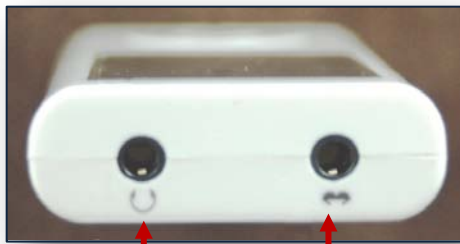


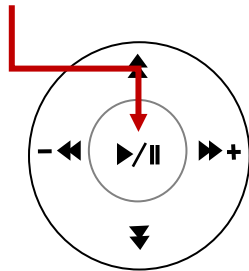
Set Up



Plug in your Glasses.

Plug in your Headphones.

Turn On your Unit.



Press and hold the center button until the display lights up and shows the Select Item screen.

The first few screens provide instructions for choosing and playing programs.

Power and Settings

- To conserve power, a low-light Time Remaining screen appears after one minute of program play.
- Your volume and brightness settings are saved at the end of program play.
- The unit powers off completely after two minutes of inactivity.

Disclaimer

The F1-01 is intended for enjoyment purposes only, and is not to be used in lieu of any treatment or regimen normally provided by a licensed psychological or medical professional. If you have any questions as to the impact of using the F1-01 on any existing health issues, please discuss with your health professional prior to use. By your use of the F1-01 you explicitly acknowledge this disclaimer and agree that you are employing the use of the F1-01 in a safe and reasonable manner.

**For more Information,
Contact:**

TGI Science

**Info@TGIScience.com
www.TGIScience.com**

Quick Start Guide



Check Your Package. You should find earphones, glasses, a charger and charging cord.

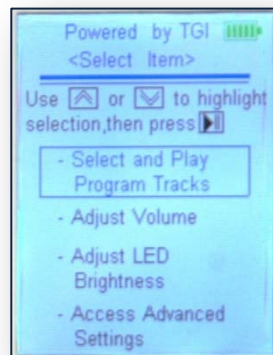
Charge Your Unit with the charger provided. Do not charge with a computer.

Connect with us. You can

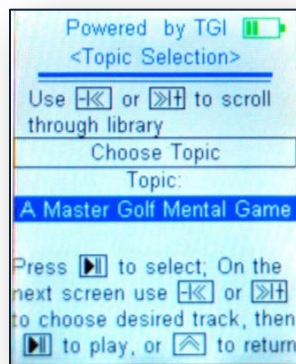
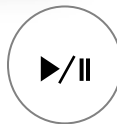
- Find full instructions and learn more about TGI technology at TGIScience.com.
- E-mail questions and comments to info@TGIScience.com.
- Enjoy the protection that warrants your unit to be **manufacturing-defect free for one year.**

Choose a Program

The Select Item screen pre-selects the Select and Play Program Tracks option.



Press the center button once to show the Topic Selection screen.

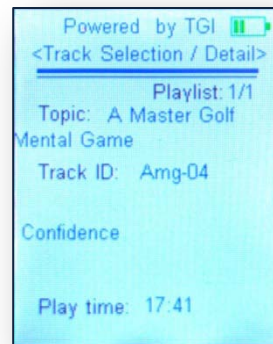


Press -◀◀ and ▶▶+ to scroll through your program topics. When the one you want is displayed,

Press the center button to reveal the tracks in your program. (There may be only one.)



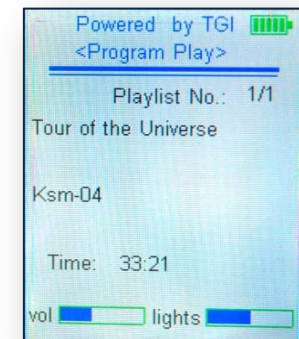
Press -◀◀ and ▶▶+ to scroll through the tracks and select the one you want.



If you decide this is not the program topic track set you want, Press ▲ to return to the Topic Selection screen.

Play Your Program

Press the center button to start playing the track you selected.



Press -◀◀ and ▶▶+ to turn the volume up and down.

Press ▲ and ▼ to turn the brightness of your glasses up and down. Start with a low setting, then increase as much as is comfortable with your eyes closed so you get the maximum effect.

After a minute, the Time Remaining screen appears.