

# ALPHA-STIM® TECHNOLOGY

for the  
Healthcare Professional



THE DRUG-FREE, CLINICALLY PROVEN TREATMENT FOR  
**ANXIETY, INSOMNIA, AND PAIN**



# Alpha-Stim® Technology for the Treatment of Anxiety, Insomnia, and Pain

Alpha-Stim is a non-invasive, non-drug prescription medical device that utilizes cranial electrotherapy stimulation (CES) and microcurrent electrical therapy (MET) for safe and effective treatment in the clinic or at home.

## ALPHA-STIM® AT-A-GLANCE

- Cleared by the U.S. Food and Drug Administration for the treatment of anxiety, insomnia, and pain
- Utilizes a patented waveform that is clinically proven safe and effective with no lasting side effects
- Used by healthcare providers in private practice, the Department of Defense (DOD), and Veterans Administration (VA) medical facilities
- Proven to help 90% of patients\*



## Primary Indications



**Alpha-Stim® M**  
For treating multiple pain areas, anxiety, and insomnia



**Alpha-Stim® AID**  
For treating anxiety and insomnia

Anxiety



Insomnia



Pain



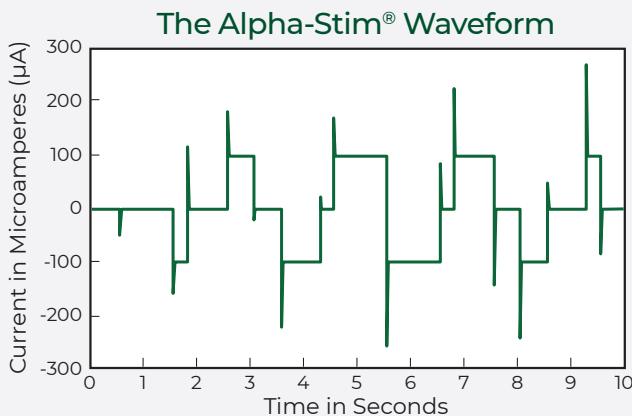
\*Real-world data was obtained through a patient survey evaluating the outcomes associated with the use of Alpha-Stim in adherence to prescribed protocols. This data complements clinical testing and provides additional insights into the use of the device. For comprehensive evidence and detailed information regarding clinical studies on Alpha-Stim, please visit: [www.alpha-stim.com/research](http://www.alpha-stim.com/research).

## THE ALPHA-STIM® DIFFERENCE

Alpha-Stim can be safely delivered at home, is better tolerated than more expensive and burdensome alternatives, and is proven by more than 100 clinical studies.

Alpha-Stim also increases treatment motivation and thereby augments treatment response as it offers the patient agency over their recovery process by adjusting stimulation parameters.

The Alpha-Stim AID and M use a patented waveform that is proven to be both safe and effective. This patented waveform differentiates Alpha-Stim from any other device.



Alpha-Stim can be performed at any time during a wide range of daily activities, allowing a patient to live an active and uninterrupted lifestyle.



Laureen W.

## EFFECTIVE RELIEF

*The very first time I used an Alpha-Stim AID in my therapist's office, I experienced relief from crippling anxiety. I'd been searching for relief from anxiety for a few years, and no other drug or therapy has been as effective as Alpha-Stim.*

”



Linda S.

## HEALTHY SLEEP

*My doctor prescribed Alpha-Stim AID for my chronic insomnia. The first night I tried it, I went to sleep without any medication for the first time in years.*

”



Justin P.

