

S E T - U P

Instruction

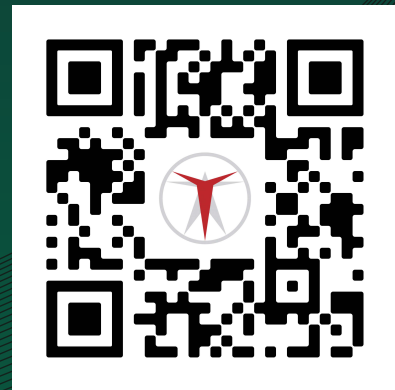
M A N U A L

HyperMax

OXYGEN™



QUICK START
set up & usage videos
(aim camera at this image to begin)



WARNING 

DO NOT USE SYSTEM IF YOU HAVE
COPD and/or severe COPD
with CO₂ retention.



PACKAGE CONTENTS

- (1) PVC Frame Top
- (1) PVC Frame Bottom with Base Plate & Hose Elbow
- (4) PVC Long Frame Poles (Separate Box)
- (4) 1 lb Weights (Attached to Frame Top) - Optional
- (1) 900 Liter Oxygen Bag/Cylinder
- (1) Red Capped Relief Valve (Peep Valve)
- (1) Mask & Strap
- (1) Thin ¼" Supply Hose (Concentrator to Cylinder)
- (1) 10' Breathing Hose (Cylinder to Mask)
- (1) Green Breathing Valve
- (1) Inline Back Flow Valve
- (1) Velcro Hose Holder
- (1) Flexible "Gooseneck" Long Arm Clip



Congratulations on receiving your HyperMax Oxygen System – a true scientific breakthrough for improving your health, immunity, endurance and longevity. We created the HyperMax Oxygen Wellness System to help people like you restore and increase their body’s oxygen levels and greatly improve their overall Health, Fitness and Well-Being.

This instruction manual will help you set up your unit smoothly and easily, from start to finish, and you’ll be on your way to 93% oxygen in no time.

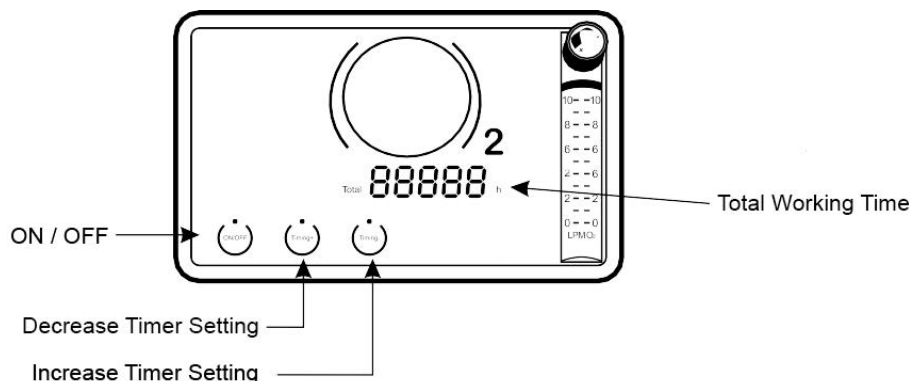
1 STEP ONE



OXYGEN CONCENTRATOR

Start by unpacking the HyperMax Oxygen concentrator that was shipped to you in a large and heavy box. First lay the box on its side, and carefully slide the Oxygen concentrator unit out from the shipping container. Then stand the HyperMax Oxygen concentrator back in its upright position.

