

Maintenance Guide:

H2 Respire 1000 Clinical Grade H2 Inhalation Machine

Thank you for choosing the **H2 Respire 1000**. To keep your machine performing at its best and to protect the internal electrodes, please follow these simple maintenance guidelines.

1. The Golden Rule: Use 100% Distilled Water (Pure Water)

The H2 Respire 1000 **does not** require **citric acid cleaning**. Instead, it relies on high-purity water soaking.

- **Water Quality:** Use only 100% distilled water with a TDS (Total Dissolved Solids) level of **less than 5 ppm**. If you are not sure please use a TDS meter to check the TDS.
- **Warning:** Avoid distilled water with added minerals for taste, as these will significantly shorten the lifespan of the machine.

2. Routine Maintenance

- **Water Change Alarm:** When the Water Change icon flashes and the alarm sounds, drain the tank and refill it with fresh distilled water. Reset the alarm according to your User Manual.
- **Resin Filters:** Replace your resin filters regularly. These purify the water used to generate hydrogen gas and are vital for peak performance.

3. Monthly "Warm Flush" Procedure

To prolong the life of the electrode (the core chamber), perform a warm distilled water **flush once a month** or **every 2 water change alarms** reset cycles.

Step	Action
1	Heat Water: Warm up 100% distilled water to approximately 60°C (140°F).
2	Soak: Pour the warm water into the tank and let it sit (powered off) for 20 minutes.
3	Run: Turn the machine on and let it run for 1 to 1.5 hours. This helps release scale buildup from the electrode membrane.
4	Drain: Stop the machine and drain all water through the rear drain valve.
5	Refill: Fill the tank with room temperature distilled water. You are ready to go!

Questions? Feel free to contact our support team at support@qlifetoday.com Thank you!