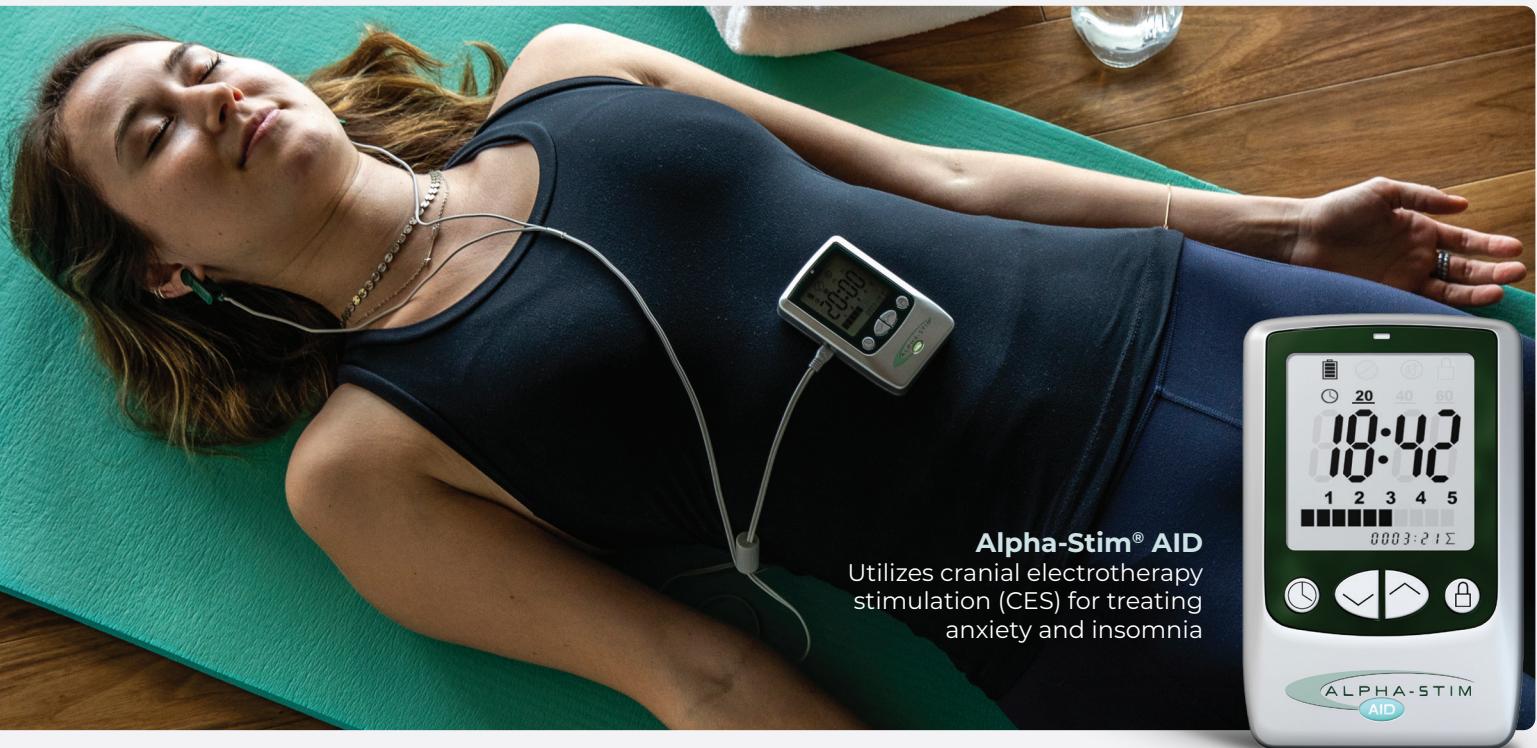
## CHANGED MY LIFE

*The Alpha-Stim M has changed my life. After a decade of debilitating chronic pain, I can walk, sleep and function again. No more prescription drug stupor and spiraling negative side effects.*

”

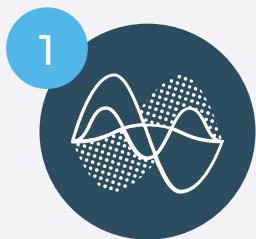
# HOW ALPHA-STIM® WORKS

Alpha-Stim treats patients using two modalities: cranial electrotherapy stimulation (CES) and microcurrent electrical therapy (MET).



