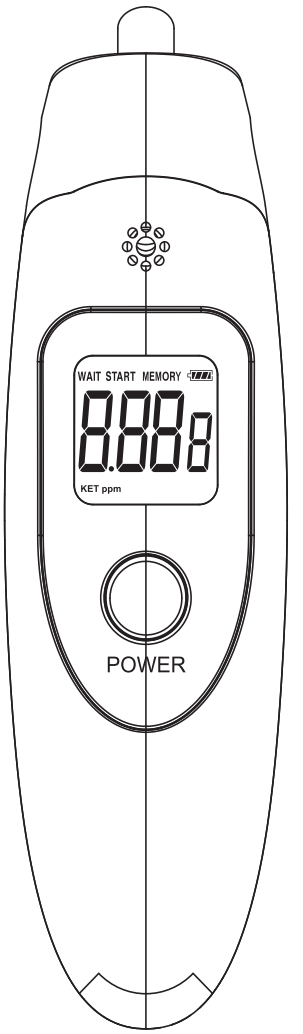
Digital Display Ketone Breath Meter
USER'S MANUAL



Model: KET-9000

CATALOGUE

The device is with high sensitivity, so the testing results will be interfered by the following:

Coffee

Fragrance

Food

Smoking

Drinking

In order to accurately analyze and track your testing readings, we strongly recommend testing your ketone levels under the same conditions right after waking up in the morning before consuming anything in fasting status!

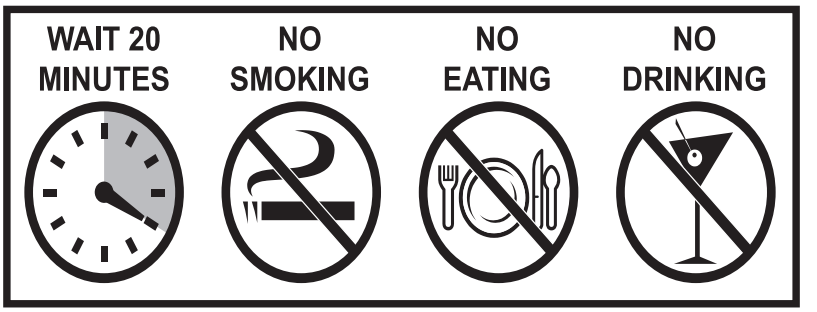
Precautions

Thank you for purchasing the Ketone Breath Meter.

This manual provides important information to help you to use the system properly. Before using this product, please read the following contents thoroughly and carefully.

1. Use this device ONLY for the intended use described in this manual.
2. Do NOT use accessories which are not specified by the manufacturer.
3. Do NOT use the device if it is not working properly or if it is damaged.
4. Do NOT use the equipment in places where aerosol sprays are being used, or where oxygen is being administered.

OPERATION



Preparation before using

●After opening the package, please check the parts and components below. If any one is absent, please contact its dealer.

●Accessories

1. One KET-9000 digital display ketone breath meter .
2. One User Manual.
3. Two AAA alkaline batteries. .(not included).
4. 5 air-blowing pipes.
5. One bag.

