For Anxiety
For Insomnia
For Depression
Alpha-Stim®
LET NOTHING STOP THEM.™

Relieve your patients' symptoms of anxiety, depression, and insomnia, quickly and safely, with Alpha-Stim®.

The Alpha-Stim AID is a Cranial Electrotherapy Stimulation* (CES) device that uses low-level electrical current to safely and effectively treat anxiety, depression, and insomnia.

- Alpha-Stim treatments are cumulative; however, most patients show at least some improvement after the first treatment.
- Alpha-Stim technology is safe, with no serious adverse events reported in over 30 years of clinical use.
- Alpha-Stim devices can be used as a first-line therapy or as an adjunct to pharmacotherapy (without polypharmacy effects).

*Initially cleared for marketing by the FDA in 1992 as a prescriptive, noninvasive treatment, Alpha-Stim has an extensive safety record, with few side effects (less than 1%) and considerable scientific evidence of the significant results patients can achieve.
THE FOUNDATION: A Patented Waveform

- Effectively targets cell receptors, activating them through frequency matching in a manner similar to chemical ligands
- Delivers a very low level of current in pulsed microcurrents of less than one milliampere
- Provides a wide range of biological frequencies that no other device can emulate
- The only rigorously tested waveform designed and refined to improve effectiveness

THE IMPACT: An Electrical Intervention

- The brain functions electrochemically and can be readily modulated by electrical intervention\(^1,2\)
- Alpha-Stim impacts the electrochemical function of the brain to improve patients’ emotional and physiologic states
  - Designed to affect the activity of subcortical brain structures known to regulate emotions
  - fMRI studies demonstrate the waveform current changes the appropriate brain structures

THE RESULTS: Significant Improvement, Quickly, with Lasting Effect

As the leader in CES, Alpha-Stim has helped clinicians around the world offer fast, safe, and effective relief for patients suffering from anxiety, depression, and insomnia.

qEEG changes in 30 subjects treated with 20 minutes of Alpha-Stim CES.

There is an increase (red) in alpha activity with a simultaneous decrease (blue) in beta and delta.\(^2\)
PROVEN: Alpha-Stim Significantly Reduces Anxiety Symptoms

After 5 weeks of treatment, the active Alpha-Stim CES group reported an average decrease of 94% in their anxiety.6

By tracking the anxiety levels of patients over 6 months, Alpha-Stim was reported to reduce feelings of anxiety by an average of 76%4

In a study of preoperative anxiety, Alpha-Stim recipients reported significantly less anxiety after one 20 minute application5

**Insomnia reduction varies widely, with some individuals having improved sleep immediately and others not having improved sleep until weeks into treatment.**

**PROVEN: Alpha-Stim Significantly Reduces Insomnia**

Alpha-Stim CES recipients demonstrated an average increase of 43 total minutes of sleep time after only 5 treatments.6

Alpha-Stim CES reduced patient sleep disturbances, completing this 8-week study with scores below the range of insomnia.7

Alpha-Stim CES recipients reported a 36% improvement in quality of sleep compared to sham recipients.8
**PROVEN:** Alpha-Stim Significantly Reduces Depression Symptoms

After 5 weeks of treatment, the active Alpha-Stim CES group reported an average decrease of 75% in their depression.

After 6 weeks of treatment, Alpha-Stim users experienced a 42.8% improvement.

### IMPROVEMENT IN DEPRESSION

<table>
<thead>
<tr>
<th>Week</th>
<th>Mean Improvement</th>
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</thead>
<tbody>
<tr>
<td>BASELINE</td>
<td>14.5</td>
</tr>
<tr>
<td>WEEK 1</td>
<td>13.2</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>10.2</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>9.6</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>9.9</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>8.1</td>
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</tbody>
</table>

*Active participant improvement compared to sham participants, p=0.001, d=0.75

### REDUCED DEPRESSION SCORES

<table>
<thead>
<tr>
<th>Endpoint</th>
<th>Mean Depression Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASELINE</td>
<td>10.5</td>
</tr>
<tr>
<td>ENDPOINT</td>
<td>6.5</td>
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</tbody>
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*p=0.01, d=0.41

### MIXED ANXIETY AND DEPRESSION DISORDER

<table>
<thead>
<tr>
<th>Anxiety and Depression Disorder, Zung Depression Scale, 3-15 Treatments, N=32 Children</th>
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<tbody>
<tr>
<td>PRE</td>
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<tr>
<td>-----</td>
</tr>
<tr>
<td>0.64</td>
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</tbody>
</table>

*p<0.01

### 3 WEEK DEPRESSION TREATMENT

<table>
<thead>
<tr>
<th>Depression Patients, HAM-D17, 6 Weeks, N=12</th>
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</thead>
<tbody>
<tr>
<td>PRE</td>
</tr>
<tr>
<td>----</td>
</tr>
<tr>
<td>49.6</td>
</tr>
</tbody>
</table>

*p<0.001

After only 5 days of therapy with Alpha-Stim, the effective rate was 94%.

After 3 weeks of treatment with Alpha-Stim, active (but not sham) participants achieved significant improvement in depressive symptoms.

The proprietary Alpha-Stim waveform is supported by more scientific research than any therapeutic medical device in its class.

For additional clinical research, contact your Alpha-Stim representative.
Electromedical Products International, Inc. (EPI) was founded in 1981 by Dr. Daniel L. Kirsch, a world-renowned neurobiologist, who developed a safe and effective solution for the treatment of pain, sleep, and mood disorders with Alpha-Stim technology. He was the recipient of the 2008 prestigious Richard S. Weiner Pain Educator of the Year Award from the American Academy of Pain Management. EPI was a recipient of the 2013 Best of Business Award in the Surgical and Medical Instruments category by the Small Business Commerce Association (SBCA), and holds multiple patents. Today, EPI is a global enterprise with representatives throughout the world, with staff dedicated to the pursuit of excellence in the treatment and diagnosis of medical and healthcare-related issues.

EPI is a FDA registered establishment with operations certified by an independent third party to the International Standards Organization (ISO) 13485:2003 standards for quality in medical devices. Alpha-Stim products earned and maintain the CE mark through the European Medical Device Directive and are FDA-cleared for marketing.

REFERENCES
2. Kennedy R. Changes in quantitative EEG and low resolution tomography following cranial electrotherapy stimulation. PhD Dissertation, the University of North Texas. 2006;529 pp., 81 tables, 233 figures, 171 references.