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 product.
- Keep this User's Manual close at hand along with the warranty card for future reference.

INDEX

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
- 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 extruded during shipping, and 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 bottom of the machine, product box, warranty card and 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 its 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 repair immediately. Continued use may cause fire or electrical shock.

Only connect the power cord 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 irreparable damage to the machine, electric shock, short circuit, fire, personal injury or property damage.

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 electric shock.

Do not insert and/or remove the power plug with wet hands. Doing so may cause an electric shock or 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 electric shock. The power plug should be plugged in completely to prevent fire and electrical shock. Keep any metal object away from the power plug and the electrical 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 or electric shock.

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

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

Do not place the machine near an open flame and avoid areas of 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, electric shock, personal injury or property damage.

Keep any metal object away from the electrode pins. Doing so may result in a short circuit, electric shock, personal injury, or 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 electric shock.

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

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

Do not place the machine outdoors and/or in a high humidity area. It could cause damage to the machine and electric 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 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.

- 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).
- Only use water at temperatures between 5°C—40°C (41°F—104°F) in the pitcher.
- Do not wash the pitcher or the H2 Keeper with rough materials, scrubbers or brushes. Use a soft cloth to wipe for cleaning.
- 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 wash the machine itself. The machine is not waterproof.
- 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.
- Exercise caution when cleaning the electrode plate or the electrode pins and only when the machine is unplugged.
- Do not bend or use excessive force when cleaning the electrode pins and 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)

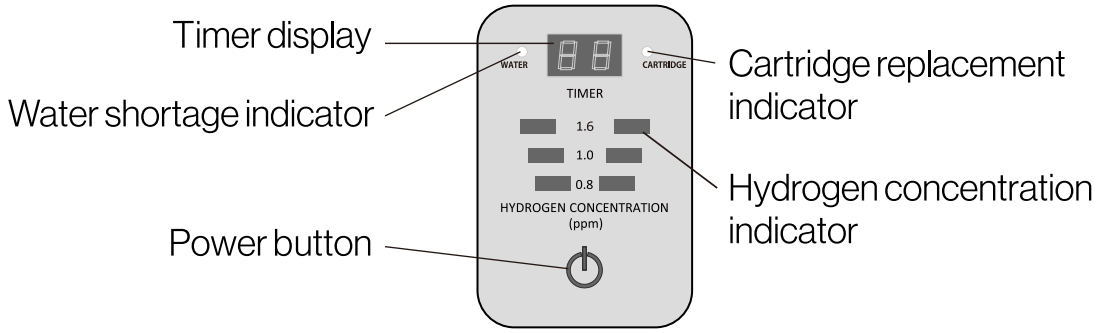
- When there is water in the reservoir tank or in the pitcher tray, carefully move the machine or use a syringe to remove the water from the pitcher tray before moving the machine to avoid damage.
- Always drain the water in the pitcher tray through the drainage hole. Do not tip the machine to pour the 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 and/or may need a more concentrated citric acid solution.
- 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 plates, electrode pins, and the machine.
- Do not use a cartridge that has been exposed to 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.
- Be sure to wipe the electrode pins off with a soft damp cloth each day when the machine is used or when the pitcher tray gets wet or dirty to avoid damage to the electrode pins, the pitcher and the machine.
- Do not spill any water outside the cartridge in the reservoir tank. Doing so will damage the machine.

