



# Ozone Setup Guide

For visual setup guides, check out our Videos page at  
[www.promolife.com/videos/](http://www.promolife.com/videos/)



# Getting Started

To prepare your ozone generator, see your ozone generator manual.

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## General Ozone Guidelines

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Video setup guides for most products can be found at [www.promolife.com/videos/](http://www.promolife.com/videos/)

It is always recommended to consult your health practitioner for input about your specific situation.



For all therapies, we recommend you use ozone in a well-ventilated room and have a fan running for additional circulation.



### OZONATED WATER



Used for infusing ozone gas into water for oral and gut health as well as cleaning.

Oxygen Flow Rate

1/8 LPM

Gamma (ug/ml)

Maximum Gamma

Duration

Dependent on water volume (see below)

500ml: 10-15 minutes

1000ml: 20-25 minutes

2000ml: 25-30 Minutes

For setup, see page 5



### RECTAL INSUFFLATION



Used to introduce ozone gas to the rectum for more systemic distribution.

Oxygen Flow Rate

1/4 to 1/16 LPM

Gamma (ug/ml)

20-40 Gamma (increase over time)

Volume

150-400ml

Duration

Try to retain gas for 5 minutes (3 times per week)

For setup, see page 8



## SINUS INSUFFLATION



Used to introduce ozone gas to the sinuses while holding your breath. **Do not inhale.**

Oxygen Flow Rate

1/4 or  
1/2 LPM

Gamma (ug/ml)

10-20 Gamma  
(increase over time)

Volume

20-30ml/nostril  
(1-2 times per day or as needed)

For setup, see page 6



## VAGINAL INSUFFLATION



Used to introduce ozone gas into the body through the vagina. Humidification is recommended.

Oxygen Flow Rate

1/8 to  
1/16 LPM

Gamma (ug/ml)

10-30 Gamma  
(increase over time)

Duration/Volume

5-10 minutes, up to 750ml  
(1-3 times per week)

For setup, see page 10



## BREATHING OZONIDES



Used to breathe ozonides which are produced after running ozone gas through olive oil.

Oxygen Flow Rate

1/2 or  
1/4 LPM

Gamma (ug/ml)

10-50 Gamma  
(increase over time)

Duration

5-15 minutes  
(as needed)

For setup, see page 6



## TOPICAL OZONE (CUP)



Used to introduce ozone gas to a targeted area topically. Wet the skin before use.

Oxygen Flow Rate

1/4 or  
1/8 LPM

Gamma (ug/ml)

10-50 Gamma  
(increase over time)

Duration

5-10 minutes  
(as needed)

For setup, see page 12



## LOCALIZED TOPICAL



Used to introduce ozone gas topically to a localized area of the body with the limb bag.

Oxygen Flow Rate

1/4 or  
1/8 LPM

Gamma (ug/ml)

10-50 Gamma  
(increase over time)

Duration

10-15 minutes  
(as needed)

For setup, see page 11



## FULL BODY TOPICAL



Used to introduce ozone gas topically to the entire body with the Full Body Ozone Bag.

Oxygen Flow Rate

1/2 or  
1/4 LPM

Gamma (ug/ml)

10-50 Gamma  
(increase over time)

Duration

20-30 minutes  
(3 times per week)

For setup, see page 12



## EAR INSUFFLATION



Used to introduce ozone gas into the body via the ears. Ozone can be drying, so humidification is recommended.

Oxygen Flow Rate

1/4 or  
1/8 LPM

Gamma (ug/ml)

10-40 Gamma  
(increase over time)

Duration

5 minutes  
(once every other day)

For setup, see page 7



## MOUTH INSUFFLATION



Used to introduce ozone gas to the mouth. Breathe only from the nose or hold breath during use.