PACKAGE CONTENTS

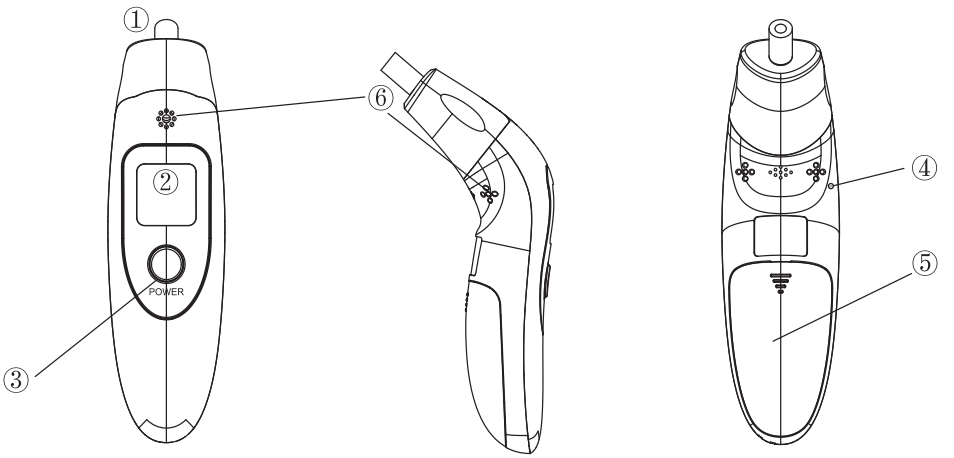

×1


×5

×1

×1

COMPONENTS DIAGRAM



① Mouthpiece(replaceable) ② Lcd screen ③ Power

④ (Ⓜ) Mode ⑤Battery compartment ⑥ Vent hole

Installing Battery

1.Open the back cover

2.Install two 1.5V AAA alkaline batteries or two batteries with same specification into the battery case in a right way (as shown in figure 1) per the mark “+” and “-” on the case, and then close the cover well (as shown in figure 2)

3.Install the back cover

●Battery Replacement

If the Battery symbol on the LCD flashes, it indicates the battery electricity is not enough and the batteries need to be replaced, in order to ensure the test accuracy. Open the battery cover and take out the batteries, and reinstall the new batteries with same specification (as shown in figure). Make sure to keep the old batteries out of children’s reach, please dispose the useless batteries according to the local regulations.

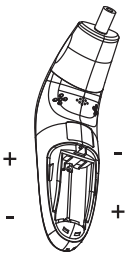


Figure 1

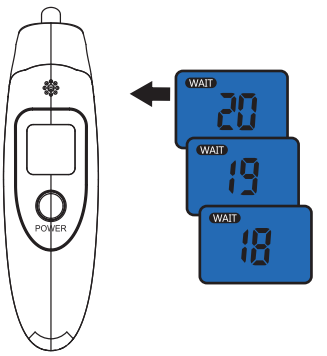
Figure 2

How to use the ketone breath meter

●Operational Procedure:

●Wait

●Press the power button about 2 seconds, the ketone breath meter LCD will tun on with one beep sound.



●The: “WAIT” symbol is displayed and the 20 to 0 countdown is started that indicate the tester is in warm up mode.

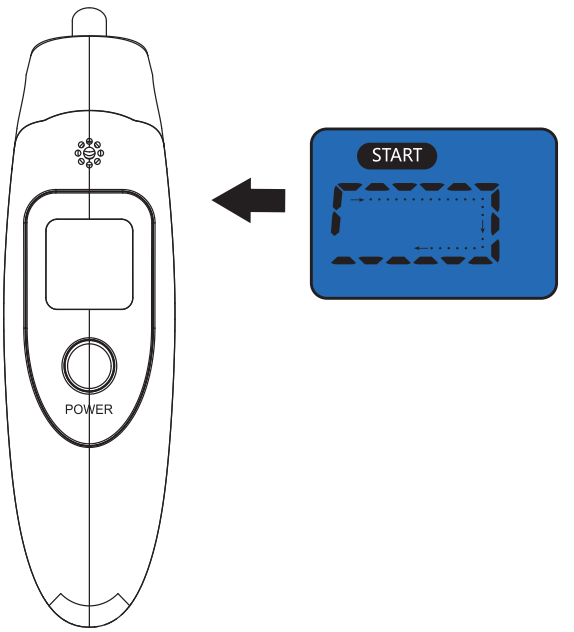
●NOTE

●If first warm up defeated, the tester will be reset automatically and warm up again for 1-2 times.

●It always has a large number of gas & impurity adsorbed on the surface of ketone sensor, when first time taking out the tester from the packaging , or after long time no using for the tester, it need more time for cleaning and warm up the ketone sensor, you should repress the power button and retry several times If possible.

