



# 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.



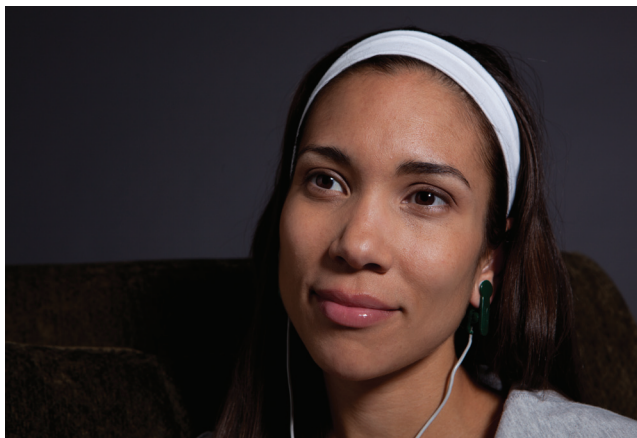
The current is applied with easy-to-use clips that attach on the ear lobes for at least 20 minutes, 2 - 3 times a week, or on an as-needed basis. Alpha-Stim can help induce a pleasant, relaxed feeling of well-being.

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 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?

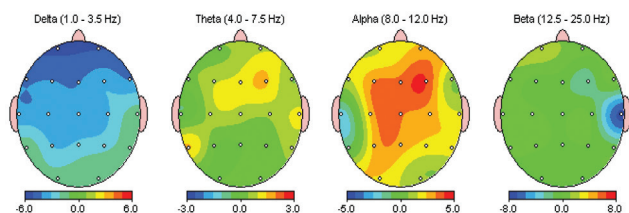
There are over 95 research studies and published reports, as well as ongoing research, patient surveys and professional endorsements, all supporting the safety and efficacy of Alpha-Stim. Our research is so good, even our competitors use it. In over three decades of studies involving approximately 8,800 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

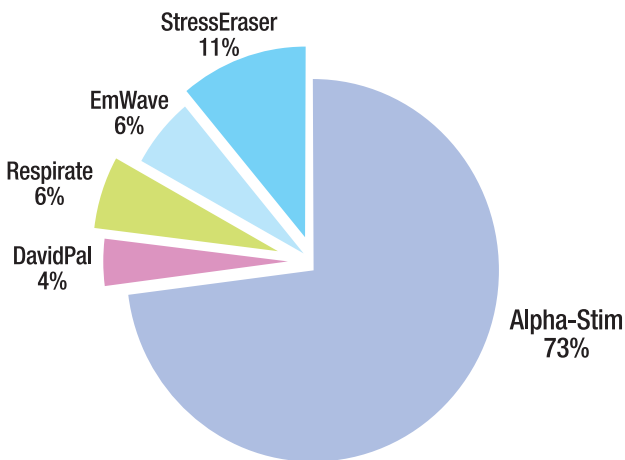
The picture above shows the typical changes of brainwave activity in anxious patients using Alpha-Stim. This is a measurement of changes in 4 different brainwave frequency bands.

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.

## 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.

### CAM Devices Chosen by 32 Veterans Across 197 Group Visits



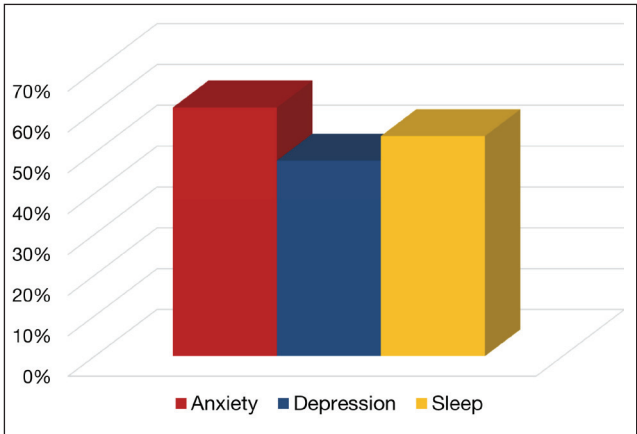
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Tan, Gabriel, Dao, Tam K., Smith, Donna L., Robinson, Andrew and Jensen, Mark P. Incorporating Complementary and Alternative Medicine (CAM) Therapies to Expand Psychological Services to Veterans Suffering From Chronic Pain. *Psychological Services*.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