PARTS DESCRIPTION 1

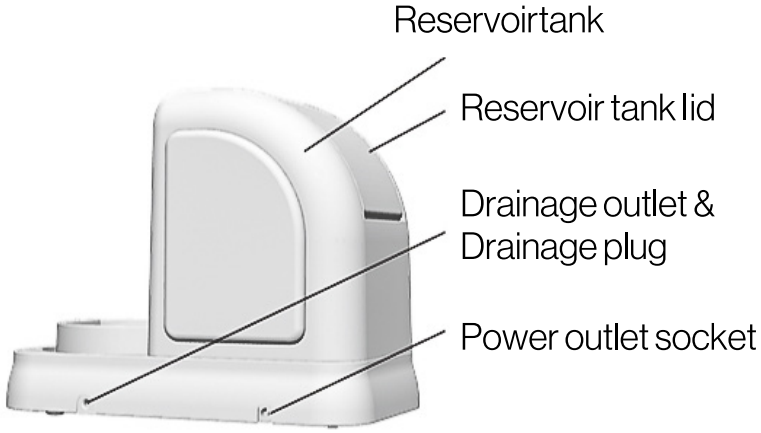
MAIN BODY

FRONT

CONTROL PANEL

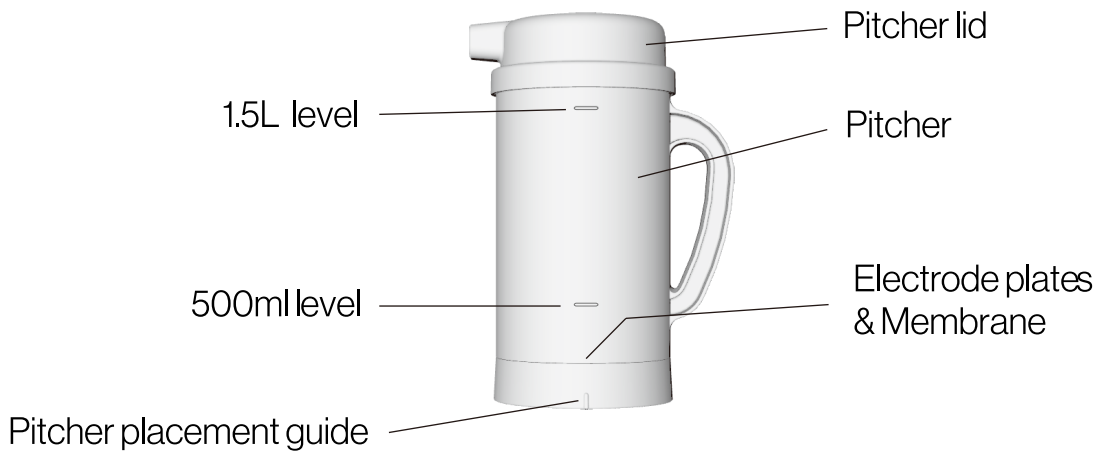


BACK

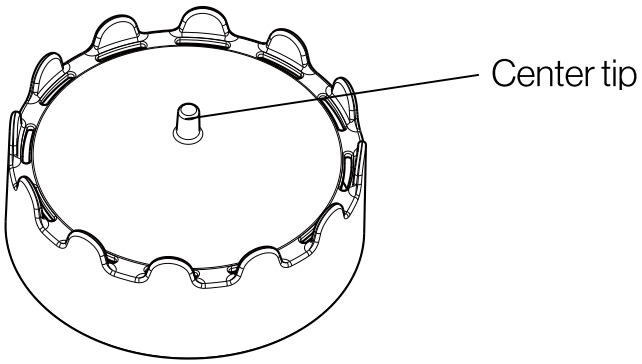


PARTS DESCRIPTION 2

PITCHER



H2 KEEPER



HOW TO MAKE HYDROGEN WATER

PREPARATION

1. DECIDE WHERE TO SET UP THEMACHINE

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

- The machine must be set up on a stable, dry surface with adequate 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. Plug the AC adapter into the electrical outlet first then plug it into the machine*. You will hear a beep, all the lights will blink once, and the orange light on the water shortage indicator light will turn on.

- *If an extension cord and/or plug adapter are used, always insert the AC adapter into the electrical outlet before plugging it into the machine to avoid electrical sparks.
- Use only the enclosed Universal AC Adapter. To avoid damage to the machine, do not use a different adapter or an 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 and the H2 Keeper with room temperature water and wipe with a soft cloth.

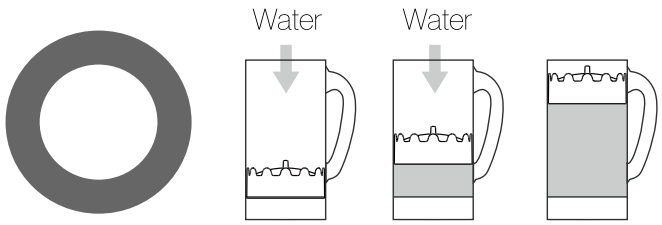
- Do not wash the pitcher or the H2 Keeper with rough materials, scrubbers or brushes. Do not use detergent, chlorine, vinegar or abrasive cleaners, hot water or in the dishwasher.
- Foreign substances, some minerals and impurities contained in water, etc. adhere to the electrodes on the main body of the unit and/or to the contact fittings on the bottom of the pitcher and become petrified causing resistance to electricity and will damage the electrode pins, pitcher and the machine. Be sure to wipe the electrode pins off with a soft damp cloth each day when the machine is used or when the pitcher tray gets wet or dirty. Do not bend or use excessive force when cleaning the electrode pins and when replacing the pitcher onto the pitcher tray. It will damage the electrode pins.
- Do not wash the machine itself. The machine is not waterproof.

