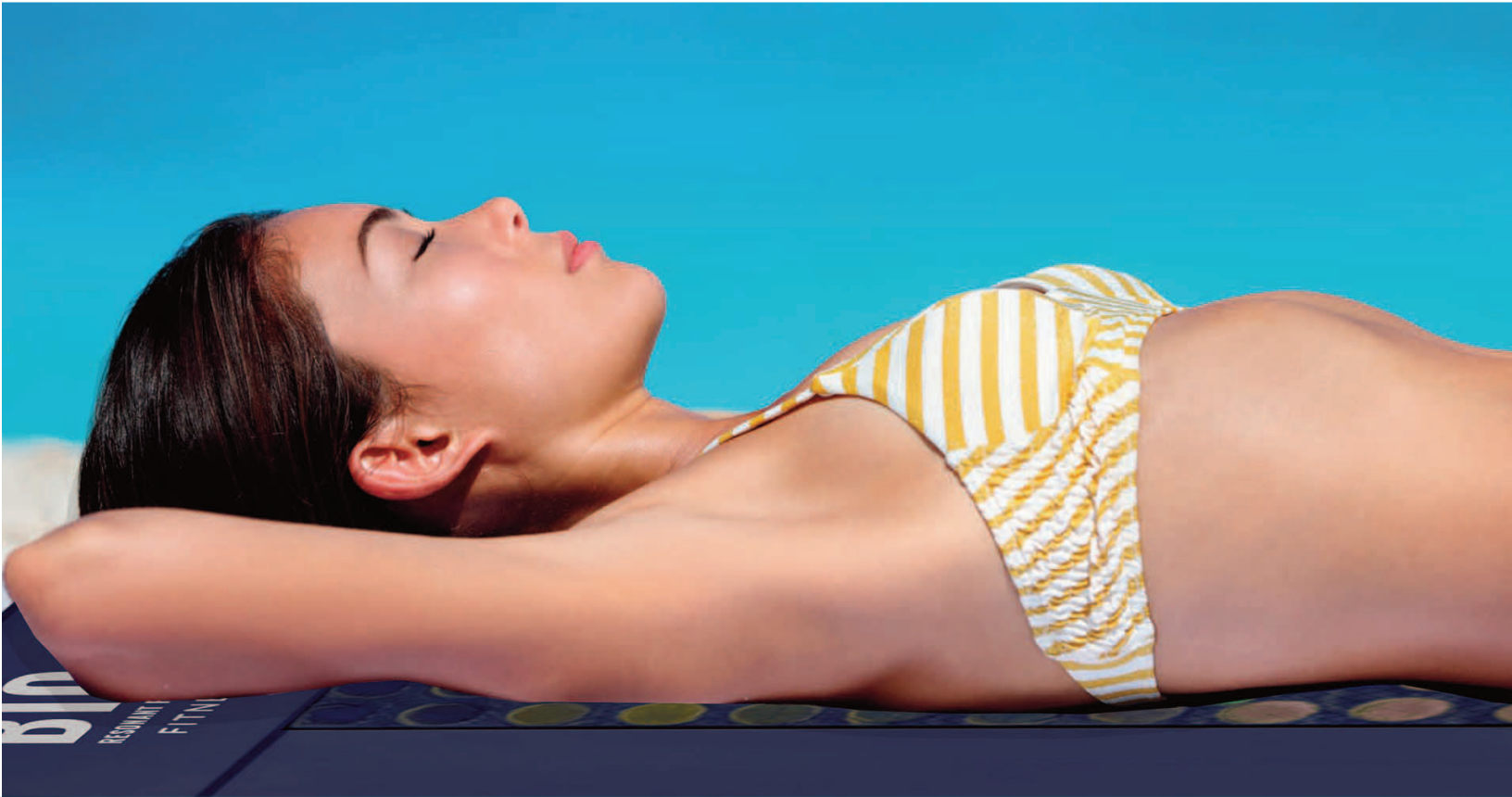


Introducing

BIO-NINE™

RESONANT PEMF ◉ GEM ◉ CHROMOLIGHT ◉ INFRARED
FITNESS & WELLNESS MAT

**Are You Ready to Relax, Improve Fitness
Recovery & Optimize Wellbeing?**



IMPROVE PHYSICAL FITNESS. • BOOST ENERGY • ENHANCE RELAXATION • OPTIMIZE WELLNESS



Promotes
Flow of
Positive
Energy

JADE
Green & Yellow



Purity
Calming
Harmony

