1. Introduction

2. General Specifications
   - Battery: 1 x AAA (LR03) Alkaline
   - Battery Life: Approx. 6 months (If used once a day)
   - Method of Measurement: Semi-Conductor Gas Sensor
   - Display Levels: 6 levels
   - Operating Temperature Range: 41°F to 95°F / 5°C to 35°C
   - Maximum Temperature Range: 14°F to 122°F / -10°C to 50°C
   - Dimensions (HxWxD): 4.4 x 0.8 x 0.7in / 112 x 19.6 x 17.2mm
   - Weight: 1.1oz / 32g (including battery)

3. Preparation Before Use
   - Open the battery cover on the back of the unit.
   - Insert the AAA battery as indicated.
   - Please note that the included battery from the factory may have decreased energy levels over time.

   **Replacing Battery**
   - The LCD will flash a battery icon, to indicate that the battery is low. When this occurs, replace AAA battery.
   - **Note:** If you do not intend to use the product for a long period of time, remove the battery before storage.

4. How to Clean the Sensor
   - 1. Put the cap in the up position and sensor will turn on.
      - The number on the display will count down from 5-1, and then the "START" will be displayed. Do not breathe into the sensor.
      - 2. Wait for "E" to start flashing.
      - 3. The cleaning is done when "E" disappears.

5. Taking Readings
   - 1. Put the cap in the up position and sensor will turn on.
      - The number on the display will count down from 5-1. Gently shake the unit 4-5 times. This will remove any odors or moisture left in the product.
   - 2. When the "START" is displayed, breathe into the sensor until it beeps (breathe for about 4 seconds). Do not cover the sensor or back vent with your hand.
      - **Note:** The opening should be about 1/2" (1cm) away from your mouth. (Touch your thumb to your chin so that the sensor is right in front of your mouth.) If you finish breathing before beeping or you do not breathe within 6 seconds, the unit will turn off automatically.
   - 3. Your breath odor level will appear on the display and flash for several seconds. Then the unit will turn off. Close the sensor with the cap when you are done.
      - **Note:** The power will turn off automatically if you do not breathe into the sensor within 5 seconds after the display indicates you should start measuring.

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6. For the most accurate readings
   - Breath Checker is sensitive to certain environmental factors that can interfere with the unit’s ability to detect breath odor level correctly.
   - **For the best results avoid:**
     - Hot and humid places / Windy areas / High levels of air pollution.
     - **Note:** Usage in such areas may damage the product.
   - Rinse your mouth thoroughly after cleaning your teeth or using mouth wash, or wait at least 10 minutes before using Breath Checker.
   - If you don’t use Breath Checker for a long period of time, test the odor level of your breath several times to reactivate the product.

7. About the Breath Checker
   - **What is Breath Odor?**
     - Everyone can have "bad breath". The level of odor in an individual's breath will differ depending on a person's age, the presence of oral disease and the amount of saliva secretions. A person's breath odor level can also fluctuate within a given day depending on their physical condition, the type of food they have eaten and the amount of time since they last brushed their teeth.
   - **What causes Breath Odor?**
     - Bad breath is made up of volatile sulfides and hydrocarbons. Breath Checker detects and measures the presence of these substances in the breath and displays the degree of odor in four levels, (see Breath Odor Level Diagram)
     - **Note:** There are some odors that contain a type of gas that cannot be detected by Breath Checker.

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**What to do if the Breath Checker detects Breath Odor**
   - 80-90% of the time, breath odor can be easily corrected by improving the condition inside of your mouth.
   - Brush and/or floss your teeth to remove any food remains.
   - If the surface of the tongue is white, this indicates there are food remains on your tongue. Brush the surface of the tongue 2-3 times with a toothbrush.
   - If you are unable to brush your teeth, use chewing gum or mouth spray.
   - Drink plenty of water.

**Handling Tips**
   - Do not disassemble the unit or rinse with water.
   - Wipe the product occasionally with a soft piece of fabric.
   - Do not use water, soap, paint thinners etc for cleaning.
   - Do not apply pressure or subject the unit to vibration.
   - Store in a place free from strong scents or other odors.
   - If you carry the product in a cosmetic bag, for example, perfume or cosmetic scents may adhere to the product.
   - Store in a place free from humidity, direct sunlight and dust.
   - Do not store near a heating system.

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**Troubleshooting**
   - If nothing appears on the LCD.
     - Check to see that the battery is correctly installed and that no contamination has accumulated on them. Reposition clean battery as necessary. If the battery is low, replace the battery.
   - If the readings are different each time.
     - Check there is no wind or any odors in the air.
     - If necessary, move away from the wind/odors.
   - The Error icon appears, but the breath level odor does not appear on the LCD displays.
     - Reset the unit by shaking it 4-5 times. If necessary, move away from any wind and strong odors in the air.
   - If your breath odor level is higher than expected.
     - Reset the unit by gently shaking it 4-5 times. Wait at least 10 minutes after having brushed your teeth or consuming food/drink before using the unit.
   - The breath odor level is lower than expected.
     - Move away from any wind or strong odors/scents in the air. Wait until the display is clear of the icons before using the unit.
     - Hold the product about 1/2 in (1cm) away from the mouth.
     - "sensor" is shown on the display.
     - "sensor" will be shown on the display when the unit has been used 500 times, including error. Please purchase a new breath checker.

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**Federal Communications Commission and Canadian ICES Notice**
   - This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules and Canadian ICES-003. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
     - **Reorient or relocate the receiving antenna.**
     - **Increase the separation between the equipment and receiver.**
     - **Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.**
     - **Consult the dealer or an experienced radio/television technician for help.**

**Modifications**
   - The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Tanita Corporation may void the user's authority to operate the equipment.