HOW TO MAKE HYDROGEN WATER (continued)

4. FILL THE PITCHER WITH DRINKING WATER

Add 500ml—1.5L of drinking water to the pitcher, place the H2 Keeper inside the pitcher and twist to close the pitcher lid securely. Set the pitcher aside 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 within 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. 18–19)



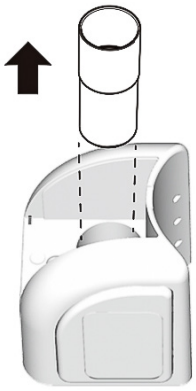
WATER TO USE IN THE PITCHER

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.)
- Only use water temperatures between 5°C—40°C (41°F—104°F) in the pitcher.
- Ice cubes may be added to the water in the pitcher 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 and/or may need a more concentrated citric acid solution.
- 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.

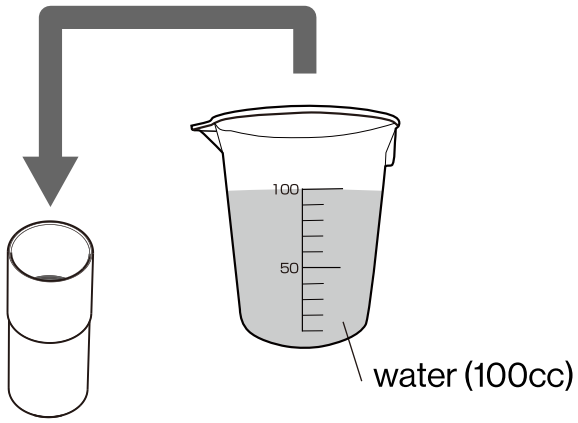
Place the cartridge under room temperature running water and shake it lightly for a few seconds to help the cartridge settle.

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 drains into the pitcher tray may be red/brownish when the cartridge is new and/or has been dried out. Those are deposits from the cartridge and are a normal occurrence. It is unnecessary to discard the discolored water. 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. It will turn clear after a few uses.



- 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 suction to remove any clumps that may have formed inside the cartridge. Place the cartridge under running water again for a few seconds to confirm the water is draining. If the cartridge is still clogged, tap the side or the bottom of the cartridge and shake it to remove any clumps formed inside.
- 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.
- Be sure to wipe the electrode pins off with a soft damp cloth each day when the machine is used or when the pitcher tray gets wet or dirty. Foreign substances, some minerals and impurities contained in water, etc. adhere to the electrodes and/or to the contact fittings on the bottom of the pitcher and become petrified causing resistance to electricity and will damage the electrode pins, pitcher and the machine.

7. SET THE PITCHER ON THE MACHINE

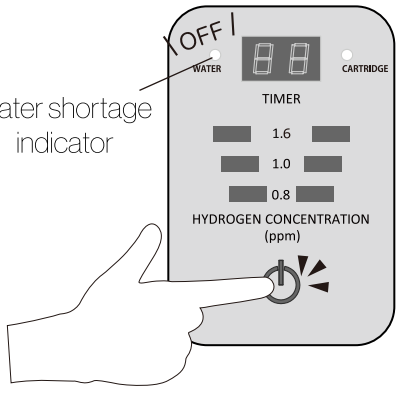
Line up the placement guides of the pitcher and the pitcher tray, and set the pitcher down vertically. Now your Lourdes Hydrofix is ready to make hydrogen water.

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.
- When the water shortage indicator light comes on after operating a few cycles, add only 50ml/50cc of water to the cartridge/reservoir tank. Do not add 100ml/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. You will see hydrogen gas bubbles rising into the pitcher water.

- 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. 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 bubbles.

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 machine.

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.