ROSE QUARTZ
Pink



Infrared
Absorption
Comforting
Calming

BLACK
Tourmaline



Powerful
Grounding
& Calming

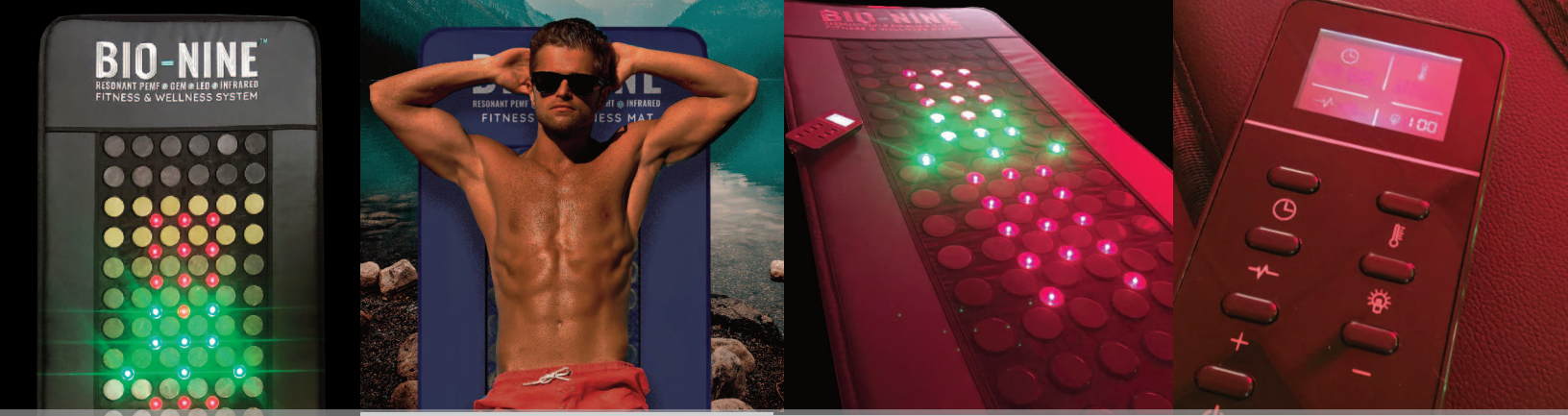


Purity
Great Thermal
Conductivity



Relax
Reduce
Improve

BIAN
Black & Brown



RELAX. RECOVER. BE WELL.

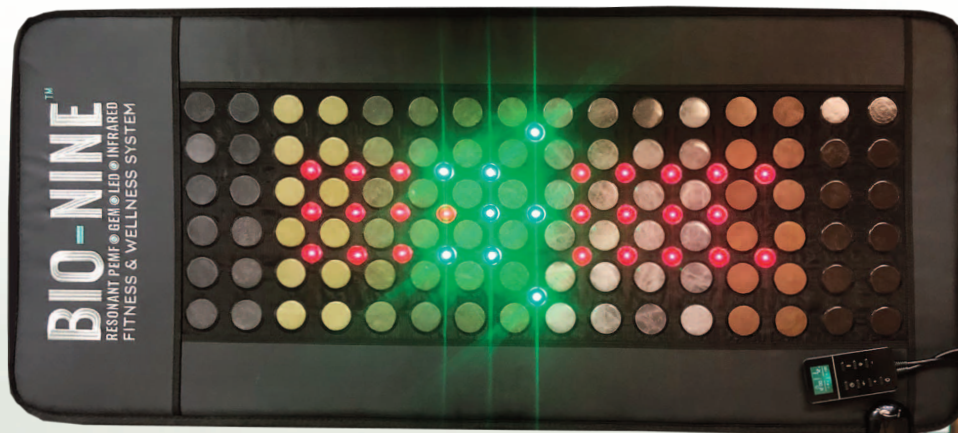
UNLOCK THE POWER OF 9 NATURAL ENERGIES
FOR ULTIMATE FITNESS RECOVERY & ENHANCED WELLNESS