CONTROL PANEL



CONTROL PANEL

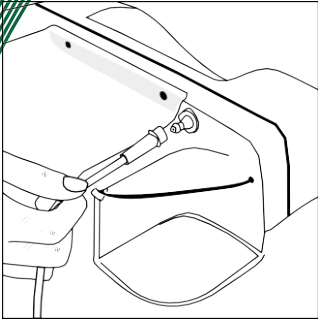


Image 1

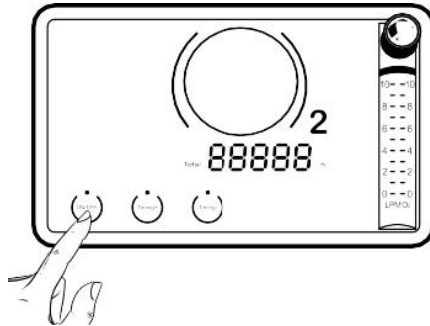


Image 2

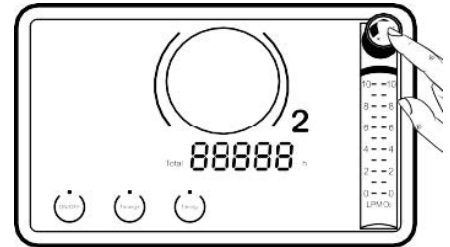


Image 3

1. Select a location that allows the concentrator unit to draw in room air without being restricted. Make sure that the unit is at least 4 inches (10cm) away from any wall, furniture, or curtains that could impede adequate airflow. Do not place the unit near any heat source.
2. Plug the power cord into an electrical outlet.
3. Connect the provided silicon tubing to port at top right rear of the machine as shown in Image 1.
4. Press the power switch to the ON [I] position. The LED display screen will illuminate.
5. Press the ON/OFF power button once to turn the unit on. The oxygen will begin flowing from the unit immediately.
6. Adjust the flow by turning the knob on the top of the flow meter until the ball is centered at 10. See Image 3 for knob reference.
7. When the oxygen concentrator is not in use, press the power switch to the OFF [O] position.



MODE OPTIONS (Continuous and Timer)

The Da Vinci 10 LPM Oxygen Concentrator has two different mode options available:

- Continuous Working Mode - By pressing the ON/OFF button, oxygen will begin to flow from the oxygen concentrator, using a "continuous" working state (will stay on until you manually turn it off). The LCD screen will display the total usage time your generator has been used (like a car odometer).
- Timer Working Mode - Once the oxygen has begun flowing, press the "timing+" button - this will allow the unit to begin in the timed working mode. Each time the "timing+" button is pressed, the preset time will be increased by 10 minutes. The maximum preset time is 480 minutes. By pressing the "timing-" button, the preset time will decrease, in increments of 10 minutes.



BAG FILLING TIPS



1. Set the oxygen timer for 90 minutes for the first time to completely fill the bag.
2. If the bag is half full after your session, you will only need to set the oxygen timer for 40 minutes to fill the bag.
3. To double or triple the speed at which your bag is filled, you would simply add a second or third generator.
4. You may leave the oxygen generator running during your exercise sessions.

2

STEP
TWO



FRAME SET-UP

Next, set up the HyperMax frame located in the other large box you received. After opening this box, take your mask out and set it to the side. Then remove the entire HyperMax frame from the box as one unit. Once your frame is out of the box, separate the top of the frame from the short colored poles used for shipping, and then set this top frame to the side.

3

STEP THREE



FRAME SET-UP (CONT'D)

Locate the long, thin shipping tube you received from HyperMax. This long tube contains the four poles you will need to complete the set up of your HyperMax frame.

One at a time, you want to remove the short colored poles and set them aside. These small poles are temporary and designed for shipping — but the long black poles are used for the actual HyperMax frame.

Start by inserting each long pole, one at a time, into each hole at the base of the frame. It's important to make sure that you get all four rings on a side of the Oxygen Bag/Cylinder onto a pole, and then repeat this step three more times. Once you have all four poles in the frame bottom, with all four rings on each pole, you will then push each pole down firmly into its proper fitting. These poles will connect the bottom to the top of the frame.

4

STEP FOUR



FRAME SET-UP (CONT'D)

Next, lay the entire frame down on its side. Take the frame top you removed earlier and position it directly on top of each of the four poles, fitting it snugly onto the poles. Make sure that you secure each pole firmly into its proper position on the top of the frame, so that the frame doesn't separate when the HyperMax Cylinder is full of oxygen. Once the frame top is secure, then lift the entire frame back up to its permanent upright position.

