

Manufactured for:

Reflexonic, LLC
915 Toll House Avenue, Suite 205
Frederick, MD 21701
Phone: +1 301.378.8433 | Fax: + 1 800.886.1470
Email: customerservice@reflexonic.com
www.Reflexonic.com



Viberec® Penile Vibratory Stimulation System OTC USER'S GUIDE Made in USA

EC	REP	EMERGO EUROPE Molenstraat 15 2513 BH, The Hague The Netherlands Phone: +31.70.345.8570 Fax: +31.70.346.7299
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Indications for Use:

Viberec® Penile Vibratory Stimulation Device is a hand held medical device indicated to provoke erections for men who experience erectile dysfunction.

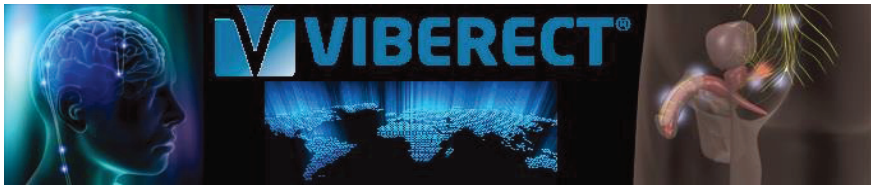


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WARNING: ERECTILE DYSFUNCTION COULD BE AN EARLY SIGN OF SERIOUS HEART OR VESSEL DISEASE. CONTACT YOUR PHYSICIAN FOR FURTHER EVALUATION



PLEASE READ THIS USER MANUAL IN ITS ENTIRETY FOR CORRECT USE AND OPTIMAL RESULTS.



Watch us on YouTube under “Viberec”.

Reflexonic[®] Viberec[®]

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INTRODUCTION

Viberec® penile vibratory stimulation device is a US manufactured hand-held therapeutic vibrator intended to provoke penile erection for erectile dysfunction, and to provoke ejaculation.

Penile vibratory stimulation is an easy and non-invasive nerve stimulation method, similar to sexual intercourse or manual stimulation that helps to activate nerve receptors (nerve antennas) that are located on the skin surface of the penis. These nerves communicate with sexual centers of the brain and spinal cord. Activation and initiation of sexual reflexes by the Viberec device helps to initiate penile erection and rigidity. This device is designed by urologists specializing in sexual dysfunction to help men benefit from this modality with ease in the comfort of their home.

This User's Guide provides information and instructions which must be followed to ensure safe performance of the **Viberec**® device. This User's Guide also contains warnings and precautions which must be observed at all times.

CAUTION: **ALL STATEMENTS IN THIS GUIDE SHOULD BE FOLLOWED AT ALL TIMES.**

Read the instruction carefully before use.

WARRANTY

Manufacturer guarantees the **Viberec**® Device from mechanical and electrical failure resulting from defective parts and/or workmanship for 12 months from the date of purchase.

The warranty does not cover damage caused by accidents, tampering or alterations of product in any way or due to improper handling, cleaning or misuse of the product or failure to follow the instructions in the User's Guide. Manufacturer's liability is limited to the replacement of a defective product.

The Reflexonic company shall not be liable for any incidental or consequential damages whether direct or indirect.

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BATTERY

The battery in your **Viberect®** has not been charged prior to delivery.

A completely discharged battery will take approximately 6-8 hours to fully charge. The Red charge indicator will extinguish once the charge cycle has completed.

To ensure that your Viberect® is always ready for use, it is recommended to recharge the battery after use. Do not leave the device on charger mode for more than 8 hours.

A fully charged battery will allow about 30 minutes of vibration at medium frequency setting.

When completely discharged, allow 6-8 hours to recharge. Ensure that the vibrator is turned off before recharging.

Use only the charger supplied with the vibrator. Charge the Viberect while laying it on its side so the two arms are not brought together by gravity which may turn the device on.

DO NOT ATTEMPT to use the device while charging.

Disposal of the battery

The rechargeable battery in the vibrator contains Nickel Metal Hydride (NiMH).

Like other batteries of this type, if burned or punctured, it could release toxic material which could cause injury.

Device has no replaceable internal power source. Batteries cannot be replaced by the end user. If you wish to dispose of the device, do not disassemble components. Discard in its entirety.

