To Set Up:

1. Wash glass bottle and lid with soap and warm water.
2. Unscrew Generator cover and remove and dispose rubber plug.
3. Gently twist bottle on to generator track and tighten snug to seal.
4. With bottle attached rinse out inside Generator with warm water.
5. Fill bottle with clean drinking water up to bottle threads.
6. Cap bottle with lid and insert USB cable into Unit USB Port.
7. Insert other cable end to power plug and plug it into wall outlet.
8. Charge battery 2 or more hours before operating machine.
9. Battery charge will automatically shut off when fully charged.

Power Button:

- a. Press Once: 5 Minute Cycle (Blue Light)
- b. Press Twice: 7 Minute Cycle (Green Light)

To Operate:

1. Press power button twice to start a 7 minute cycle. (GREEN)
2. After 7 minute cycle ends we recommend repeating this 7 minute cycle again to saturate the H2 level for highest benefit.
3. Unit Beeps and power shuts off at the end of each timed cycle.
4. Use 5 minute cycle to keep H2 water fresh while pausing.
5. Remove bottle cap and drink from bottle within minutes.
6. Operate on counter top to open bottom Oxygen/Ozone valve.
7. Drink 4 – 6 bottles or more per day for maximum H2 benefit.
Cleaning and Maintenance:
This unit is equipped with a Self-Cleaning mode feature that reverses the polarity of the Plates to produce Ozone gas as an effective cleaner and sterilizer to keep the unit clean and efficient to produce pure hydrogen gas into the water.

Cleaning Instructions:
1. Attach glass bottle to Generator and fill half full of water.
2. Start a 3 minute Self-Cleaning cycle by pressing and holding down the power button until the light turns purple and it beeps 10 times.
3. Allow 3 minute cycle to complete and shut off automatically and then dispose of this water and rinse out before using.

Cleaning Frequency:
If you drink purified filtered water, run cleaning cycle once a month. If you drink unfiltered tap water, run cleaning cycle once a week.

WARNING: ALWAYS DISPOSE OF WATER AND RINSE OUT THOROUGHLY AFTER CLEANING CYCLE IS FINISHED.

Inhaler Adapter Instructions
Note: Inhaling is a water substitute when drinking isn’t practical. Use for plane and car trips or evenings. Always drink when possible.

1. Attach open end of tube onto protruding pipe in center of round bottle Adapter.
2. Fill bottle ¾ full of water and cap with Adapter lid.
3. Put tube loop over head and prongs into nostrils and adjust slack-bead behind neck.
4. Press 7 min timer cycle and inhale. Repeat at will for 30 – 60 minutes or longer.

**H2 USB SPORT MAXX SPECIFICATIONS**

<table>
<thead>
<tr>
<th><strong>POWER SUPPLY</strong></th>
<th>USB 5V/110 – 230 VLT</th>
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</thead>
<tbody>
<tr>
<td><strong>BOTTLE CAPACITY</strong></td>
<td>14 OZ / 400 ml (GLASS)</td>
</tr>
<tr>
<td><strong>WATER REQUIRED</strong></td>
<td>FOR ALL WATER TYPES</td>
</tr>
<tr>
<td><strong>HYDROGEN PPM</strong></td>
<td>0.8<del>1.0 (5 min) / 1.0</del>1.5 (7 min)</td>
</tr>
<tr>
<td><strong>CLEANING TYPE</strong></td>
<td>OZONE GAS</td>
</tr>
<tr>
<td><strong>ORP RANGE</strong></td>
<td>-350mv ~ -650mv</td>
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