5

STEP
FIVE

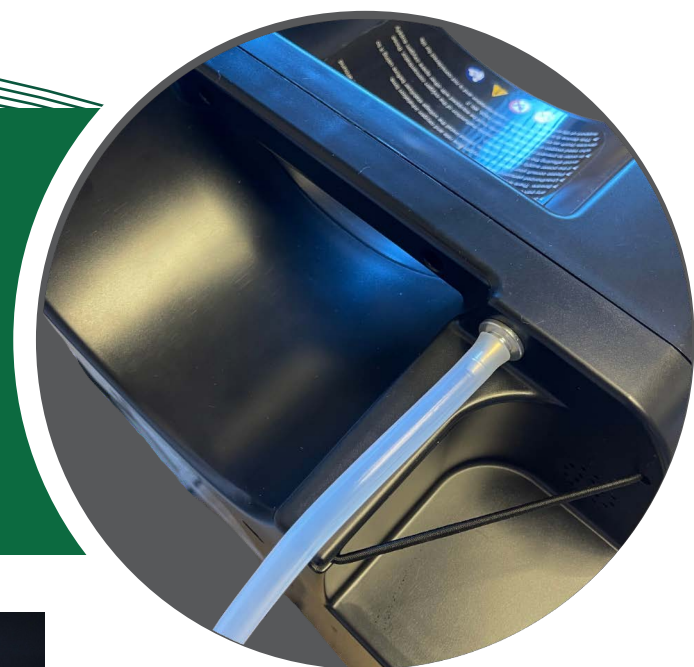


FRAME SET-UP (CONT'D)

Now check your HyperMax Bag/Cylinder to make sure that every pole and each of its rings are fitted correctly, and that the Cylinder bag slides up and down freely. If everything is properly installed, you're now ready to start filling the HyperMax Bag/Cylinder with 93% pure oxygen.

6

STEP SIX



HOSE SET-UP



You're now ready to attach the hoses.

NOTE: there are two very different hoses. First, the smaller hose is for the HyperMax Oxygen concentrator. This small hose will connect to the port of the oxygen concentrator at top right rear as shown. Make sure that the hose is securely attached to the port.

The bigger second hose has a bright red cap on its end. This red end cap is designed with a spring on the inside that is preset from the factory — so there's no need for adjustment. The end-cap allows the HyperMax Bag/Cylinder to fill with oxygen without the bag/cylinder over-inflating and/or letting any oxygen be released until you're ready — so make sure the red end-cap is on ONLY when filling your bag with oxygen.

7

STEP SEVEN



PLACING MASK ON HEAD AND FACE

When you're ready to begin a new HyperMax Oxygen session, you will attach the large breathing hose to your mask. Start by pulling the bright red cap off the hose and connect the hose onto the green port of your mask. The green port is for "oxygen intake" and the port with yellow arrows pointing outward is for "oxygen exhaust." Your oxygen intake will supply the 93% oxygen purity as you breathe in, and the oxygen exhaust will be for your exhale, as you breathe out. First, the mask must be properly fitted to your face.



8

STEP EIGHT



PLACING MASK ON HEAD AND FACE (CONT'D)

The first step to correctly placing the mask straps on your head, is to make sure that the tag at the back of the strap is facing outwards. Position the straps properly so that the two openings - one large and a smaller opening - are at the back of the strap assembly. The smaller opening is put at the lower back of your head.

An effective fitting method is to initially put your mask on with one of the straps disconnected. When getting started, ensure the nose cup is on top when placing the mask on your face.



9

STEP NINE



PLACING MASK ON HEAD AND FACE (CONT'D)

Before use, make sure everything is snug comfortable and without any gaps that allow air leaks at the top or bottom of the mask. When fitted correctly, you should be able to breathe smoothly, easily and effectively through your mask. To start a new HyperMax Oxygen session, pull the strap on completely over your head and you will be ready to go!



10

STEP TEN



PLACING MASK ON HEAD AND FACE (CONT'D)

IMPORTANT NOTE: When it's time to place the fitted mask and straps onto your head, make sure that you have just three straps on while leaving one strap off temporarily. Then to fully secure your mask on your face, simply pull the remaining strap down over your head and easily secure that final strap to the mask.

After all straps are secured, find the Velcro straps connected to the top of the mask. Undo the Velcro on that top section, pull tightly and evenly, and then secure the Velcro back down to the strap.

