ALPHA-STIM®

Alpha-Stim® AID and You

For Anxiety

For Insomnia

For Depression

ALPHA-STIM®

LET NOTHING STOP YOU.™

What is Alpha-Stim and How Does it Work?

Alpha-Stim is a clinically proven medical device that relieves anxiety, insomnia and depression using electromedical technology. Alpha-Stim generates a unique patented waveform no other device can offer. Much like every white pill is not the same, the uniqueness of Alpha-Stim's waveform produces results vastly different from any other medical device. Unlike medications which are introduced to your body in a chemical form and then broken down to smaller components such as electrons, Alpha-Stim begins at the electron level, allowing your body's cells to return to their natural functioning state. Alpha-Stim provides long lasting, cumulative relief without the risk of negative effects such as tolerance and addiction to medications.

The current is applied with easy-to-use clips that attach on the ear lobes for at least 20 minutes, 2 - 3 times a week, or on an as-needed basis. Alpha-Stim can help induce a pleasant, relaxed feeling of well-being.

While Alpha-Stim technology is significantly effective when used correctly, it does not work for everyone. If the Alpha-Stim is not working well for you, contact your healthcare practitioner or EPI for clinical support. We are here to help you.

What People Are Saying

"My Life Has Dramatically Improved...

I am a disabled American Veteran. I am writing this just to simply let you, and the makers of the Alpha-Stim, know it has helped me to be able to deal with my many medical issues. I have bouts of anxiety, depression, extensive episodes of insomnia and, your so simple, user-friendly device has allowed me to once again enjoy many of the pleasures that I, and I believe many others, had taken for granted. I would like to say thank you for making such a thing possible again." – Steve D.

"There is Nothing Else Quite Like Alpha-Stim...

From the very first time I used an Alpha-Stim in my therapist's office, I experienced relief from crippling anxiety. I'd been searching for relief from anxiety for a few years, and no other drug or therapy has been as effective as Alpha-Stim. It's portable — I can use it almost anywhere, and it has virtually no side effects. It's hard to explain it to people who haven't experienced it, but there's nothing else quite like the Alpha-Stim. I very strongly recommend it for anxiety relief." – Laureen W.

"It Has Absolutely Changed My Life...

I suffer from depression from time to time. Anti-depressants just did not work for me after a period of time. Their effects seem superficial. Below their chemical effect, I still felt depressed. My doctor would just simply layer on other meds... this one to sleep, another to enhance the effectiveness, etc. About 4 years ago, a holistic doctor introduced me to the Alpha-Stim. It has absolutely changed my life, and has allowed me to treat my depression without any medications. The effects seem absolutely natural. I use it when I feel depression coming on, and within a few days the depression is reversed. 5 stars!" – Mark J.

"My Insomnia is Now a Thing of the Past...

My doctor prescribed Alpha-Stim for my chronic insomnia. The first night I tried it, I went to sleep without any medication for the first time in years. It's a small miracle. I'm extremely grateful to have discovered this wonderful device." – Linda S.

"I Feel Like a New Person...

It worked after awhile – 2 to 3 weeks – on my depression. It's a wonderful product and I still use it. I am 99% well and am truly grateful for the research that produced this device. I'm glad to have an Alpha-Stim as well, for daily or weekly use. I believe everyone could benefit from its use!" – Kerry P.

What to Expect From Treatments?

Anxiety reduction is usually experienced during a single treatment and may last for hours or days thereafter.

Insomnia is usually improved after the initial treatment but may take up to 4 weeks to see a significant change. For best results, most people treat at least 3 hours prior to bedtime. It can also be used when awakened during the night.

Depression typically takes at least 3 weeks or more of daily treatment to experience significant improvement. Once symptoms have improved, use of Alpha-Stim 2 - 3 times per week or less is usually sufficient to maintain good results.

Is Alpha-Stim Safe?