Are You Ready to Relax, Improve Fitness Recovery & Optimize Wellbeing? Introducing the groundbreaking **BIO-NINE™ Fitness & Wellness Mat**, a comfortable whole body cushioned mat system with **Far Infrared** & **(9) Bio-Stacked Natural Multi-Energies**. **BIO-NINE™ Relaxes the Body and Mind, which promotes daily use for Life-Changing Stress Reduction, Increased Energy, Improved Sleep Management & Fitness Recovery.**

Restore, Recharge, Rejuve — Optimal Fitness Recovery & Wellness

- Improve Physical Fitness • Boost Energy • Enhance Relaxation
- Optimize Wellness Bio-Stacked Natural Multi-Energy

Width
28" / 71 cm



Length 62" / 158 cm



Discover the Transformative Power of (9) Natural Energies











Combinations Deliver Exceptional Fitness & Wellness Results.

The Natural PEMF features can be adjusted and combined with the gemstones plus carbon Far Infrared to enhance the Relaxation & Fitness Recovery Discover the Power of the Nine (9) Multi-Energies of BIO-NINE PEMF Wellness Mat

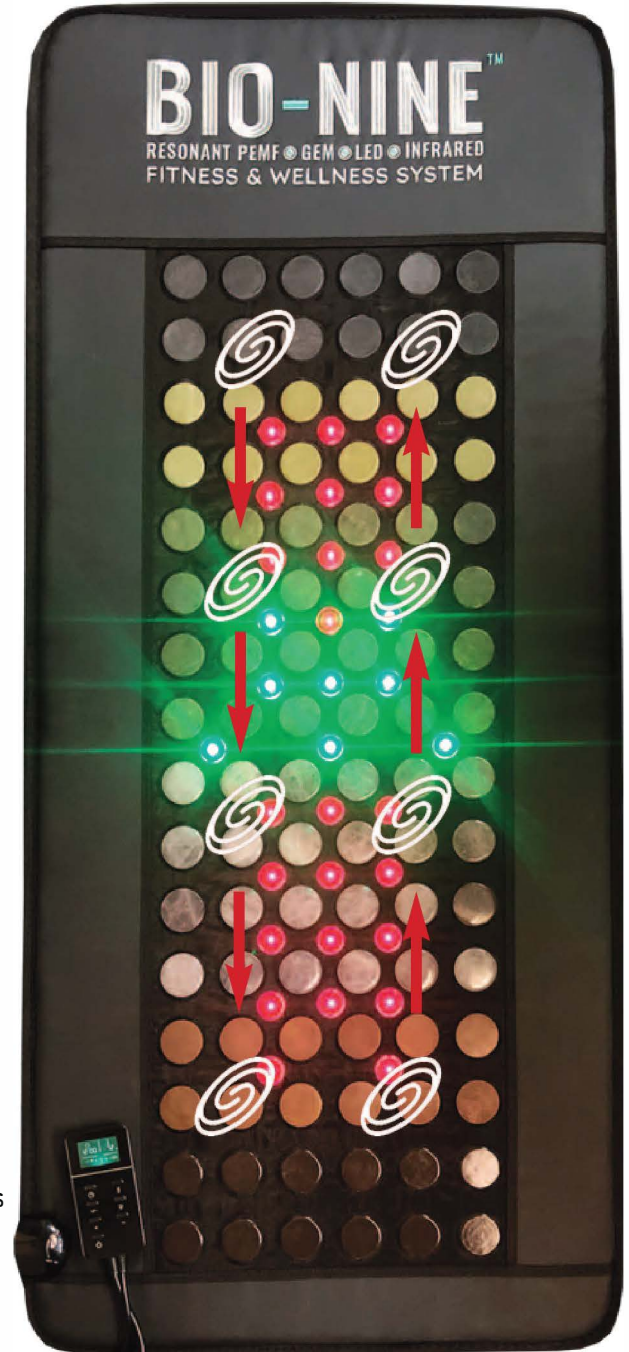
BIO-NINE features eight (8) copper coil PEMF geomagnetism motors with adjustable selective tuning for fitness recovery, relaxation & stress management, calming wellness & improved mood.