## CRANIAL ELECTROTHERAPY STIMULATION (CES)

Alpha-Stim CES is a form of non-invasive brain stimulation that applies a patented, low-amplitude waveform to the brain via earclip electrodes. Psychiatric disorders, such as anxiety and insomnia, are associated with alterations in electric activity in large-scale brain networks. Research suggests that Alpha-Stim CES modulates large-scale brain network activity patterns in two synergistic ways:



**1**  
Directly modulating cortical oscillations in the temporal lobe



**2**  
Stimulating key cranial nerves which project to subcortical structure

Ultimately, these two ways of stimulating the brain normalize the pathological signaling in the default mode network observed in psychiatric disorders, providing rapid, effective, and lasting symptom relief without the side effects of medication.



Scan to watch a mechanism of action video



### Alpha-Stim® M

Utilizes microcurrent electrical therapy (MET) for treating pain and CES for treating anxiety and insomnia

## MICROCURRENT ELECTRICAL THERAPY (MET)

MET is the process of directing microcurrent through the body via Smart Probes or self-adhesive AS-Trodes™ to treat pain. When applied peripherally, the patented, low-amplitude waveform of Alpha-Stim MET modulates the peripheral signaling in pain circuits that emanate from the spinal cord, providing rapid, effective, and lasting relief of pain, and cranial electrotherapy stimulation for the treatment of anxiety and insomnia.



### Treat pain quickly with Smart Probes

Smart Probes pinpoint pain at its source and provide fast, safe and effective relief in under 5 minutes. Proven protocols developed specifically for Alpha-Stim Smart Probes can be done by a provider in office or a patient at home.



### Treat pain easily with AS-Trodes™

AS-Trode Self-Adhesive Silver Electrode Pads are recommended for treating post-traumatic or post-surgical pain. AS-Trodes should be worn for 20 minutes to 1 hour but can be worn as long as needed for pain relief. These electrodes are easy to apply and may be used several times.

# Proven Efficacy, Clinical Research

Alpha-Stim's effectiveness is backed by extensive, in-the-field, clinical experience as well as numerous clinical studies demonstrating safety and effectiveness in treating anxiety, insomnia, and pain.

The device is used in both civilian and military outpatient settings by more than 200 practitioners within the DoD and more than 130 VA hospitals.

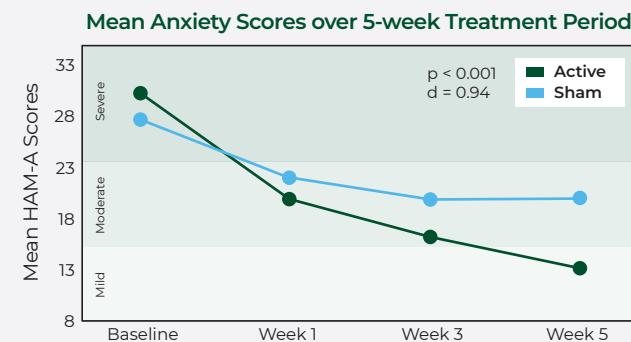


## SAFETY

Alpha-Stim provides lasting therapeutic results without the risks of dangerous side effects, tolerance, or addiction. In studies of more than 8,000 patients using Alpha-Stim, only minor, self-limiting side effects have been reported in less than 1% of patients, including dizziness, skin irritation/electrode burns, and headaches.

## ANXIETY

Alpha-Stim outperforms sham stimulation for the treatment of anxiety in a double-blind, sham-controlled study.



**Quick relief:** From baseline to week 1, HAM-A scores decreased in the active group by 33% — more than 3 times the decrease for the sham group.<sup>1</sup>

**Clinically meaningful benefit:** 83% of active Alpha-Stim group had a decrease of  $\geq 50\%$  in anxiety scores on the HAM-A from baseline to endpoint of study.<sup>1</sup>

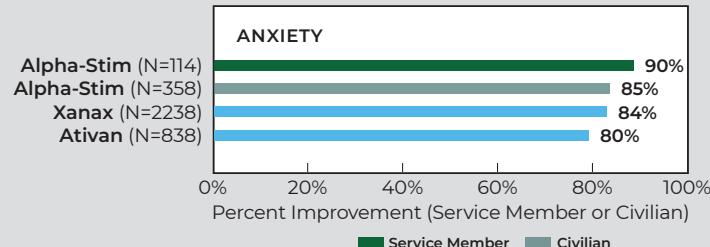
### Sustained Treatment Response:

Improvements in anxiety were maintained for 12 weeks after treatment discontinuation.<sup>2</sup>

<sup>1</sup> Barclay, T.H. & Barclay, R.D. *A clinical trial of cranial electrotherapy stimulation for anxiety and comorbid depression*. Journal of Affective Disorders. 2014, 164, 171-177.