Check with local solid waste officials for details concerning recycling options and proper disposal. In the United States, call toll free 1-800-8-BATTERY or visit the Battery Recycling Corporation website at <http://www.call2recycle.org/>

The life of NiMH batteries is strongly influenced by the care that they receive. If properly maintained, the battery is capable of more than 500 charge/discharge cycles before dropping to 80% of capacity. Do not exceed the allowable ambient temperatures during charging, operating, or storage.

WARNING

No modification of this equipment is allowed. If this equipment is modified, appropriate inspection and testing must be conducted to ensure continued safe use of equipment.

PRECAUTIONS FOR SAFE USE

WARNING: Each Viberect device is intended for use by one person only. It should never be shared by another person, as this will increase risk of communicable or sexually transmitted diseases. Treat your device like a personal toothbrush or other personal hygienic products.

WARNING: This device should not be used over swollen or inflamed areas or skin eruptions. Do not use in presence of unexplained calf pain. Consult your physician.

WARNING: This device should not be used for more than 10 minutes a day to avoid skin injury. Excessive vibratory stimulation can increase risk of skin irritation and temporary numbness.

Vibratory stimulation may cause superficial trauma to the skin resulting in bruising, bleeding or superficial ulceration. If any such condition occurs, refrain from vibrating and consult your physician. Do not immerse the vibrator in any type of fluid. Do not operate the vibrator in bathrooms or elsewhere under wet conditions. If the user is spinal cord injured an episode of autonomic dysreflexia may develop as a result of vibratory stimulation. If so, vibration should be stopped immediately. Consult your physician.

Autonomic dysreflexia (increase in blood pressure, sweating, headaches) may be caused by various factors such as for instance an over distended bowel or urinary bladder. Procedures which involve triggering of orgasm or including vibratory stimulation may precipitate an acute episode of autonomic dysreflexia.

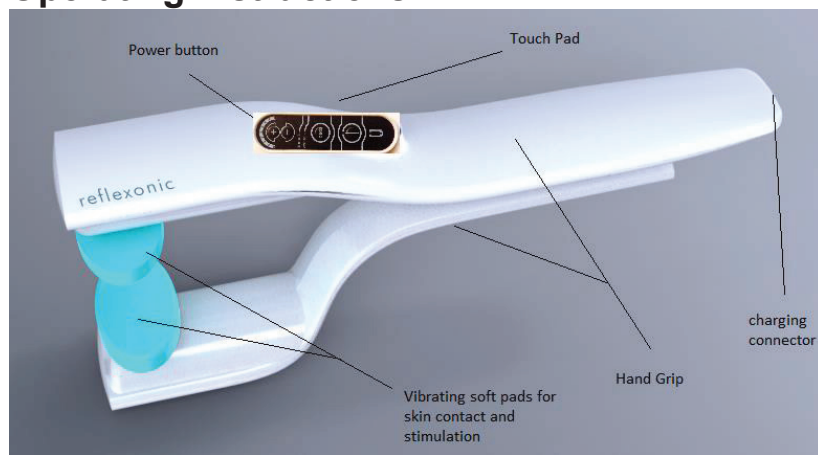
WARNING

If the user develops penile erection after use of the Viberect device that lasts for more than four hours, consult your physician or go the emergency room immediately, as the user may have developed **Priapism**, which is a medical emergency. Priapism is a medical condition in which poorly oxygenated red blood cells are entrapped in your penis. This requires urgent medical or surgical attention.

WARNING

Avoid Viberect use in temperatures exceeding 35 C° or 95° F.

VIBERECT® Penile Vibratory Stimulation Device Operating Instructions



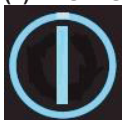
Accessories and detachable parts

1. Soft Pads (included) are detachable and replaceable. Soft Pads replacements order [#1680024BK](#), provided in pairs.
2. Battery Charger

Touch Pad



(1) ON/OFF button on touch pad



The device may be turned on and off by pressing the button on the touch pad. Hold the on/off button for 3 seconds to turn it off.

(2) FREQUENCY CONTROL



Pressing on the + or – buttons on the touch pad will increase the frequency from 70 Hz to maximum 110 Hz as desired. The LED lights will increase in increments of 5 Hz as visible with red LED lights which progressively turn on from right to left.

(3) CHARGING INDICATOR



Single red LED light indicates that the Viberect device requires charging. If no red LED light is visible, the device has adequate power for application.