CHROMOLIGHTS: Harness the beautiful ambient power of Red & Green CHROMOLIGHTS to customize a relaxing mood, enhance calm & peaceful focus for a healthy lifestyle.

INFRARED HEATING: Experience the warmth, fitness & wellness benefits of far, mid, and near-infrared heat. The natural carbon heaters and precious gemstones emit natural energy for improved fitness recovery and a consistent daily wellness practice.

-  Eight (8) Copper Coil PEMF Geomagnetism Motors
-  Full-Body Carbon Far-Infrared
-  Twelve (12) Black Tourmaline Gemstones
The Most Powerful Grounding Stone
-  Twelve (12) Yellow JADE Gemstones
Removes toxins, rebinds skeletal and cellular systems
-  Twelve (12) Green JADE Gemstones
The flow of positive energy while warding off negative vibrations
-  Twenty-four (24) Pink Rose Quartz Gemstones
Dispels negativity and protects against environmental pollution
-  Twelve (12) Brown Bian Gemstones
The color of massage stones the best material for gua sha
-  Twelve (12) Black Bian Gemstones
Can help relax muscles, joints, and anti-oxidation

Select the perfect temperature and Megahertz setting that is right for you with the handheld remote.



BIO-NINETM
RESONANT PEMF ● GEM ● CHROMOLIGHT ● INFRARED
FITNESS & WELLNESS MAT

BIO-NINE™

RESONANT PEMF ◉ GEM ◉ CHROMOLIGHT ◉ INFRARED
FITNESS & WELLNESS MAT

Restore. Recharge. Rejuvenate.

PULSED ELECTRO-MAGNETIC FIELD (PEMF)

What is Pulsed PEMF Sessions?

Pulsed PEMF session treats your cells like batteries. It's common for them to slowly be drained of energy. By the end of a day, your body and mind may feel tired and depleted. That's where PEMF technology can help. **BIO-NINE** uses Nine (9) Natural Energies to recharge and rebalance your cells. This amplifies your natural energy and encourages your body to function more effectively known as low field magnetic stimulation, it uses electromagnetic fields to try to help restore cellular balance and performance.

Grounding: Exploring Earthing Science

Grounding, also called earthing, is a therapeutic technique that involves doing activities that "ground" or electrically reconnect you to the earth. This practice relies on earthing science and grounding physics to explain how electrical charges Trusted Source from the earth can have positive effects on your body. This type of grounding therapy isn't entirely the same as the technique that is used in mental health treatment. Electrical conductivity exists within the matrix that functions as an immune system defense, similar to antioxidants. They believe that through grounding, the natural defenses of the body can be restored. The central theory from one review study "Trusted Source" is that grounding affects the living matrix, which is the central connector between living cells. Before grounding therapy, physical and emotional stress and pain were common side effects of their physically demanding jobs. After the Earthing sessions, pain, stress, depression, and fatigue were all reduced among participants. Further research expands on this idea.

Ultimately, the human body requires electricity to sign signals throughout the body and to your brain.