11

STEP ELEVEN



PLACING MASK ON HEAD AND FACE (CONT'D)

Locate the lower straps at the back of the head and bottom of your neck. Reach back to undo the Velcro straps and pull evenly to adjust - then reattach the Velcro back down onto the strap. Use a mirror if needed. Finally, once your mask is totally secure and you cannot detect any gaps, you are now ready to attach the breathing hose to the mask.



12

STEP TWELVE



CONNECTING MAIN HOSE ONCE MASK IS ATTACHED TO FACE

Start by removing the bright red valve from the end of the main breathing hose and connect the hose onto the green “oxygen intake” port of your mask (without the yellow arrows). With mask on and hose attached, you are set to begin your workout.

NOTE: Take particular care when attaching the hose so that use of excessive force does not push the white adapter bracket through the mask. This white adapter needs to stay in the mask to properly connect the breathing valve. When done correctly, all aspects of the mask/strap and hose are secure, tight and ready to work for you as designed.



YOU'RE NOW READY TO BEGIN!

You are now ready to begin your first HyperMax Oxygen session! Start your aerobic workout, achieve a slightly elevated heart rate, and simply breathe in the 93% oxygen purity delivered by the HyperMax Oxygen system during your exercise session.

Required workout time: Ideally, you should breathe in the entire 900 liters of Oxygen from the Oxygen Cylinder in every session. So your workout should end when your HyperMax Oxygen cylinder is fully deflated. This usually takes about 15-20 minutes.

DESIRED EXERCISE INTENSITY: With your mask on and hose attached, you are ready to start exercising. Remember, your goal is to achieve the strongest cardio intensity you can, while making sure to exercise safely and within the parameters of your doctor's recommendations, (if needed). For best results, maintain a strong and steady aerobic pace that you are comfortable with and accustomed to during your entire workout.

PLEASE NOTE: You should never exceed your maximum heart rate while exercising. You can calculate your maximum heart rate by subtracting your age from 220. For example, if you're 70 years old, subtract 70 from 220 to get a maximum heart rate of 150. This is the average **MAXIMUM** number of times your heart should beat per minute during exercise.



HyperMax Oxygen™ Exercise

Protocol 1: For de-conditioned users

If you do not typically exercise (3 days a week or more), we suggest this protocol. Once you complete this protocol for 7 days, you may progress to Protocol 2.

After filling reservoir, place mask on face. Exercise at a comfortable rate without overexerting yourself for 5 minutes. You are not required to reach 110BPM or higher to achieve results. Do not exceed Max Heart Rate ($220 - \text{age} = \text{Max Heart Rate}$). Your goal is to improve your fitness level in one-minute increments per session. The next time you work out, exercise for 6 minutes at a comfortable rate and then end the workout. Repeat this process each day adding 1 minute per day until you get to a 15-min. workout. Once you are able to complete a full 15 min workout at your best pace, use protocol called "Protocol 2: for conditioned users capable of exercising at 110 BPM or better."

Protocol 2: for conditioned users capable of exercising at 110 BPM or better

If you exercise often (3 days a week or more), we suggest you begin with Protocol 2. Once you have done this protocol for seven days, you may continue to Protocol 3.

After filling reservoir, place mask on face. Exercise at a good aerobic pace, but do not exceed your MAX Heart Rate ($220 - \text{age} = \text{Max Heart Rate}$). During the first 5 minutes you may feel an exertion challenge during your workout. Continue exercising, but reduce your effort moderately when challenged. When exercise has become easier and the challenge has passed (usually lasting about 1 minute), continue exercising at your best aerobic pace. After 15 minutes, stop exercising, but continue breathing oxygen from mask until your heart rate drops below 100 beats per minute. Then remove mask. Your session is complete.

Protocol 3: for conditioned users capable of exercising at 110 BPM or better

This protocol should only be done if you have followed Protocol 1 and 2 first (for those with little to no exercise in their daily schedule). Or, if you started with and completed Protocol 2 (those who exercise at least 3 times a week or more).