(4) Pad mode button and indicator



The device is capable of 3 modes of operation: 1. Vibrating only the top surface of the penis (Dorsal), 2. Vibrating only the bottom surface of the penis (Ventral), or 3. Both surfaces (recommended for maximal sexual response). The modes can be switched easily while the device is active by pressing on the pads button once, twice, or three times to the desired mode. The LED lights will indicate the modes.

(5) Charging Socket



The charging Socket is located in the back of the device.

STEP BY STEP VIBERECT® OPERATING INSTRUCTION

For provoking penile erection

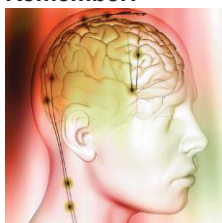
Approximate Stimulation time: 3-10 minutes

FOR OPTIMAL SEXUAL RESPONSE, IT IS IMPORTANT THAT YOU FOLLOW THESE IMPORTANT SUGGESTED OPERATING INSTRUCTIONS. IT MAY REQUIRE SEVERAL SESSIONS BEFORE YOU LEARN HOW TO PROPERLY USE YOUR VIBERECT DEVICE TO ACHIEVE OPTIMAL RESULTS.

Step 1: Choose a quiet, private, and dim room in your home. Your bedroom is an ideal location. **STANDING IS THE MOST EFFECTIVE POSITION.** You may also sit or lie down.

Step 2: To get the best results, we recommend that you become as relaxed as possible, and think of sexual thoughts or memories, or perform Viberec as part of foreplay. **Remember, it is very difficult to obtain an erection if you are anxious, worried, and impatient. Do not focus on the use of the device. Focus on sexual thoughts.**

Remember:



+



= Sexual Response

Sexual Thoughts

Genital Nerve Stimulation

Step 3: Expose your penis, with your shorts down to prevent constriction of blood flow by your underwear. If you are uncircumcised, pull your foreskin to expose the head of your penis.

Step 4: To prepare the penis for vibratory stimulation, it is necessary to expose the nerve antennas that are located on the surface of your penis, especially on the head of your penis.



Now, perform the following exercise!

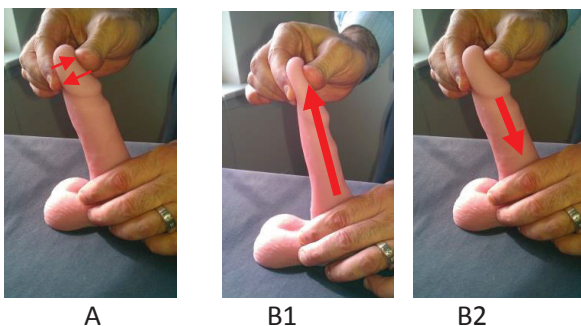
“Bulbocavernosus reflex”.

A. Using one or both of your hands, gently grab the head of your penis using your thumbs and index fingers. Only grab the head and not the ring (corona) of your penis. Only grab the head and nowhere else.

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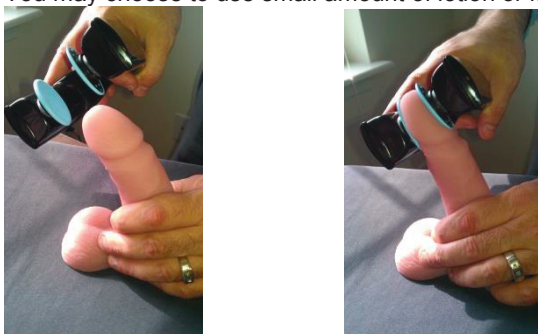
B. Gently stretch your penis in the air until it reaches its normal limit as shown in image B1. Stretch and release without letting go of the head of the penis. After several repetitive stretch and releases every 2-3 seconds, you should feel your penis and pelvic muscles contracting very quickly and resisting your gentle pull for a tiny half a second after each pull. Never stretch your penis excessively, just enough to your normal length when you are erect.

STRETCH.....RELEASE.....STRETCH.....RELEASE....(B1-B2).

C. This “pull-back reaction” is a completely normal and painless body reflex. It is called the **Bulbocavernosus reflex**. As you gently stretch your penis to its limit, your penis quickly pulls back. This motion is caused by reflex contraction of many muscles in your pelvic area, including your rigidity muscles, anus, and urine control muscle (sphincter). You may need to repeat this exercise to fully learn this technique.