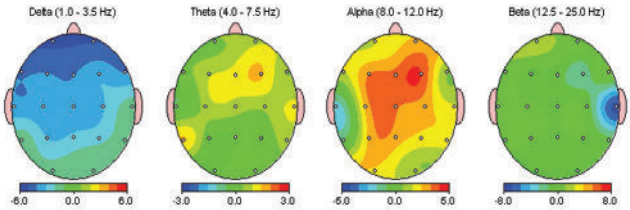
There are over 100 research studies and published reports, as well as ongoing research, patient surveys and professional endorsements, all supporting the safety and efficacy of Alpha-Stim. Our research is so good, even our competitors use it. In over three decades of studies involving approximately 8,800 people, only minor, self-limiting side effects have been reported, with the two most common being headaches (0.10%) and skin reactions at the

electrode sites (0.07%). In a recent 5 year period, 8,248,920 Alpha-Stim treatments resulted in only 14 instances of minor side effects, 11 of which were skin irritation at the electrode site. Alpha-Stim technology is safe and significantly effective when used correctly.

Just 20 Minutes will Change Your Brainwaves and Your Outlook

The diagram below is a quantitative electroencephalogram (qEEG) brain map showing the changes in brain activity by traditional EEG bands of 30 volunteers after a single 20 minute treatment with Alpha-Stim CES (Cranial Electrotherapy Stimulation).

FFT Relative Power Difference (%)



Kennerly, Richard. QEEG analysis of cranial electrotherapy: a pilot study. *Journal of Neurotherapy* (8)2:112-113, 2004. Presented at the International Society for Neuronal Regulation Annual Conference, Houston, Texas, September 18-21, 2003.

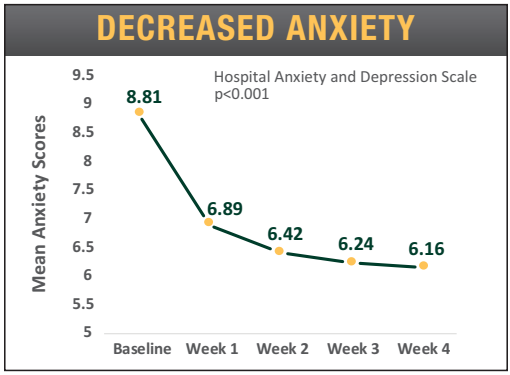
What This Means

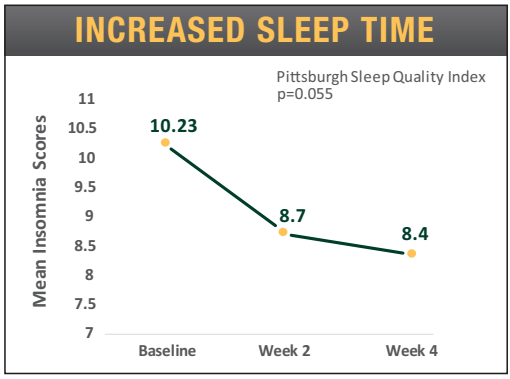
The picture above shows the typical changes of brainwave activity in anxious patients using Alpha-Stim. This is a measurement of changes in 4 different brainwave frequency bands.

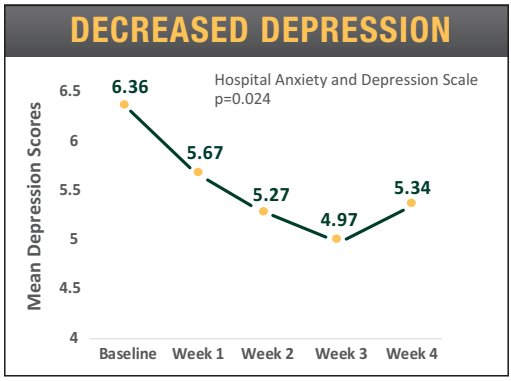
Red shows an increase in alpha activity (relaxation brain waves) with a simultaneous decrease in blue, delta activity (deep sleep waves), after using Alpha-Stim for only 20 minutes. These changes have been shown to help reduce anxiety and improve restorative sleep.

Latest Research

The University of Texas MD Anderson Cancer Center study, “Cranial Electrotherapy Stimulation for the Management of Depression, Anxiety, Sleep Disturbance, and Pain in Patients with Advanced Cancer” found Alpha-Stim significantly effective.