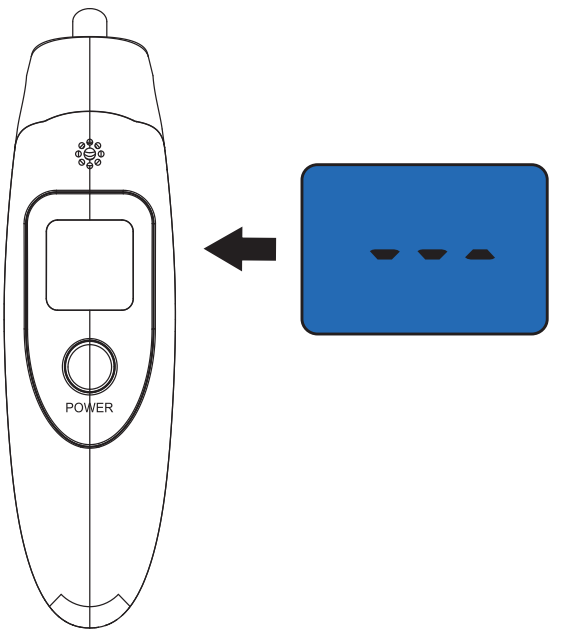
Test

●The "START" symbolic displayed when warm-up succeed, and the ▭ countdown is started that indicate the tester is in testing mode.



●Near and blow into the breath in hole for 5-6 seconds.

●The analysis of...



READINGS OF KETONE BREATH METER

Once the full “Blow” period has been completed, the device will report the necessary readings by showing “Result” on the screen.

- Breath Acetone Concentration (ppm): 0 ~ 1.9
  You are not in ketosis or just right before ketosis.
- Breath Acetone Concentration (ppm): 2.0 ~ 3.9
  You are at very early stage of ketosis.
- Breath Acetone Concentration (ppm): 4.0 ~ 9.9
  You are in a light status of ketosis.
  The body fat is burning at a low pace.
- Breath Acetone Concentration (ppm): 10 ~ 39
  You are in the optimum level of ketosis.
  This is the stable fat burning zone, the process of fat being used by the body as the main source of energy.
- Breath Acetone Concentration (ppm): 40 ~ 59
  Be Caution! You are approaching too much ketosis level.
  Adjust your level to under 40ppm.
- Breath Acetone Concentration (ppm): 60 ~ 99
  Danger! You are in too high level of ketosis.
  Ketoacidosis.

Auto power off

1.After the result be display for about 10 seconds, the “off” symbol will appear 2 seconds and the ketone breath meter be turned off.

2.If warm up defeated, the tester would be turned off automatically.

3.Long press the POWER button to turn on the product and long press it again to turn off in any mode.

Restart mode

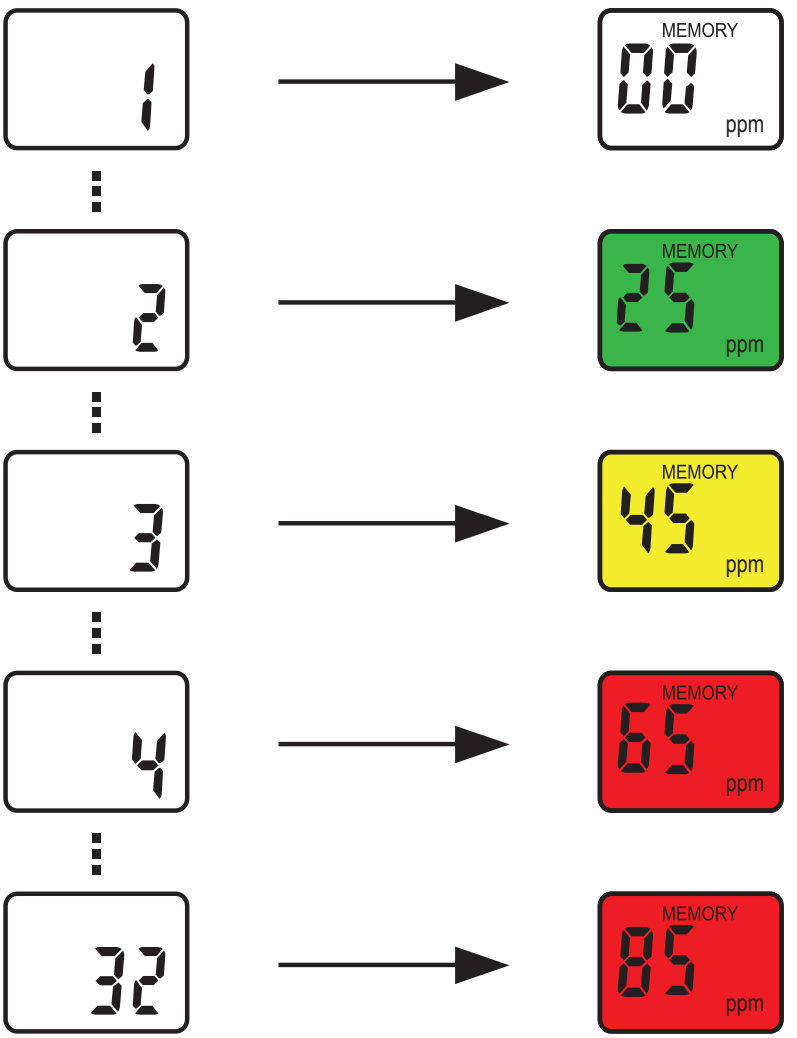
After displaying the testing result, click POWER button to re-activate the TESTING mode directly, no need to wait till it shut off to click the POWER button.