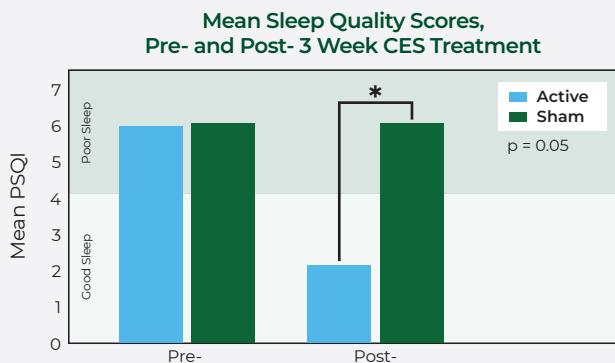
<sup>2</sup> Morris R., Xydopoulos, G., Craven, M., Price, L., & Fordham, R. *Clinical effectiveness and cost minimization model of Alpha-Stim cranial electrotherapy stimulation in treatment seeking patients with moderate to severe generalized anxiety disorder*. Journal of Affective Disorders. 2019, June; 253:426-437.

## ALPHA-STIM® VS. DRUGS Patient Self Reports<sup>5</sup>



## INSOMNIA

Alpha-Stim significantly outperformed sham stimulation for the treatment of insomnia in a controlled trial.<sup>3</sup>

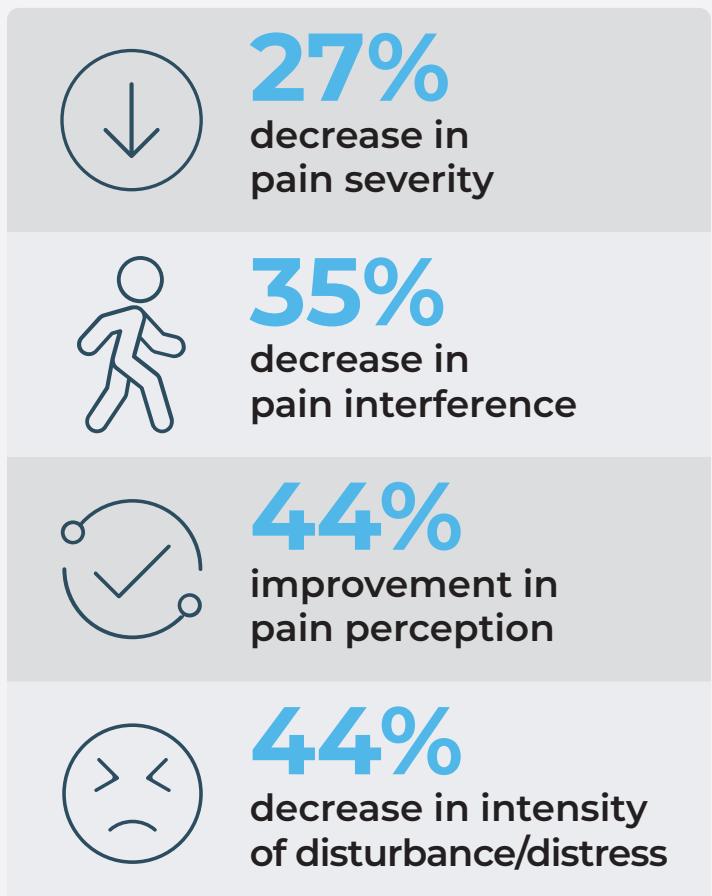


**Improved sleep quality:** Post-treatment sleep quality (PSQI) improved by 64% in the active group compared to 1% in the sham group.