30-MINUTE MODE

Use 30-minute mode to make a full pitcher (1.5 L) of H2 water or to do an inhalation* session (*H2 Keeper must be removed to do an inhalation). Press the power button once, you will hear a beep. 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.

HOW TO MAKE HYDROGEN WATER (continued)

- 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 in 30-minute mode.
- It is not necessary to complete a 30-minute cycle to begin an inhalation session. Hydrogen gas will reach the tip of the cannula within 10–30 seconds of hydrogen production.
- The machine will automatically go into stand-by mode when the 30-minute production mode is completed.

90-MINUTE MODE

90-minute mode can also be used for an inhalation* session (*H2 Keeper must be removed to do an inhalation). Press the power button twice, you will hear a beep. The timer displays "90" and the hydrogen concentration bar will blink to indicate the approximate hydrogen level during the production mode.

- The water will be fully saturated in 30-minutes. Running the 90-minute mode will not increase hydrogen level in the water.
- It is not necessary to complete a 90-minute cycle to begin an inhalation session. Hydrogen gas will reach the tip of the cannula within 10–30 seconds of hydrogen production.
- 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.

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.

HOW TO MAKE HYDROGEN WATER (continued)

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 sensor is triggered.
- To return the machine to stand-by mode, restart the 30-minute mode and the machine will go into stand-by mode after production mode is complete.
- 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 production 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.

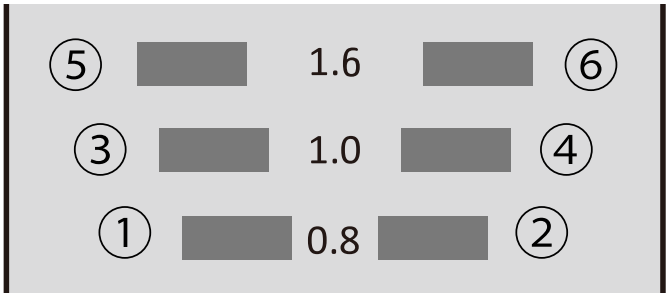
- The machine is on night mode if the timer display light is lit. Press and hold the power button again to shut off the machine. Only the power button is lit when the machine is turned off.

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 production 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 to the duration and frequency of sessions you can do daily. Frequent inhalation sessions of ten minutes 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*. (*The Inhalation pitcher lid and specially-designed H2 cannula is required to use the hydrogen gas inhalation option. H2 cannula and tubing are made of dense materials to deliver the 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.

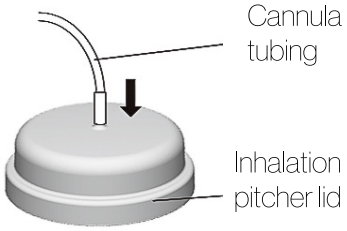
- Always fill the pitcher with 1.5L of water for hydrogen gas inhalation. Do not attempt hydrogen gas inhalation with less water and/or with an empty pitcher.
- Using tap water in the pitcher is not recommended for hydrogen gas inhalation due to chlorine gas in tap water.

3. Close the pitcher with the Inhalation pitcher lid securely.

- The Inhalation pitcher lid fits tightly. To attach or remove the Inhalation 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 pitcher 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.
- It is not necessary to complete a 30-minute or 90-minute cycle to begin an inhalation session. Hydrogen gas will reach the tip of the cannula within 10–30 seconds of hydrogen production.
- 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 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 throughly 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 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 and/or may need a more concentrated citric acid solution. Check the mineral buildup on the electrode plate and perform 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 tablespoons) 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

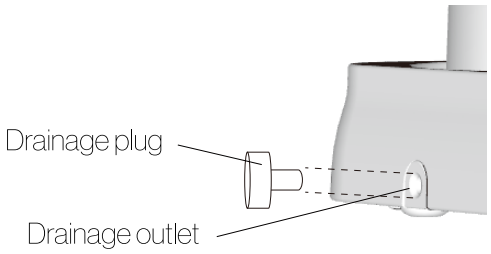
If dust and mildew have accumulated in the pitcher tray area over time, it is time to clean the machine. Please follow the next steps to clean the machine.

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.