GROUNDING

Realign Your Natural Electricity

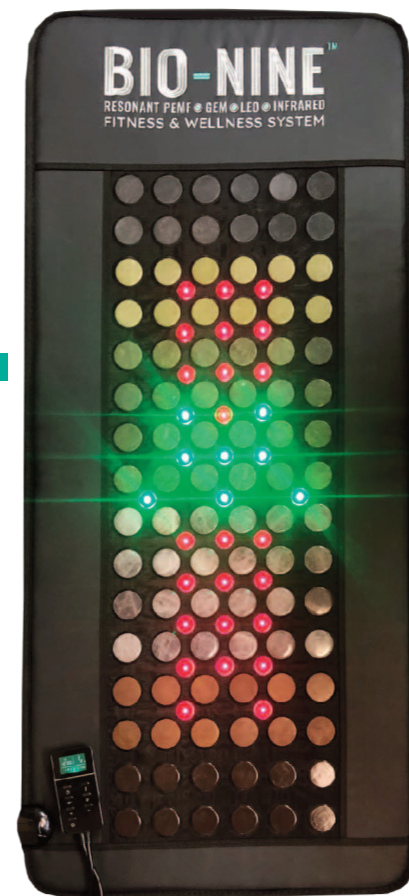
How does PEMF Sessions work?

PEMF sessions effectively can realign the electricity in your body. When a cell is stimulated, it allows positive charges to enter a cell in an open ION channel. The inside of this cell becomes positively charged, which will trigger other electrical currents, turning into pulses. This can positively influence movement, healing, and sending of signals. Any disruption in electrical currents can lead to dysfunction or illness. Pulsed PEMF sessions helps restore this disruption in electrical current to the normal state, which promotes overall wellness.

Who Do We Recommend Pulsed PEMF Session?

We recommend this to people with health concerns or dysfunction in their:

- Ankles
- Back
- Elbows.
- Hips
- Knees
- Shoulder



PERFECT BALANCE ENERGY POWER.

We also recommend this pulsed sessions to people for:

- Inflammation in joints or the soft tissues
- Fatigue symptoms or chronic fatigue syndrome
- Peripheral neuropathy
- Osteopenia or osteoporosis
- Poor wound healing

Benefits of PEMF Sessions

Some of the most common benefits of this include:

- Enhances the body's natural recovery process
- Corrects naural balance throughout the body
- Natural Recharge and exercises Boost
- Gives you more energy naturally
- Improves athletic performance
- Reduces inflammation
- Helps you recover from an injury faster

What is Earthing Grounding Method?

People typically perform grounding outdoors by lying on the ground or submerging themselves in water. You can also use grounding mats. Grounding, also called earthing, is a therapeutic technique that involves doing activities that "ground" or electrically reconnect you to the Earth with gemstones and heat.

BIO-NINE™

RESONANT PEMF ● GEM ● CHROMOLIGHT ● INFRARED
FITNESS & WELLNESS MAT

RECOMMENDED SETTINGS SESSION

OTHER

Area of Concern	Temperature / Megahertz	Session Time
Psoriasis	55 C° / 5 Hz	20-30 minutes
Chronic pelvic pain	75 C° / 5 Hz	20 minutes
Menstrual pain	75 C° / 5 Hz	20 minutes
Cystitis	55 C° / 5 Hz	10 minutes
Prostatitis	55 C° / 5 Hz	10-15 minutes
Erectile dysfunction	75 C° / 5 Hz	20 minutes
Hepatitis	75 C° / 5 Hz	20-30 minutes
Systemic lupus erythematosus (SLE)	55 C° / 5 Hz	20 minutes
Chronic blepharitis	55 C° / 5 Hz	20-30 minutes
Glaucoma, atrophy of the optic nerve	75 C° / 5 Hz	20-30 minutes

PRESET POSITIONS:

*find a Position
that works for you*

1. Fitness Recovery 2. Wellness Balance 3. Restore Recharge



Fitness Recovery



Fitness Recovery



Wellness Balance engage
the bottom of the feet



Wellness Balance



Side One Recharge Restore
engage one hand



Side Two Recharge Restore
engage one hand

We recommend Starting at 5hz and building up over time to 7Hz

RECOMMENDED PEMF SETTINGS

Area of Concern	Temperature / Megahertz	Session Time
Fractures	55 C° / 5 Hz	20 minutes
Periostitis	75 C° / 5 Hz	20 minutes
Pseudoarthrosis (nonunion)	75 C° / 6 Hz	20-30 minutes
Osteoporosis	35 C° / 5 Hz	20 minutes
Osteoarthrosis (osteoarthritis)	35 C° / 5 Hz	20 minutes
Tendinitis	45 C° / 5 Hz	10 minutes
Ligament injuries	55 C° / 5 Hz	20 minutes
Frozen shoulder	65 C° / 5 Hz	20-30 minutes
Tennis or golf elbow	65 C° / 5 Hz	10 minutes
Dislocations and sprains	65 C° / 7 Hz	20-30 minutes
Strains	75 C° / 5 Hz	20 minutes
Herniated disc	55 C° / 5 Hz	20-30 minutes
Rheumatoid arthritis	45 C° / 5 Hz	20 minutes
Psoriatic arthritis	75 C° / 5 Hz	20 minutes
Fibromyalgia	75 C° / 5 Hz to 7 Hz	20 minutes
Musculoskeletal Relief	65 C° / 5 Hz	20 minutes
Osteonecrosis/osteochondrosis	35 C° / 5 Hz	20-30 minutes
Hypertension (high blood pressure)	45 C° / 3 Hz	20-30 minutes

RECOMMENDED PEMF SETTINGS

CIRCULATION

Area of Concern	Temperature / Megahertz	Session Time
Hypertension (high blood pressure)	45 C° / 3 Hz to 7 Hz	20-30 minutes
Arrhythmia	35 C° / 5 Hz to 7 Hz	20-30 minutes
Angina pectoris	75 C° / 5 Hz to 7 Hz	20-30 minutes
Arteriosclerosis	75 C° / 5 Hz to 7 Hz	15 minutes
Circulatory dysfunction	35 C° / 5 Hz to 7 Hz	15 minutes
Poor blood supply (e.g. diabetic foot, ulcer)	35 C° / 5 Hz to 7 Hz	20 minutes
Raynaud's syndrome	45 C° / 5 Hz to 7 Hz	20 minutes
Lymphatic disorders	35 C° / 5 Hz to 7 Hz	20-30 minutes

NERVOUS SYSTEM

Stroke	45 C° / 5 Hz	15 minutes
Alzheimer's disease	35 C° / 5 Hz	20-30 minutes
Parkinson's disease	35 C° / 5 Hz	20-30 minutes
Headache	55 C° / 5 Hz	15 minutes
Tinnitus	55 C° / 5 Hz	20 minutes
Sleep disorders	55 C° / 5 Hz	10-20 minutes
Carpal tunnel syndrome	55 C° / 5 Hz	10 minutes
Lumbago	75 C° / 5 Hz	15 minutes
Sciatica	75 C° / 5 Hz	20 minutes

RECOMMENDED PEMF SETTINGS

DIGESTION

Area of Concern	Temperature / Megahertz	Session Time
Diabetes mellitus	75 C° / 7 Hz	15-20 minutes
Inflamed liver, pancreas, or colon	55 C° / 7 Hz	20-30 minutes
Crohn's disease	45 C° / 7 Hz	20-30 minutes
Dental and oral diseases	75 C° / 7 Hz	30 minutes
Stomach/duodenal ulcer (no bleeding!)	45 C° / 5 Hz	12 minutes
Stomach aches	55 C° / 5 Hz	12 minutes