**Increased sleep duration:** On average, patients in the active Alpha-Stim group showed a trend of 2 additional hours of sleep post-treatment compared to pre-treatment. Patients in the sham group showed no improvement in sleep duration.

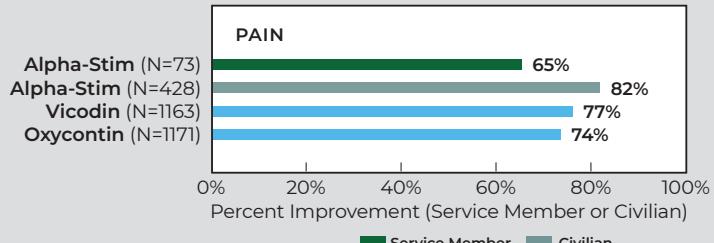
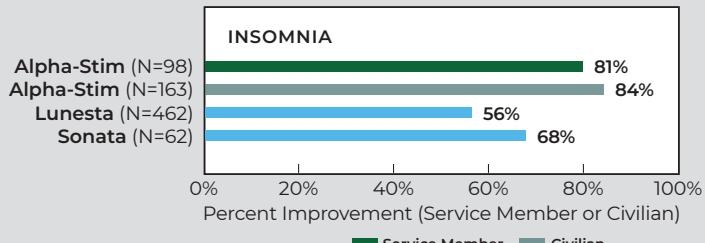
## PAIN

Alpha-Stim provides clinically significant pain relief in a retrospective treatment study conducted in a VA pain program and modality clinic.<sup>4</sup>



<sup>3</sup> Khyatee, S., Sarker, A., & Aggarwal, R. (2019). *Impact of Cranial Electrotherapy Stimulation Based Analysis of Heart Rate Variability in Insomnia*. In: Prateek, M., Sharma, D., Tiwari, R., Sharma, R., Kumar, K., Kumar, N. (eds) Next Generation Computing Technologies on Computational Intelligence. NGCT 2018. Communications in Computer and Information Science, Vol 922. Springer, Singapore.

<sup>4</sup> Morrow D, Fischer E, Walder A, & Jubran N. *Nonopiod Alternatives to Addressing Pain Intensity: A retrospective look at 2 noninvasive pain treatment devices*. Federal Practitioner. 2019;181-187.



<sup>5</sup> Kirsch, D.L., Price, L.R., Nichols, F., Marksberry, J.A., & Platoni, K.T. *Military Service Member and Veteran Self-Reports of Efficacy of Cranial Electrotherapy Stimulation for Anxiety, PTSD, Insomnia, and Depression*. The Army Medical Department Journal. 2014; 46-54.



## CUSTOMER EXPERIENCE

Technical, clinical, and customer support teams are dedicated to helping you and your patients utilize Alpha-Stim in your treatment plans by providing a 5-year limited warranty and lifetime support.

## Practitioner Resources

- On-site training and clinical in-services
- Free live, comprehensive training webinars
- Illustrated owner's manuals
- How-to instructional videos
- Patient brochures and posters for your office



## GET STARTED WITH ALPHA-STIM®

Try it risk-free with a 30-day money back satisfaction guarantee (less a restocking fee).

To speak directly with a dedicated member of our customer service team and/or enroll, call **(800) FOR-PAIN** in the U.S. or +1 (940) 328-0788 outside of the U.S. You may also email us at [alpha-stim@epii.com](mailto:alpha-stim@epii.com).