After filling reservoir place mask on face. Exercise at a good aerobic pace to achieve 110 BPM or higher, but do not exceed your MAX Heart Rate ($220 - \text{age} = \text{Max Heart Rate}$). During the first 5 minutes you may feel an exertion challenges during your workout. Continue exercising and reduce your effort moderately when challenged.

When exercise has become easier and the challenge has passed (usually lasting about 1 minute), begin sprint for 20-30 seconds at your best effort (do not exceed Max Heart Rate). After the 20-30 second sprint is complete, reduce your effort to a comfortable level to allow for recovery (for most people 1-2 minutes is sufficient) or until you're able to repeat another 20-30 second sprint-recovery cycle. Continue the sprint/recovery cycle until you reach 15 minutes. After 15 minutes, stop exercising, but continue breathing oxygen from mask until your heart rate reaches 100 beats per minute. Then remove mask. Your session is complete.

Sauna Protocol

Exercise at your best pace for 15 minutes without using the HyperMax Oxygen mask.

After 15 minutes of exercise get into your sauna with the mask and hose only. DO NOT bring the HyperMax Oxygen reservoir into the sauna.

Then breathe in the higher purity oxygen, while relaxing in the sauna. DO NOT use the strap on the mask while in the sauna. Simply hold the mask to your face.

NOTE: Exertion Challenges

If you are capable of a pulse over 110 BPM, you normally achieve the anti-inflammatory phase within 5 minutes and experience exertion challenges. This is normal as your body is transferring oxygen in an effort to expel toxins and waste from the body. You may feel as if your effort is getting harder and breathing may feel slightly restricted. Exertion challenges usually last about 1 minute during the first 5 minutes of exercise.



Boost HyperMax Results!

HyperMax Oxygen is step 2 in the Superhuman Protocol where PEMF Therapy is step 1 and red light therapy is step 3. Doing ALL THREE in this exact order creates a synergy between the 3 products to make each more effective.

Magnetism + Oxygen + Light

STEP 1: PEMF Magnetism

Magnetic fields help alkalize the body and support the river of life.



10 MINUTES

The first session is PEMF (pulsed electromagnetic field) therapy. A body mat bathes you in a PEMF waveform simulating Earth's magnetic field and many supportive frequencies. During this "charge" your river of life may carry more oxygen and nutrients to the 11 organ systems.

STEP 2: Oxygen

Drive oxygen into the body through exercise under load.



10 - 15 MINUTES

Stage two is EWOT (exercise with oxygen therapy). Exercise for up to 15 minutes, breathing 93+% O₂, while interval sprinting. Tissue and micro-vessels come alive when bathed in oxygen.

STEP 3: Light

Red & Near-Infrared Light optimizes cellular metabolism.



15-20 MINUTES

The third step is PBM (photobiomodulation) which is the exposure to Red and Near-infrared light. This is a relaxing, non-thermal session of multiple wavelengths of light (Red 635nm, various NIR e.g. 810nm, 850nm & 940nm). Photons (light) are absorbed by the cell which helps reduce damaging free radicals to optimize energy production at the cellular level.



SCAN ME

Aim camera at the image to watch video explaining superhuman protocol



SCAN ME

Aim camera at the image to learn more about superhuman protocol packages



NOTE: Rare or Temporary Adverse Reactions

Depending on the amount of toxins and waste in your system, you could experience a mild detox effect. If you do not exercise at least 3 times a week for 15 minutes at 110 BPM or better and you don't sweat while exercising, or have any chronic condition, you will likely experience a detoxification effect. Therefore, you should limit your first session to five minutes. Detoxification symptoms are generally mild but may last for several hours. Typical symptoms include body and breath odors, jitters, night sweats, nausea, increased urine flow or concentration, increased bowel activity and in some cases, a mild fever that may persist for up to 48 hours. These are all normal indications that the immune system is responding to the influx of oxygen and expelling toxins from the body. Once detox symptoms subside, most people report feeling good with an increased sense of well-being. Although exercise programs might refer to a specific heart or pulse rate, in beats per minute (BPM), this should not be taken strictly, but as a general guideline. Before beginning this exercise program, you should consult with your health care practitioner to ensure you are capable of exercise with oxygen training.



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