RESPIRATION

Bronchitis	65 C° / 5 Hz	12 minutes
Pneumonia, respiratory diseases	55 C° / 5 Hz	20-30 minutes
Asthma	45 C° / 5 Hz	20 minutes
Allergy	35 C° / 5 Hz	10 minutes
Tuberculosis (TB)	55 C° / 5 Hz	12 minutes

WOUNDS

Wound healing	35 C° / 5 Hz	15 minutes
Pain associated with wound healing	45 C° / 5 Hz	15 minutes
Bruises	75 C° / 5 Hz	16 minutes
Phantom pain	75 C° / 5 Hz	15 minutes

RECOMMENDED SETTINGS SESSION

OTHER

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find a position that works for you

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Fitness Recovery



Fitness Recovery



Wellness Balance engage the bottom of the feet



Wellness Balance



Side One Recharge Restore engage one hand



Side Two Recharge Restore engage one hand

We recommend Starting at 5 Hz and building up over time to 7Hz

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FITNESS & WELLNESS MAT

PERFECT BALANCE FOR YOUR LIFE.

Grounding or Earthing is a Technique that Focuses on Realigning your Electrical Energy by Reconnecting You to the Geomagnetic Earth.

The Future of PEMF Pulsed Electro-Magnetic Field Technology

8 PEMF (Electro-Magnetic Pulsation)

pure sine-wave, copper coil geomagnetism motors (adjustable 1-30Hz)

3 Preset Positions: Fitness Recovery, Wellness Balance, Restore Recharge

Carbon Far Infrared Heating System

96 Precious Gemstones:

(2" diameter) with Infrared and Magnetic Emissions

24 Green Jade: Promote Flow of Postive Energy

12 Yellow Jade: Purity & Calming

12 Black Bian: Comforting, Calming & Healing

12 Brown Bian: Relax, Reduce, Restore

24 Pink Rose Quartz: Comforting & Calmin

12 Black Tourmaline: Powerful Grounding& Calming

32 Precise Chromolights:

24 Red Chromolights

8 Green Chromolights

2 Full Mat Clear Protective Covers

Convenient Carry Case

110V, 60Hz or 220V, 50 H

Comfortable Cushioned Whole Body Mat

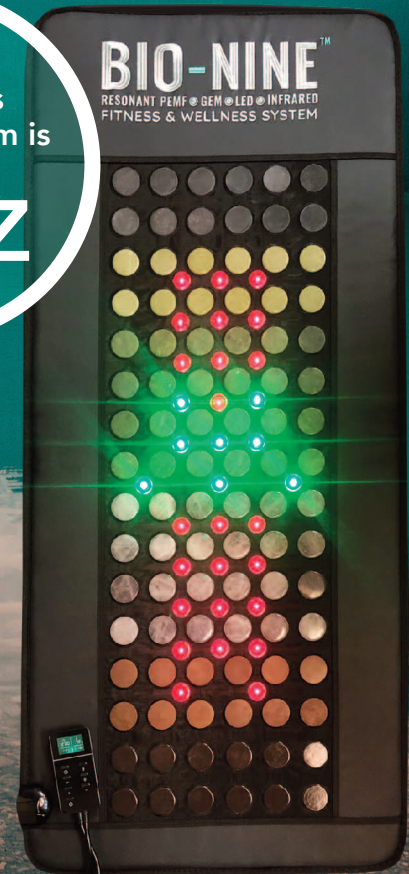
Precise Program Control-Time & Temp

Width 28" / 71cm x Length 62" / 158cm

Weight: 22 lbs. / 4 kg.

FACTOID:
The Earth's
Geomagnetism is

7Hz



BIO-NINE can be used on a recliner, or placed on a flat surface. Please refer to the Owner's Manual for recommended safe use.

Warranty: **BIO-NINE & Parts** One year.

Wellness Body Mats are general wellness products, relaxation, fitness and healthy lifestyle systems. They are not a medical device, not for medical purposes, and make no medical claims. Wellness & Fitness Products have not been evaluated by the FDA and are not for any medical purpose whatsoever.