of the cartridge. Those are deposits from the cartridge and is normal.
→ Water will turn clear after a few uses. Water in the pitcher tray is only used for the electrolysis process and does not affect the quality and hygiene of the water inside the pitcher.

There is water around the machine and/or overflowing from the pitcher tray

- Is the drainage plug closed securely?
→ Insert the drainage plug all the way to securely close. Wipe off any water spilled outside the pitcher tray and under the machine.
- Did you make sure not to overfill the reservoir tank?
→ If the water is overflowing due to overfilling, empty the reservoir tank and wipe off any water spilled outside the pitcher tray and under the machine. Measure 100ml (100cc) of water and carefully pour water into the cartridge/reservoir tank until the water shortage indicator light turns off.

The machine is making a knocking/popping sound

- That is the sound of the oxygen and ozone bubbles bursting under the pitcher. It is a natural phenomenon.
→ Oxygen and ozone bubbles are generated under the pitcher and sometimes burst. Different aspects such as the level of the water in the tray area, size of the bubbles, the location of the bubbles created, etc., will determine if the bursts make a noticeable sound or not. It is a natural occurrence. Continue to use the machine.

Changed the cartridge, but the cartridge replacement indicator light is still flashing

- Have you reset the machine after changing the cartridge?
→ Take a toothpick and push the cartridge reset button for 1-2 seconds to reset the machine.

TROUBLESHOOTING (continued)

Orange light is flashing and the machine does not start when pressing the power button

- Is it the water shortage indicator light on the left when facing the machine or the cartridge exchange indicator light on the right?
 - If it is the cartridge exchange light, then change the cartridge and reset the machine. If it is the water shortage indicator light, add proper amount of water suggested below.
- Did you add water to the cartridge/reservoir tank?
 - If there is no water in the pitcher tray or you have not added any water to the cartridge/reservoir tank, add 100ml (100cc) water to the cartridge/reservoir tank. Wait for the water shortage indicator light to turn off.
 - If you already added 100ml/100cc of water to the cartridge/reservoir tank, but the water shortage indicator light does not turn off, add a small amount of water (up to 20ml) to the cartridge/reservoir tank.
 - If there is some water in the pitcher tray carefully add up to 50ml (50cc) of water to the cartridge/reservoir tank until the water shortage indicator light turns off.
- Is there water in the pitcher?
 - Add drinking water to the pitcher.

Hydrogen bubbles seem less than normal

- Did you prepare the membrane/electrode plates properly?
 - The membrane is dry when the device is used for the first time or after it has not been used for a while. Run the device a few times until you see a constant stream of nano-bubbles. The hydrogen production amount will continue to increase over time and it will reach 100% of the production level after a few uses.
- Is there white mineral build-up on the electrode plates?
 - If you see white mineral build-up on the electrode plate, it is overdue for the citric acid cleaning. Please clean the pitcher with citric acid. (Reference pp. 21–22)

There are lots of large bubbles

- On rare occasions, hydrogen bubbles get trapped around the electrode plates causing it to create large bubbles.
 - Tap the pitcher bottom lightly on a padded surface to release the bubbles trapped between the electrode plates. Continue to use the machine and observe if hydrogen bubble production improves in a few uses.

TROUBLESHOOTING (continued)

Suddenly there are no hydrogen bubbles

- Are there any black ashes like carbon found on the electrode pins?
 - Foreign substances, some minerals and impurities contained in water, etc. adhere to the electrodes on the main body of the unit and/or to the contact fittings on the bottom of the pitcher and become petrified causing resistance to electricity. Remove the AC adapter and use a wet cloth to wipe off the dark part of the electrode pins and the contact fittings on the bottom of the pitcher. Do not scratch the electrode pins and contact fitting. Be careful not to bend the electrode pins.
- Do the electrode pins look straight and parallel?
 - The electrode pins may be bent or lowered and are not making good contact. Remove the AC adapter and take a close look at the electrode pins from the side. Make sure that the electrode pins are not bent downwards and are parallel to each other. Do not rest the pitcher on the electrode or apply force to the electrode pins to avoid reoccurrence.

The machine shuts itself off in the middle of hydrogen production mode and/or during stand-by mode

- Has the machine been on stand-by mode over twelve hours?
 - The stand-by mode will shut itself off after twelve hours. Press the power button to restart the machine.
- Is the orange light flashing on the water shortage indicator?
 - If the water shortage indicator light is flashing, make sure there is water in the pitcher tray. If there is water in the pitcher tray, carefully add up to 50ml (50cc) of water into the cartridge/reservoir tank until the water shortage indicator light turns off. If there is no water in the pitcher tray, carefully add up to 100ml (100cc) of water into the cartridge/reservoir tank until the water shortage indicator light turns off.
 - If the water shortage indicator light is not flashing and it has not been over twelve hours since the machine went on stand-by mode, carefully add up to 50ml (50cc) of water into the cartridge/reservoir tank and press the power button to restart the machine.