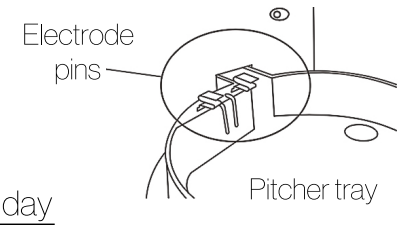
2. Carefully move the machine to the sink without allowing the water in the pitcher tray to splash back into the reservoir tank or out of the pitcher tray. Remove the drainage plug by the sink and empty the water inside the reservoir tank and the pitcher tray.

- Always drain the water in the pitcher tray through the drainage outlet. 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.

- Foreign substances, some minerals and impurities contained in water, etc. adhere to the electrode pins and/or to the contact fittings on the bottom of the pitcher and become petrified causing resistance to electricity and will damage the electrode pins, pitcher and the machine. Be sure to wipe the electrode pins off with a soft damp cloth each day when the machine is used or when the pitcher tray gets wet or dirty.



- Do not bend or use excessive force when cleaning the electrode pins and when replacing the pitcher onto the pitcher tray. It will damage the electrode pins.
- 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.

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. 12)

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 outlet. 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

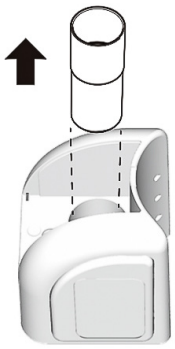
Change the cartridge once a year or when the cartridge replacement indicator light turns on.

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. 22)

- Always drain the water in the pitcher tray through the drainage outlet. 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.

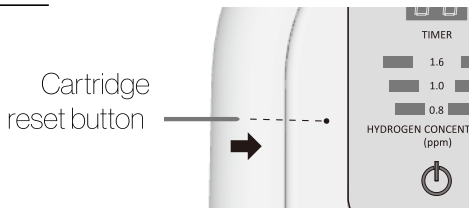
5. Install the new cartridge by placing the cartridge straight downward.

6. Plug the AC adapter into the electrical outlet first, then plug it into the machine.

- You will hear a beep, all the lights will blink once, and the orange light on the water shortage indicator light will turn on.

7. Depress the cartridge reset button for 1–2 seconds with a toothpick. Only by doing so will the cartridge usage counts of the machine be reset and provide accurate notification next time. If the cartridge replacement indicator light was flashing, the light will turn off.

- If the cartridge was replaced before the cartridge replacement indicator light came on, it is still necessary to depress the cartridge reset button to reset the counts. Otherwise, the machine will continue to count and the cartridge replacement indicator light will come on prematurely in the near future.



CARTRIDGE REPLACEMENT INSTRUCTIONS
(continued)

8. 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. Now your Lourdes Hydrofix is ready for operation.

- Do not add water directly to the pitcher tray.
- 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.
- The water that drains into the pitcher tray may be red/brownish when the cartridge is new. Those are deposits from the cartridge and are normal. It is unnecessary to discard the discolored water. 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. Place the cartridge under running water again for a few seconds to confirm the water is draining. If the cartridge is still clogged, tap the side or the bottom and shake it to remove any clumps formed inside.
- If the water shortage indicator light does not turn off, add a small amount of water (up to 20ml) to the cartridge/reservoir tank.
- Do not add 100ml/100cc of water unless the pitcher tray is completely empty. Add 50ml/50cc of water to the cartridge/reservoir tank when the water shortage indicator light comes on again.

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 drains into the pitcher tray may be red/brownish when the cartridge is new and/or has been dried out. Those are deposits from the cartridge and are normal. 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.

→ It is unnecessary to discard the discolored water. It will turn clear after a few uses.

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 bubbles bursting under the pitcher.
  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 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

- Is there white mineral build-up on the electrode plate?

→ 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. 20-21)

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. Be careful not to bend the electrode pins.

- Do the electrode pins looks 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 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 water.

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 and no oxidized iron 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) NEMCA Effect* Technology (*Non-Faradaic Electrochemical Modification of Catalytic Activity) Multi-Layer Fibriform Polymer Membrane Film Technology Expanded Metal Processing Technology VIVE* Technology (*Vortex Induced Vibration Engineering)
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 (3,600 ml/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

CARTRIDGE REPLACEMENT

Date Replaced	Date Replaced

CITRIC ACID CLEANING

Date Serviced	Description of Service

10/2023 Version

HOLYHYDROGEN.COM

Lourdes Hydrofix International Distribution