

# Welcome to the cool convenience of

# ambi™

POWERED BY blu • tec

Your ambi™ is simply an electronic ice-cube... *without the mess!*

The ambi™ cooling device has a smooth, contoured metal plate designed to be applied to the back of the neck, forehead, and/or other locations on the body to provide cold therapy when and where you most need it.

## Quick Start Guide:

1. Gently press down and slide the cover downward and remove the battery housing.

2. Insert 4 x 1.5 Volt Alkaline batteries as shown and/or attach your AC Adaptor to the AC Port on the side of your ambi™.



*Use premium Alkaline batteries only. Low amp or rechargeable batteries will not allow ambi™ to function optimally.*

3. Turn the ON | OFF switch to the right, where the • indicates the 'ON' position.

4. The Red LED will be lit for 25 seconds during the cooling period of your ambi™.

5. When a solid Blue LED appears, your ambi™ is ready for use.

6. Within 30 seconds of pressing the start button, the plate will cool to 10° Celsius (50° Fahrenheit). Apply to the base of the neck where your body's thermo-receptors (heat sensory nerves) are most dense. This triggers a response from the hypothalamus (the part of the brain that controls body temperature) in the brain which stops or reduces, within seconds, the effects of a hot flash and ensuing sweats.



1. Exhaust Fan

2. **Solid Red LED:** Chilling  
**Solid Blue LED:** Chilled  
and ready for use

3. OFF | ON Switch

4. Cooling Plate

5. AC Adaptor Port

6. 4x 1.5V Alkaline  
Batteries (Not Included)

## Indications and Suggested Directions for Use



ambi™ may be applied to many locations on the skin...

**Wherever Cold Therapy is Desired.**

**Hot Flashes • Night Sweats • Heat Stress**

ambi™ is designed to be applied onto the skin where the density of peripheral thermo-receptors is greatest. The preferred locations are:

1. the base of the neck, the primary treatment location
2. the lumbar area of the spine above the tail bone, application prior to bedtime
3. the forehead



*Note: ambi™ may be used adjunctively with menopausal hormone therapy prescribed for vasomotor symptoms, (hot flashes, night sweats, disturbed sleep), and with medications for breast cancer.*

Continue>>

## Indications and Suggested Directions for Use *(continued)*

ambi™'s metal plate will become cool within 25 seconds after the start button is pressed. For treatment success it is important to quickly apply the plate onto the skin surface at the base of the neck when you feel the initial signs of a hot flash. Please note, the plate's surface may warm slightly after application to your skin as it withdraws heat from your body.

Hold your ambi™ cool plate to the primary application surface at the base of the back of the neck and shuttle it to a slightly new location at the base of the neck every 15 seconds.

***Keep your ambi™ close by at all times when at home, at work or traveling.***



**CAUTION!** Do not use your ambi™ while driving a vehicle as you may become distracted.

If the first application was not applied quick enough to stop the hot flash you may continue to use your ambi™ as long as desired.

User's experience has demonstrated the best way to stop a hot flash with the ambi™ is to apply the cool plate within seconds of the start of the hot flash. The sooner you apply the cool plate the higher the likelihood you will stop the hot flash and subsequent night sweats from emerging.

As you learn and become familiar with the symptoms and signs of the internal feelings of the onset of your hot flashes you will learn how to anticipate when they are about to bloom and when to immediately apply your ambi™ cooling plate.

## The Science Behind ambi™...

One of the known physiological symptoms of a hot flash is peripheral vasodilation, where blood vessels near the skin surface expand. The feeling is sometimes described as a hot flushing sensation where the face and other parts of the body may redden and/or feel hot.

When your thermo-receptors are cooled, the hypothalamus in the brain reacts and causes blood vessels close to the skin to constrict. This biological activity prevents the hot flashes and night sweats from progressing and becoming a bother. The medical term is called peripheral vasoconstriction.

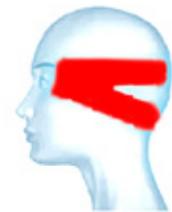
## Migraines & Head Aches

Cold therapy works by numbing the painful tissues, reducing muscle spasms and decreasing inflammation. Cold therapy can also ease muscle tension.

Apply your ambi™ to the areas illustrated in the image.



Front



Side



Back

## Injuries and Insect Bites

ambi™ cold therapy is recommended for the first 48 hours following an injury.

Apply over the injured area. Cooling will help reduce inflammation. Raise the injured area to help reduce swelling.

Remove your ambi™ if it becomes uncomfortable. Reapply after a few moments if comfortable.

However, do not apply for longer than 20 minutes at a time.

### CAUTION:

- If you are pregnant, nursing, have any circulatory problems, diabetes or skin issues, we suggest that you consult your doctor before using ambi™.
- Stop ambi™ cold therapy immediately if you experience severe numbness in the area you're applying your ambi™ and see your doctor before you resume exercising.
- Handle ambi™ with care - if you drop your ambi™, the internal TEC will break and the device will become dysfunctional.
- Keep ambi™ dry - submerging in water will break it.

*The benefits of ambi™ have not been evaluated by the US FDA or other regulatory authority. ambi™ makes no medical claims to treat, cure or prevent any disease or medical condition.*

For more information, please visit:

[www.MyAmbi.com](http://www.MyAmbi.com)

ambi™  
POWERED BY blu • tec

© 2013 Ambient Therapeutics Inc.