MEMORY record checking mode

1.Within the TESTING mode time, double click POWER button to get into the Recently record checking mode, click the left and right button of ⏻, Ⓜ to check the 1-32 times TESTING record.

2.In REC mode, double click POWER button to quit the checking mode and return back to TESTING mode.

3.If there is no any operation within 15 seconds it will show “OFF” to shut off the product.



Maintenance

●Do not use these cleansers such as benzene, thinner or petrol to clean the product to avoid damaging its surface.

●Do not fall it down or strike, otherwise malfunction may be caused.

●Do not try to repair, rebuild or dismantle any parts except for the battery replacement.

●When not use the device for a long time, you are recommended to take out the batteries to prevent the damage due to battery leakage.

Performance Parameter

●Measure Unit: ppm

●Measure Range: 0 ~ 99

●Figure size: Length 150 mm

●Width: 45 mm

●Height : 32 mm

●Weight: 64g

●Battery:2×1.5V(AA A battery)

●Blowing Time:5s

●Display: LCD Display with backlight

●Current consumption: working current≤180mA

●Quiescent Current≤40μA

●Environmental temperature: -10℃~50℃

●Environmental humidity: ≤95% NO Dews

●Battery expectancy time:≥300

IMPORTANT TIPS ON USING BREATH KETONE METER

Very Important Tips on How to Get Accurate Readings:

1. In order to get accurate ketone readings, please exhaust the residuals completely with the ketone meter before your first use by running the keto breath tester 3 times without blowing, because each ketone breath analyzer was tested during the production before shipping to warehouse, there may be residuals; if you want to test another person consequently after your testing, please also kindly exhaust your previous residuals, at the same time, please wait 3-5 minutes to proceed next test because the residuals may influence the next readings;
2. Please blow immediately right after displaying START on the ketosis tester for 5-6 seconds if you finish the residuals exhaustion step, and then the ketone breath tester starts analyzing the breath after you finish the breath, please make sure you have blown 5 seconds at least in total until there is a line flashing on the screen, when the line flashes, it means the device is analyzing the breath;
3. Please kindly separate 3-5 minutes for next testing if you want to test more than once at the same time period;
4. Please choose a fixed time in the morning for the testing when you are still in fasting status, because everything you intake including water will influence the acetone content from your breath; if you eat anything or drink such as wine, juice, coffee, milk, etc, please kindly wait for another 20 minutes at least before using the ketone analyzer to test;
5. Each testing readings will be slightly vibrated because your breath strength, breath time,breath from deep or not and the time difference etc. are all the causes make the readings a little different; the ketone would change at any time in any place especially before and after eating, however, the results of one user are similar at the same time period;
6. The analyzing sensor is a semiconductor sensor, so the results would influence by the environment, temperature, humidity and storing time due to the nonlinear characteristic of the sensor. the testing results will be unstable if the device not used for a long time, so we advise the users could use the device frequently to track your personal changing status;

HOW Long Does It Take to Get Into Ketosis?

You cannot simply jump into ketosis in a 24-hour timespan. Your body has been burning sugar for fuel your entire life. It will need time to adapt to burning ketones for fuel.
This transition could take anywhere from 48 hours to one week; normally the people will only get initial ketosis after 24 hours fasting, and 3-5 days later getting more ketosis, some people even take 1 week to adapt depending on individual bodies; and the length in time will vary depending upon your activity level, lifestyle, body type and carbohydrate intake. There are several ways you can speed up this process, like intermittent fasting, drastically decreasing your carb intake and supplementation.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