REFERENCE

Yennurajalingam S, Kang D-H, Hwu W-J, Padhye NS, Masino C, Dibaj SS, Liu DD, Williams JL, Lu Z, Bruera E. Cranial electrotherapy stimulation for the management of depression, anxiety, sleep disturbance, and pain in patients with advanced cancer: a preliminary study. *Journal of Pain and Symptom Management.* 2018 Feb; 55(2): 198-204.

How do I Get an Alpha-Stim?

1. In the USA, you must first ask your doctor if Alpha-Stim is right for you and obtain a prescription.*

2. Go to www.alpha-stim.com or call 1-800-367-7246 in the USA to order your Alpha-Stim or for a referral to your local distributor. Outside the USA, call +940-328-0788 or email info@epii.com.

5 Year Limited Warranty

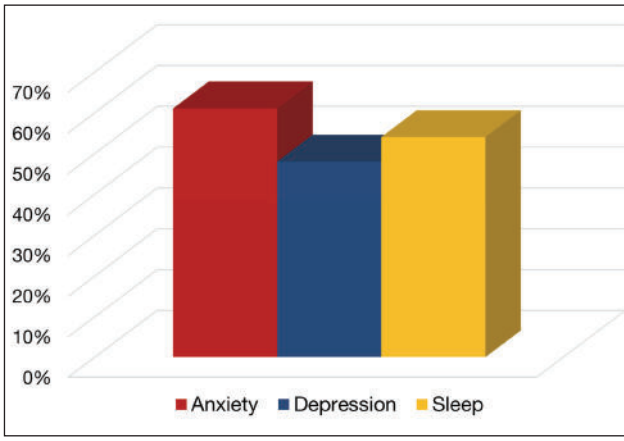
Each Alpha-Stim AID is warranted to be free from defects in materials and workmanship under normal use for a period of five years from the date of purchase (not including batteries and accessories). See Owner's Manual for complete details.

*Note: Alpha-Stim has regulatory clearance throughout most of the world. In the United States, it is cleared by the FDA for interstate marketing by or on the order of a licensed healthcare professional. Outside of the USA, it is available without a prescription.

Why Veterans Preferred Alpha-Stim for Relief from Anxiety, Insomnia and Depression

Alpha-Stim technology treats anxiety, insomnia and depression using a method called cranial electrotherapy stimulation (CES). Alpha-Stim can help induce a pleasant, relaxed feeling of well-being. Alpha-Stim is well-tolerated and very safe, having no significant side effects in more than 8,800 patients involved in research studies, and millions of treatments in doctor offices and at home.

Percent Improvement in 32 Veterans Across 158 Treatment Sessions

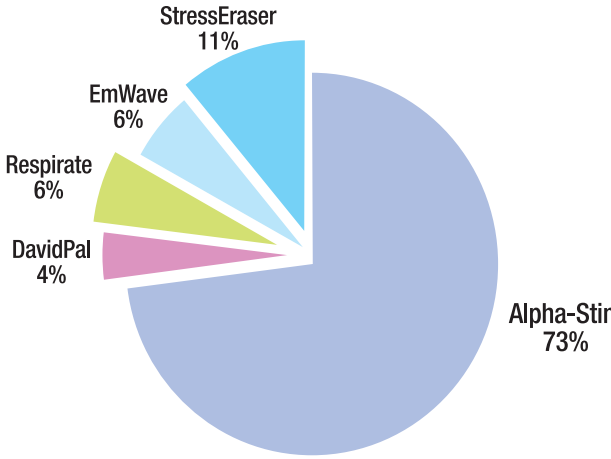


In contrast, pharmaceuticals used in the treatment of mood disorders have been proven to have a wide range of undesirable side effects and can be addictive. The microcurrent technology unique to Alpha-Stim produces residual and cumulative results, which means your relief will last and let you resume your normal activities.

Veterans Chose Alpha-Stim 3 out of 4 Times

In a study at Michael E. DeBakey Veterans Affairs Medical Center in Houston, Texas, people who experienced severe anxiety, insomnia and depression chose Alpha-Stim 3 out of 4 times. These were veterans who were suffering from chronic pain along with mood and sleep disorders. After being shown how to use 5 treatment devices, they continued to choose Alpha-Stim 73% of the time.[1]

CAM Devices Chosen by 32 Veterans Across 197 Group Visits



1. Tan, Gabriel, Dao, Tam K., Smith, Donna L., Robinson, Andrew and Jensen, Mark P. Incorporating Complementary and Alternative Medicine (CAM) Therapies to Expand Psychological Services to Veterans Suffering From Chronic Pain. *Psychological Services.* 7(3):148–161, 2010.