D. Once you learn this technique, you can gently pull the penis to its normal stretch and release to elicit this reflex repeatedly once every 2-3 seconds. This is not rubbing of the penis, but gentle pulling and releasing. Perform this technique for 2-3 minutes (2-3 seconds apart). Once you perform this exercise correctly, you can expect gradual engorgement of your penis, especially the head of your penis, and rigidity.

Step 5: Hold the device in your dominant hand, as demonstrated below: You may choose to use small amount of lotion or lubricant.



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Step 6: Turn the device ON by pushing the touch pad power button. The device is ready, but no vibrations will occur until you bring the two bodies together with your hand grip. **To provoke erection, start with frequency of 70-75 Hz (1-2 lights).**

Step 7: Keep your penis gently stretched by the device while stimulating. Apply pressure on both arms by tightening hand grip on the device. The device will activate.



Step 8: Bring the vibrating pads in contact with the surface of your **stretched** penis on both sides. Focus on the head of the penis. Keep your penis gently stretched. The Viberec device will now stimulate your penis. You can increase the pressure and sensation by putting your hand and grip closer to the vibrating end of the device, and even pushing more with your free hand pushing of the vibrating end. You should find a "sweet spot" on your penis, where sensations are the strongest. Apply the Viberec on the sweet spot. Note: The user should never force the device together excessively, as this can damage the device or your penis. You may move your hip back and forth while stimulating to mimic sexual intercourse.

Step 9: As you stimulate the surface of the penis, you may choose to increase the intensity of stimulation by pushing the frequency adjustment buttons with your thumb that is holding the upper housing. **Begin with the lowest frequency.** You may also change the mode to: A - Upper only; B - Lower only; or C - Both.

Step 10: If sensations are too intense or you wish to stop the device immediately, you can easily relax your grip and the device will immediately stop. You can decrease the intensity of stimulation by lowering the frequency as well.

Step 11: Continue stimulating your shaft and head of the penis. **Focus mostly on the head of the penis.** If you feel an area that is especially sensitive, then hold the device there for about 3-10 minutes depending on your body and the situation. **It is important for you to relax completely and focus on thoughts**

of sexual nature. Sexual reflexes and pathways won't work in a non-relaxed setting. The process takes several minutes and is NOT immediate! You may feel your penis slowly filling with blood and becoming more firm. The device will open easily and gradually to accommodate the enlarging penis.

Step 12: You can easily deactivate the device by either turning the device off, or just letting go of your hand or releasing the pressure. Push the power button for 3 seconds, and the device will turn off.

Once you reach optimal rigidity, release your grip, and set the device away. You may begin sexual intercourse if your rigidity is satisfactory.

Note: Not all men may respond to the Viberect stimulation in the beginning. It may take several sessions until you become comfortable with the operation of the device.

CLEANING

To ensure that your **Viberec**® device is always ready for use, it is recommended to clean both vibrating pads and the entire surface, and to recharge the battery after each use.

Wipe the outside of the vibrator with a dry or alcohol-dampened cloth. Do not immerse the Viberec in any type of fluid.

It is important to wipe off any lotion or moisture off the pads and body of the device after each use with a clean dry cloth and to wipe them with alcohol pads.

Removal and Replacement of Viberec® Soft Pads

If the Viberec Soft Pads start showing any signs of wear and/or degradation, replace them immediately. Specifically, ① check the surface of the pad over-mold for any signs of wear/degradation and replace if needed; and ② check the integrity of the pad-pad over-mold assembly. Simply pull each pad, in the direction directly away from the body of the device (see image). Place new pads by easily snapping them into the pad attachment. Make sure device is in the OFF position when replacing the pads. Dispose old pads in a closed trash container.




Direction of pull to
remove touch pads

Viberec Soft Pads or
Pad Over-Molds

Additional pads can be purchased from www.reflexonic.com

Guidance and manufacturer's declaration – electromagnetic emissions		
The Vibirect device, is intended for use in the electromagnetic environment specified below. The customer or the user of the Vibirect device, should assure that it is used in such an environment.		
Emissions Test	Compliance	Electromagnetic environment – guidance
RF Emissions CISPR 11	Group 1	The Vibirect device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment. The Vibirect device is suitable for use in all establishments including domestic and those directly connected to the public low-voltage power supply network power supply that supplies buildings used for domestic purposes
RF Emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Class B	
Voltage fluctuations / flicker emissions	Complies	