TROUBLESHOOTING (continued)

The hydrogen water in the pitcher water is getting warm

- This is due to heat energy generated by electric current called Joule effect* and is normal (*Expected increase in the water temperature is about 2°C-6°C/35°F-43°F after 30-minute mode). It is more noticeable in warm climates or during warm seasons, and often not noticed in cool climates or during cold seasons.
- If you prefer cold water, use a refrigerated cold water or add ice cubes to the pitcher.

There are white floating substances in the pitcher water

- This indicates calcium contained in the water, gathered up by the momentum of hydrogen bubbles.
- The calcium was from the original water used and there is no harm to your health. Using different types of water with fewer minerals can resolve the issue.

There are brown floating substances in the pitcher water

- This indicates iron contained in the water, gathered up by the momentum of hydrogen bubbles.
- The iron was from the original water used. Using different types of water with fewer minerals can resolve the issue.

AFTERCARE & SERVICE

CUSTOMER SERVICE

Please contact your retailer for any assistance and support you may need.

WARRANTY SERVICE

The product is under warranty for twelve months from the date of purchase. If the product is found to have defects in material and/or workmanship, please contact your retailer immediately.

- Please read the warranty card and keep it safe along with the original box and serial number for future services. (The warranty card and the serial number cannot be reproduced or copied.)
- Please check your warranty card to make sure that purchase date, serial number, and retailer info are listed correctly, and fill out the purchaser entry fields.
- Any repair after the end of the warranty period will incur a service charge.
- If this product model is discontinued, replacement parts will be available from the manufacturer for up to five years.

INSPECTION & CLEANING SERVICE (Optional)

Inspection and cleaning service of the machine are available upon request. Please contact your retailer for details and price quote.

- The inspection & cleaning will incur a service charge even during the warranty period. (Shipping cost is not included in the service.)

MAINTENANCE SERVICE

Hydrogen production may decrease over time due to accumulation of substances in the water. The machine should be serviced if the hydrogen production decreases after two years of use. Please contact your retailer for details and price quote.

- If the water used contains a large amount of silica and/or iron, it may require more frequent maintenance than usual.
- The condition of the machine and the electrode plate vary depending on how it is cared for, the kind of water used, the frequency of use, and how long it has been used.
- Maintenance service will incur charges even during the warranty period. (Shipping cost is not included in the service.)

PRODUCT SPECS

PRODUCT NAME	Lourdes Hydrofix Premium Edition H2 Water & Inhalation Machine
HYDROGEN PRODUCTION METHOD	Separate Chamber System/Non-Electrolyzed Technology SPE/PEM* Technology (*Solid Polymer Electrolyte/Proton Exchange Membrane Technology) NEMCA Effect* Technology (*Non-Faradaic Electrochemical Modification of Catalytic Activity)
DISSOLVED HYDROGEN CONCENTRATION	1.6 ppm (± 0.05 ppm) & higher
pH	Neutral (± 0.1 from the original water)
HYDROGEN GAS MEASUREMENT	120 ml/min & higher (3,600ml/30 min & higher)
DIMENSIONS	276 mm (W) x 289 mm (H) x 147 mm (D) 10.87 in (W) x 11.38 in (H) x 5.78 in (D)
WEIGHT	1.75 kg / 3.86 lb (Main Body 0.85 kg, Pitcher 0.9 kg)
POWER SUPPLY	AC/DC Universal Adapter (Input: AC100–240V 50/60 Hz, Output:8.5V—3.52A)
MATERIAL	Main Body/Pitcher Lid: ABS; Pitcher: BPA & BHPF Free AS; Electrode: Titanium; Cartridge: PP
COUNTRY OF ORIGIN	Made in Japan Inspected in Japan Lab tested in Japan
DISTRIBUTION	holyhydrogen.com

Specifications are subject to change without prior notice for product improvement.
Lourdes Hydrofix Premium Edition is an exclusive product of Holy Hydrogen, LLC.

MEMO

CITRIC ACID CLEANING

Date Performed	Date Performed	Date Performed	Date Performed

MEMO

CARTRIDGE REPLACEMENT

Date Replaced	Date Replaced

MAINTENANCE & SERVICES

Date Serviced	Description of Service

05/2022 Version

HOLYHYDROGEN.COM

Lourdes Hydrofix International Distribution

Copyright© 2022 Holy Hydrogen, LLC. All Rights Reserved