Alpha-Stim® Product Features

Primary Indications
Pain
Anxiety
Insomnia
Depression
Treatment Methods
Smart Probes for Pain
Electrodes for Pain
Earclips for CES
Plus
Five (5) Year Warranty
Free access to clinical and technical support

Select the Alpha-Stim That's Right for You

Alpha-Stim technology is available in two easy-to-use therapeutic devices for both home and clinical use. See Table above.

Alpha-Stim M provides both microcurrent electrical therapy (MET) that treats pain and cranial electrotherapy stimulation (CES) that treats anxiety, insomnia and depression.

Alpha-Stim® M For treating multiple pain areas, anxiety, insomnia and depression.	Alpha-Stim® AID For treating anxiety, insomnia and depression without pain.
✔	
✔	✔
✔	✔
✔	✔
✔	
✔	
✔	✔
✔	✔
✔	✔

Alpha-Stim M is the most complete and versatile product, and the only choice for those wanting to treat pain as well as anxiety, insomnia and depression. Alpha-Stim M comes complete with probes and self-adhesive AS-Trodes™ for treating pain, and earclips for administering CES.

Alpha-Stim AID provides cranial electrotherapy stimulation (CES) for those suffering from anxiety, insomnia and/or depression. Alpha-Stim AID comes complete with earclips for administering CES.

Electromedical Products International, Inc.
A Dedicated Company You Can Trust

Electromedical Products International, Inc. (EPI) was founded in 1981 by Dr. Daniel L. Kirsch, a world-renowned neurobiologist, pain specialist and military consultant who developed a safe and effective solution for the treatment of pain, anxiety, insomnia and depression with Alpha-Stim technology. EPI was a recipient of the Best of Business Award in the Surgical and Medical Instruments category by the Small Business Commerce Association (SBCA). EPI and its staff are dedicated to the pursuit of excellence in the treatment and diagnosis of medical and healthcare related issues.

EPI won the prestigious American Institute of Stress Award for Distinction and Innovation based on the growing list of publications in peer reviewed journals demonstrating safety and efficacy of Alpha-Stim products.

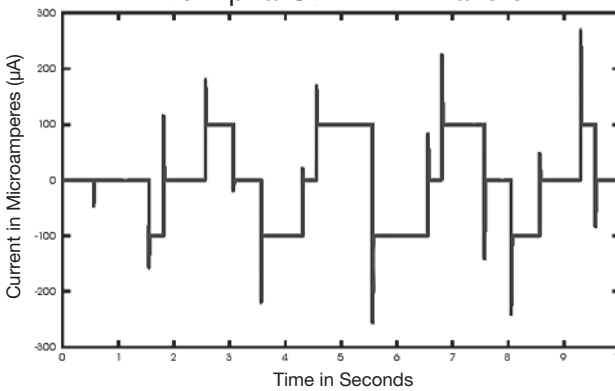
Today, EPI is a global enterprise with representatives throughout the world. EPI is an FDA registered establishment with operations certified by an independent third party to the International Standards Organization (ISO)13485:2016 standards for quality in medical devices. Alpha-Stim products earned and maintain the CE mark through compliance with the European Medical Device Directives.

