Quick Start Guide

Rysflo™ Metabolism 1.0 — get up and running in a few simple steps.



1 **Unbox & Charge**

Remove the Rysflo device from the box. Place it in the charging dock and connect the dock cable to a USB power adapter (5 V, 2 A). Fully charge the device before first use — this takes a couple of hours. The dock's **Red Dot** indicator turns off once charging is complete.

2 **Install the Rysflo App**

Scan the QR code on the Welcome Card (included in the box) to download the Rysflo mobile app. Create your account and make sure Bluetooth is enabled on your phone.

3 **Power On & Connect**

Press the power button once (short press) — a solid **Blue LED** confirms the device is ON. Open the Rysflo app and select your Rysflo from the list to connect. The LED blinks green twice, then turns **solid green** once connected.

4 **Get Ready**

Sit in one place and relax for 5–10 minutes before starting. Perform the test indoors, in a clean, well-ventilated space.

5 **Take Your First Breath Test**

Follow the breathing instructions shown in the app, then exhale steadily into the device as guided. Keep the device steady during the measurement and make sure the air exhaust vent is not blocked.

6 **View Your Results**

Wait for the measurement to finish. Your breath biomarker results and wellness insights appear in the Rysflo app.

LED Quick Reference

LED COLOR	BEHAVIOR	MEANING
Blue	Solid	Device is powered ON
Green	Blink ×2, then solid	Connected to the Rysflo app
Blue	Solid	Breath measurement in progress
Blue	Breathing (pulsing)	Charging in progress
Green	Solid	Fully charged
Red	Breathing (slow fade)	Battery low — charge soon

For the complete LED and battery status guide, see the full user's manual.

Before You Begin

Rysflo™ is **not a medical device**. It is intended for personal wellness monitoring only and does not diagnose, treat, or replace professional medical advice. Consult your physician before use if you have an existing medical condition.

Charge only using the dock and cable supplied by Humors Tech Pvt. Ltd. — do not use the device while it is placed in the charging dock.

Keep the mouthpiece cap away from children and pets when removed, to prevent a choking hazard.

Need More Detail?

This guide covers the basics. For complete setup, safety warnings, and troubleshooting, see the full Rysflo™ Metabolism 1.0 User's Manual — scan the QR code on the Welcome Card, or visit **rysflo.com/m/user-manual**.

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