Oxygen Flow Rate

1/8 LPM

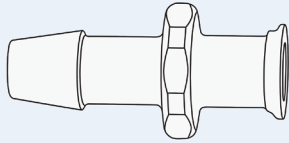
Gamma (ug/ml)

20-50 Gamma  
(increase over time)

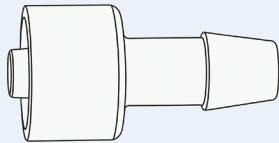
Duration

1-3 minutes  
(as needed)

For setup, see page 11

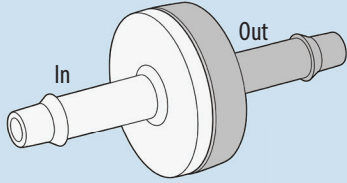


FEMALE Luer Lock



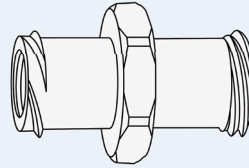
MALE Luer Lock

**Luer lock fittings** are used to securely attach sections of tubing and accessories. To connect a male and female to form one complete fitting, simply screw the ends together.



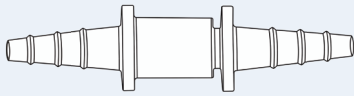
**Check Valve**

The **ozone check valve** is designed to stop fluids from backflowing into your ozone generator.

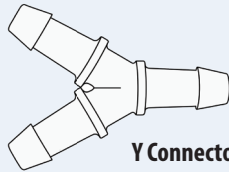


Female to Female

Understanding tubing & connectors:



Silicone Hose Connector

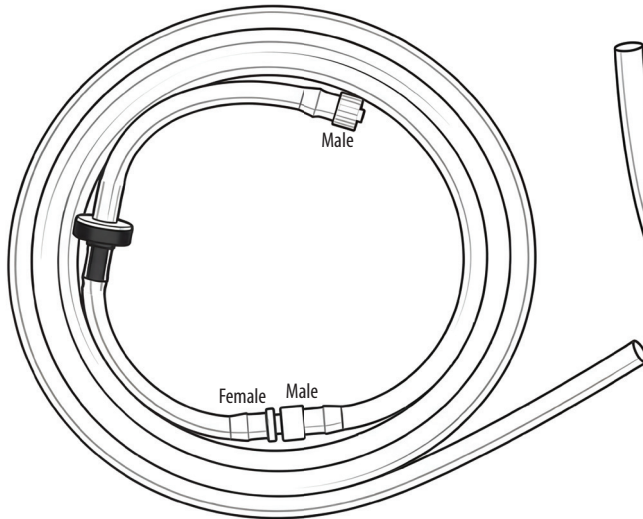


Y Connector

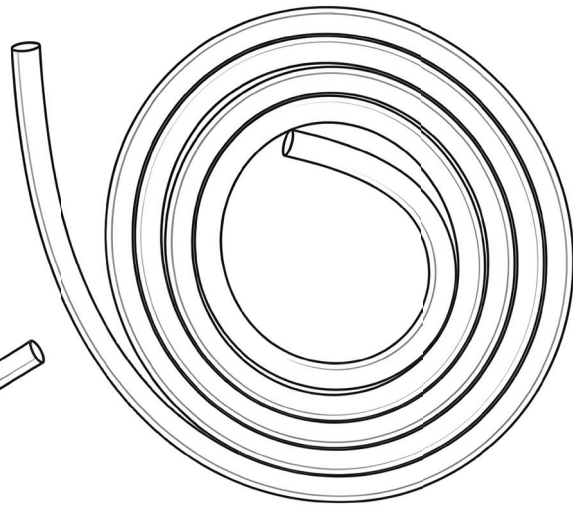


Push/Pull Adapters

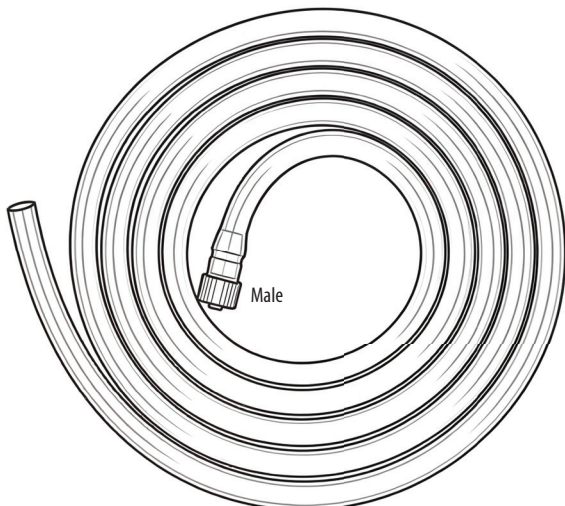
## Included with your ozone generator



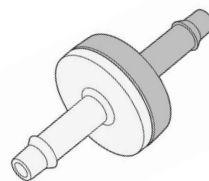
Silicone Tubing with Check Valve and Connectors (5 feet, off-white)