Guidance and manufacturer's declaration – electromagnetic immunity			
The Vibirect device, is intended for use in the electromagnetic environment specified below. The customer or the user of the Vibirect device, should assure that it is used in such an environment.			
Immunity test	IEC60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6kV Contact ±8kV Air	Complies	Floors should be wood, concrete, or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%
Radiated RF IEC 61000-4-3	3 V/m 80MHz to 2.5GHz	Complies	Field strengths outside the shielded location from fixed RF transmitters, as determined by an electromagnetic sit survey, should be less than 3 V/m. Interference may occur in the vicinity of equipment marked with the following symbol: 
Conducted RF IEC 61000-4-6	3Vrms 150kHz to 80MHz	Complies	
Electrical fast transient IEC 61000-4-4	±2kV power line ±1kV I/O lines	Complies	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1kV differential ±2kV common	Complies	
Power frequency magnetic field IEC 61000-4-8	3 A/m	Complies	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Voltage dips, short interrupts and voltage variations on power supply input lines IEC 61000-4-11	>95% dip 0.5 cycle 60% dip 5 cycles 70% dip 25 cycles 95% dip 5 sec.	Complies	Mains power quality should be that of a typical commercial or hospital environment. If the user of the Vibirect device requires continued operation during power mains interruptions, it is recommended that the Vibirect device, be powered from an uninterruptible power supply or battery.

VIBERECT® PENILE VIBRATORY STIMULATION SYSTEM
PRODUCT SPECIFICATIONS

Power Supply:.....SL Power (AULT) MENB1010A0903F01

Frequency range (with fully charged battery)..... 70 - 110 Hz






Amplitude (peak to peak)..... 2.0-3.0 mm





BatteryNi-MH, rechargeable 4 AA

Temperature.....Avoid Viberect use in temperatures exceeding 35° C or 95°F

Storage.....Ambient temperature 68-77°F (20-25° C)

Symbols Table

Symbol	Meaning
	Batch Code
	Catalogue Number
	Consult Instructions for Use
	Type B applied part. “ Device provides protection against electrical shock”
	Do not discard device improperly

Symbol	Meaning
	Caution
	Do Not Use if Package is damaged
	Manufacturer and Date of Manufacture
	Fragile

Contact Information:

Customer Service:

Customerservice@reflexonic.com (recommended & most efficient method)

Tel: 001.301.378.8433 9:00 am – 3:00 pm, M-F US-Eastern time

Toll-Free Fax: 800.886.1470

Reflexonic LLC

Innovative Urological Solutions

915 Toll House Avenue, suite 205

Frederick, MD 21701

This User Guide is also available in:

Spanish, German, French, Portuguese, Italian

Dutch, Chinese, Polish

www.reflexonic.com

STEP-BY-STEP REFLEXONIC® PRE-VIBERECT® STRETCH EXERCISES AND PROPER APPLICATION OF THE VIBERECT® FOR OPTIMAL SEXUAL RESPONSE

	<p>1. Lie on your back or sit comfortably.</p> <p><i>Grasp the head of penis as demonstrated.</i></p>		<p>5. Hold the ViberecT® close to the vibrating end and bring the medical Softpads toward the head of the penis.</p> <p>Attempt different positions. <u>Standing is very effective position, with penis located below the heart</u></p>
	<p>2. Squeeze the head and stretch the penis straight in the air until its natural limit.</p> <p><i>You should feel a gentle reflex tightening of your pelvis and penis.</i></p>		<p>6. As you close your grip, the ViberecT® automatically activates. Apply pressure.</p> <p><i>You can move the ViberecT® to find the most sensitive area.</i></p>
	<p>3. Release the stretch back to normal length.</p> <p><i>Do not release your grip.</i></p>		<p>7. Now stretch your penis while stimulating with the ViberecT® and hold for several minutes (5-10 minutes).</p>
	<p>4. Repeat steps 2 and 3 every 2-3 seconds for 2-3 minutes.</p>		<p>8. As you stimulate, focus on sexual thoughts and intense past memories, or actual sexual encounters in your life. Let <u>both</u> your penis and the brain stimulate sexual centers in your spinal cord. Relax. Avoid impatience and anxiety.</p>
	<p>The penis gradually becomes engorged with arterial blood and gets incrementally rigid, exposing nerve antennas for ViberecT stimulation.</p>		<p>Warning: use these instructions at your own risk. Never perform pre-ViberecT® & ViberecT® stimulation if you have sores or tears on your penis. ViberecT use in men with spinal cord injury carries risk of autonomic dysreflexia</p>