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

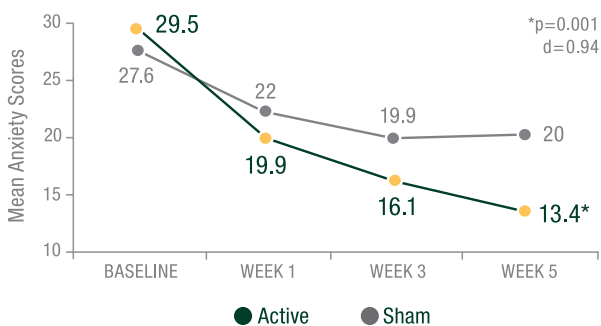
Alpha-Stim technology treats anxiety, insomnia and depression using a method called cranial electrotherapy stimulation (CES). Alpha-Stim can help induce a pleasant, relaxed feeling of well-being. Alpha-Stim is well-tolerated and very safe, having no significant side effects in more than 8,800 patients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

## MEAN ANXIETY SCORES OVER 5 WEEKS



General Anxiety Disorder, HAM-A, 5 Weeks, N=108  
Liberty and Stetson Universities

Barclay TH, Barclay RD. A clinical trial of cranial electrotherapy stimulation for anxiety and comorbid depression. *Journal of Affective Disorders*. 2014; 164:171-177.

## Clinical Trials

In the clinical trial graphed above, patients suffering with anxiety who used Alpha-Stim for only 5 weeks reported an average decrease of 94% in their anxiety.

## Testimonials

### “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."*

– Lauren 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."*

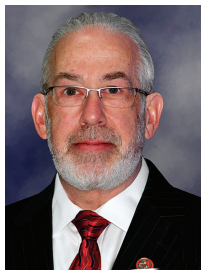
– Linda S.

### **"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.

## 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 2013 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. In 2011, 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)13485:2003 standards for quality in medical devices. Alpha-Stim products earned and maintain the CE mark through compliance with the European Medical Device Directives.

## 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.

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 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. See the Table at the top of the next two pages for a summary of product features.



# 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

## 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](http://www.alpha-stim.com) or call (800) FOR-PAIN 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](mailto:info@epii.com).

\*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.

**Alpha-Stim® M**  
For treating multiple  
pain areas, anxiety,  
insomnia and depression.

**Alpha-Stim® AID**  
For treating anxiety,  
insomnia and depression  
without pain.



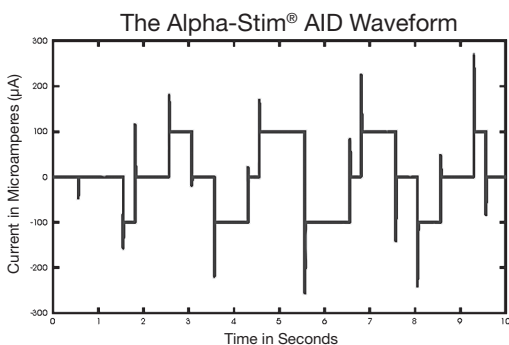
## 5 Year Limited Warranty

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.

# Alpha-Stim AID Technical Specifications

## Electrical

Batteries	2 AAA 1.5 volt (included).
Timer	20, 40 or 60 minute countdown timers to auto-off.
Current	0 to 500 $\mu$ A adjustable in 50 $\mu$ A increments.
Frequency	0.5 Hz.
Pulse Widths	Varying between 0.25, 0.5, 0.75, and 1 second.
Charge Per Pulse	The charge per pulse varies between 150, 300, 450 and 600 microcoulombs ( $\mu$ C). Every 10 seconds the total charge is 1.5 millicoulombs (mC) in each direction.
Waveform	The impedance range within which the waveform parameters remain valid are from 100 $\Omega$ to 10 K $\Omega$ . The waveform is composed of bipolar asymmetric rectangular waves at a 50% duty cycle repeating periodically. It repeats at 10 second intervals. The waveform is balanced to achieve 0 net current in either direction (see graphic).



## 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 15-ml bottle of Alpha 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 Alpha 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 with broad applications for a variety of syndromes involving anxiety, insomnia and depression, or for the short term relief of symptoms associated with these indications. In many cases, Alpha-Stim is the sole therapeutic method required. As with any therapeutic intervention, not all people will respond to Alpha-Stim. 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.



ELECTROMEDICAL  
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Type B Equipment.  
This stimulator  
is internally  
powered only.



See instructions  
for use. Read the  
manual thoroughly  
before using.