# WHAT'S INCLUDED IN YOUR ALPHA-STIM KIT?

## ALPHA-STIM® M

The Alpha-Stim M Device Package Contains:

- 1 set of Earclip Electrodes
- 150 ml bottle of Alpha-Stim® Conducting Solution
- 1 empty bottle for use with Alpha-Stim® Conducting Solution
- 2 sets of leadwires
- 100 Probe Electrode Pads (PEPS™)
- 4 silver AS-Trode single person multiple use self-adhesive electrodes
- 2 Smart Probes
- 256 Earclip Electrode Pads (EEPS™)
- Owner's Manual
- Lanyard
- Storage case
- 2 AA 1.5 volt lithium batteries



## ALPHA-STIM® AID

The Alpha-Stim AID Device Package Contains:

- 1 set of Earclip Electrodes
- 150 ml bottle of Alpha-Stim® Conducting Solution
- 1 empty bottle for use with Alpha-Stim® Conducting Solution
- 256 Earclip Electrode Pads (EEPS™)
- Owner's Manual
- Lanyard
- Storage case
- 2 AAA 1.5 volt lithium batteries



# PRESCRIBING INFORMATION

## **EPI is ISO Certified**

Electromedical Products International, Inc. is an International Standards Organization (ISO) certified establishment. ISO is an International organization working with some 140 countries and the United Nations to maintain standards for all applications of technology for global industry. Requirements for the medical device industry relate to design controls, risk management, environmental controls, special processes (e.g. software validation), traceability, record retention, and regulatory actions such as vigilance.

## **Electromagnetic Interference**

This equipment has been independently tested by outside agencies and found to comply with the limits of Comité International Spécial des Perturbations Radioélectriques (CISPR). These limits are designed to provide reasonable protection against harmful interferences in a residential or clinical environment. However, it is still possible that interference could occur in a particular environment. In case interference does occur, increase the distance between this device and the equipment it interferes with. Consult Electromedical Products International, Inc. if the problem persists.

## **CE Conformity Statement for Europe**

The Alpha-Stim is a Class IIa, Type BF medical device. It has been independently tested by outside agencies to provide assurance of conformity to applicable standards for medical equipment safety and electromagnetic compliance.

## **Indications**

The Alpha-Stim M is a precision medical device and is an effective treatment with broad applications for a variety of syndromes involving pain, and for the management of anxiety and insomnia, or for the short-term relief of symptoms associated with these indications. The Alpha-Stim AID is a precision medical device used for cranial electrotherapy stimulation for the treatment of anxiety and insomnia.

## **Warnings and Precautions**

- Safety of stimulation has not been established during pregnancy.
- Do not stimulate directly on the eyes or press the probes over the carotid sinus (on the neck near the larynx). Application of the electrodes near the thorax may increase the risk of cardiac fibrillation.
- Potential hazard from simultaneous connection of a patient to a high frequency surgical medical equipment and stimulator may result in burns and possible damage to the stimulator.
- Operation in close proximity (e.g. 1m) to a shortwave or microwave therapy medical equipment may produce instability in the stimulator output.
- Modification of your Alpha-Stim device or accessories is not allowed, it could result in injury.
- Do not place Alpha-Stim in direct contact with lint, dust, light (including sunlight).
- For external use only. Small parts, keep out of reach of children, avoid inhalation or swallowing. Do not allow children to use or handle this device.
- This device is intended to be used in individuals who are 18 years of age or older.
- Brain development continues beyond 18 years of age. The long-term effects of electrical stimulation from this device on the brain has not been studied.
- Do not operate potentially dangerous machinery or vehicles during treatment, and in some cases for several hours after treatment.
- Do not plug leadwires into wall sockets or line cord receptacles under any circumstances. Doing so could result in severe shock or burns whether the leadwires are attached to the stimulator or not.
- Patients should be monitored by their physician for signs of worsening.
- If a patient experiences headaches while using the device, they should consult their physician prior to continued use of the device.
- Caution Statement for United States: Federal law (USA only) restricts this device to sale by, or on the order of a licensed healthcare practitioner. Outside the USA it is available worldwide without a prescription but consultation with a qualified healthcare professional is recommended for difficult and unresponsive problems or when used with pharmaceuticals or other therapeutic intervention.

## **Contraindications**

Use of an Alpha-Stim device is contraindicated with implanted pacemakers or implanted or wearable defibrillators.

## **Adverse Effects**

Adverse effects are usually rare (occurring less than 1% of the time), mild, and self-limiting.

- dizziness
- skin irritation/electrode burns
- headaches



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MKT-VG-004 VER. 2

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