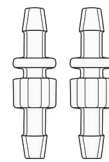
Silicone Tubing (5 feet, off-white)



Oxygen Tubing with Connector (5 feet, clear)



Check Valve

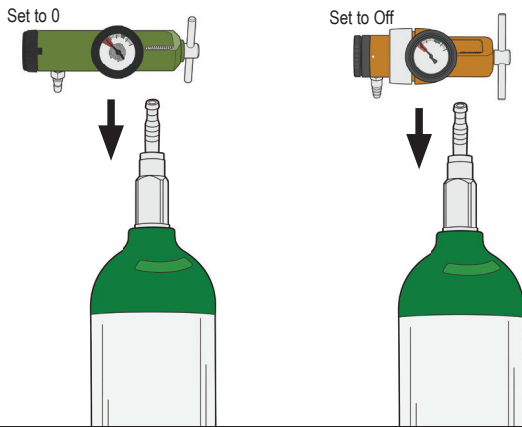


Luer Lock Fittings (2 sets)



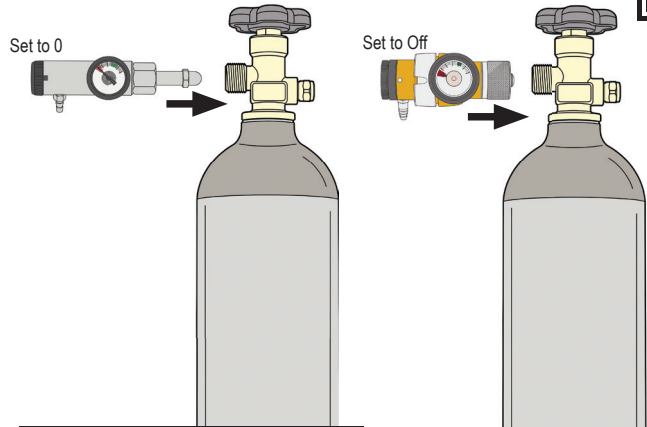
Dust Caps (2)

## Setting up an Oxygen Tank and Regulator



**870 Tank**

To connect regulator, simply use the two guide pegs to align and then tighten the T-handle of regulator. Whether a green or gold regulator, setup is the same.



**540 Industrial Tank**

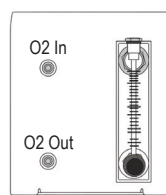
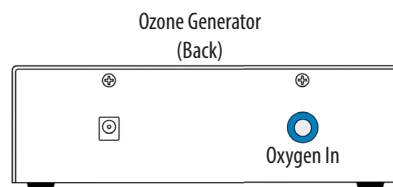
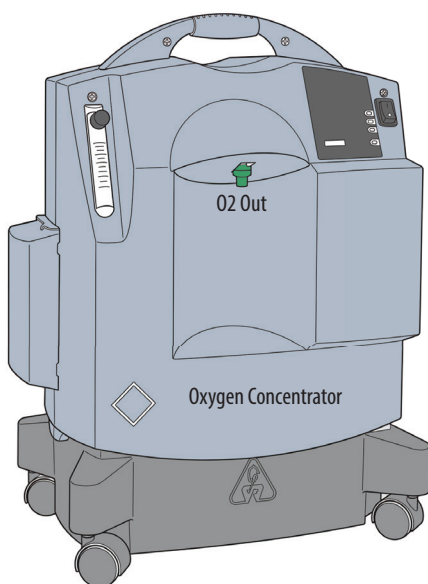
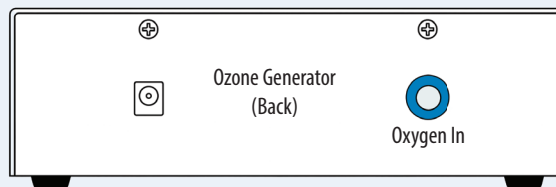
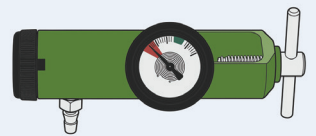
To connect regulator, it is important to insert it into the valve connection at a perpendicular angle before tightening the nut. For the silver regulator, you can hand-tighten the nut initially, but the last 1/4 to 1/2 turn needs to be wrench-tightened. The gold regulator does not need a wrench.