Alpha-Stim AID Technical Specifications

Electrical

Batteries	2 AAA 1.5 volt (included). Replace with disposable batteries. Do not use rechargeable batteries. Dispose of batteries safely in accordance with local government regulations.
Timer	20, 40 or 60 minute countdown timers.
Current	0 to 500 microamperes (μA), +/- 5%, adjustable in 50 μA increments. When load is 1KΩ, maximum output current is 525 μA (waveform amplitude is 525 mV) and minimum output current is 475 μA (waveform amplitude is 475 mV).
Frequency	0.5 Hz (pulses per second) combined with a constant 0.4 Hz. The average pulse repetition rate is 0.8 Hz.
Pulse Widths	Varying between 0.25, 0.5, 0.75 and 1 second.
Charge Per Pulse	At 500 μA the charge per pulse varies between 125, 250, 375 and 500 microcoulombs (μC). Every 10 seconds the total charge is 1.25 millicoulombs (mC) in each direction.
Waveform	The impedance range within which the waveform parameters remain valid are from 100 Ω to 10 KΩ. The waveform is composed of bipolar asymmetric rectangular waves at a 50% duty cycle repeating periodically at 10 second intervals. The waveform is balanced to achieve 0 net current in either direction (see graphic).

The Alpha-Stim® AID Waveform



Mechanical

Height	9.8 cm
Width	6.3 cm
Depth	2.0 cm
Weight	101 gm with batteries

Made in China and the USA to the exacting specifications of EPI, USA.

The Alpha-Stim AID comes complete and ready to use with 1 set of Earclip electrodes, 1 50-ml bottle of conducting solution (250 ml refill bottles available), 256 Earclip Electrode Pads (EEPS), Illustrated Owner's Manual, Lanyard, Storage Case, and 2 AAA Batteries. This is everything you need to begin to use your new Alpha-Stim AID. Replace conducting solution and EEP electrodes only with authorized Alpha-Stim brand products.

Prescribing Information

EPI is ISO Certified
Electromedical Products International, Inc. is an International Standards Organization (ISO) certified establishment. ISO is an International organization working with some 140 countries and the United Nations to maintain standards for all applications of technology for global industry. Requirements for the medical device industry relate to design controls, risk management, environmental controls, special processes (e.g. software validation), traceability, record retention, and regulatory actions such as vigilance.

Electromagnetic Interference
This equipment has been independently tested by outside agencies and found to comply with the limits of Comité International Spécial des Perturbations Radioélectriques (CISPR). These limits are designed to provide reasonable protection against harmful interferences in a residential or clinical environment. However, it is still possible that interference could occur in a particular environment. In case interference does occur, increase the distance between this device and the equipment it interferes with. Consult Electromedical Products International, Inc. if the problem persists.

CE Conformity Statement for Europe
The Alpha-Stim AID is a Class IIa, Type BF medical devices. It has been independently tested by outside agencies to provide assurance of conformity to applicable standards for medical equipment safety and electromagnetic compliance.

Caution Statement for United States
Federal law (USA only) restricts this device to sale by or on the order of a licensed healthcare practitioner. Outside of the USA, it is available worldwide without a prescription but consultation with a qualified healthcare practitioner is recommended.

Indications
Alpha-Stim AID is an effective treatment for the management of anxiety, insomnia and depression, or for the short term relief of the symptoms associated with these indications. In many cases it is the sole therapeutic method required. As with any therapeutic intervention, not all people will respond to the Alpha-Stim AID. The degree of efficacy will vary with the nature of the problem being treated, the overall health of the person, and with the method of treatment. As much as a one month initial trial may be required to see significant reductions in symptoms.

Contraindications
Alpha-Stim may affect the operation of implanted demand type cardiac pacemakers and other implanted devices.

Precautions
For external use only. Do not allow children to use or handle these devices without adult supervision. Do not operate potentially dangerous machinery or vehicles during treatment, and in some cases for several hours after treatment. Safety of stimulation has not been established during pregnancy.

Adverse Effects
Adverse effects are usually mild and self-limiting. Adverse effects from data on approximately 8,800 patients participating in 144 controlled studies, open clinical trials, and uncontrolled conditions, and by physician survey and reasonably associated with the use of CES are dizziness (6 cases, 0.07%), skin irritation/ electrode burns (6 cases, 0.07%), and headaches (9 cases, 0.10%). Prolonged CES treatment at currents higher than necessary may cause dizziness or nausea that can last for hours to days. Treatment immediately prior to going to sleep may cause difficulty sleeping. Paradoxical reactions such as increased anxiety, and sleep disturbances may occur, but are rare.

If Alpha-Stim does not begin to control your anxiety, insomnia or depression within one month, consult your healthcare practitioner, authorized Alpha-Stim distributor, or EPI for advice.

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