**O2Ready Tank**

Ensure the On/Off knob on the regulator is turned all the way clockwise (A). To connect regulator, screw the regulator onto the tank as shown.

To connect to any ozone generator, attach oxygen tubing to the regulator. Attach the other end of the tubing with the male Luer lock fitting to the Oxygen In port. To do this, simply screw the fitting onto the port.



**For oxygen settings with a flowmeter, see the instructions that came with your device.**

Flowmeter

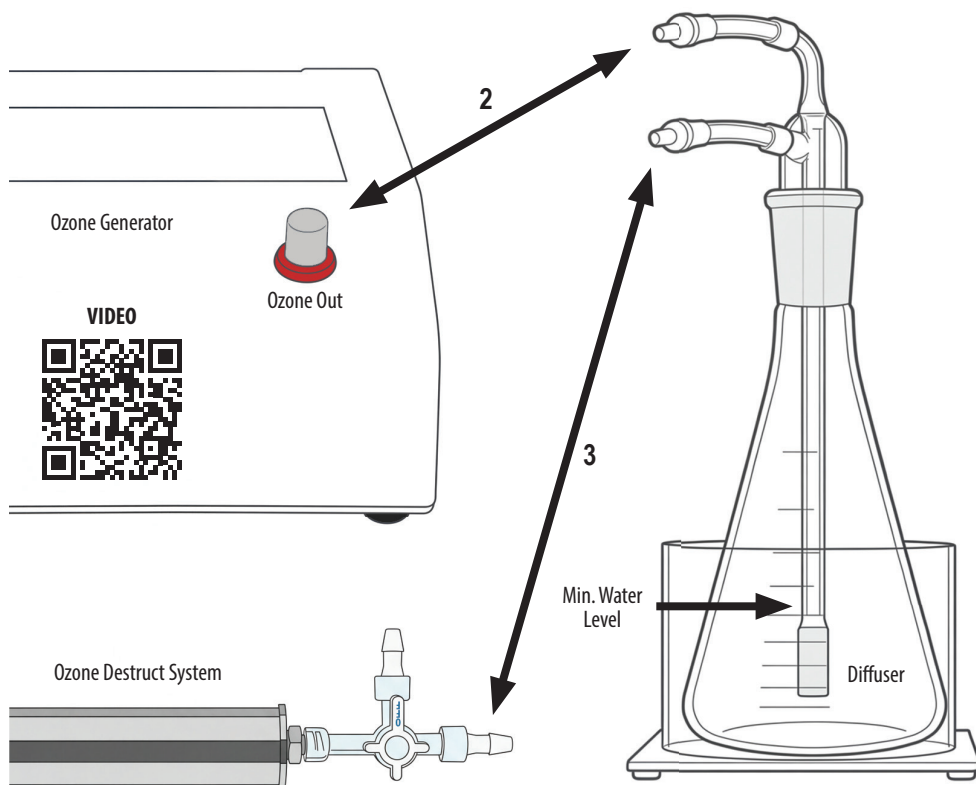
## Setting up an O2 Concentrator



1. Attach oxygen tubing A to the Oxygen Out port on the concentrator. Attach the other end to the three-way valve on the O2 In port on your flowmeter.

2. Take tubing B and attach one end to the O2 Out on the flowmeter, and attach the other end of the tubing to the Oxygen In port on your ozone generator. To do this, simply screw the fitting onto the port.

Always run your concentrator for 3-5 minutes before turning on your ozone generator.

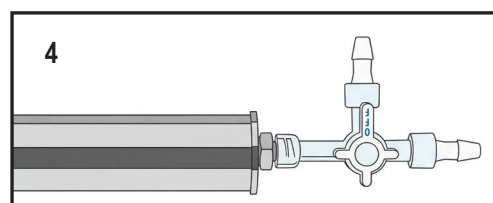


1. Fill the bubbler with at least as much water as needed to cover the white diffuser (see diagram). Place stem into bubbler.

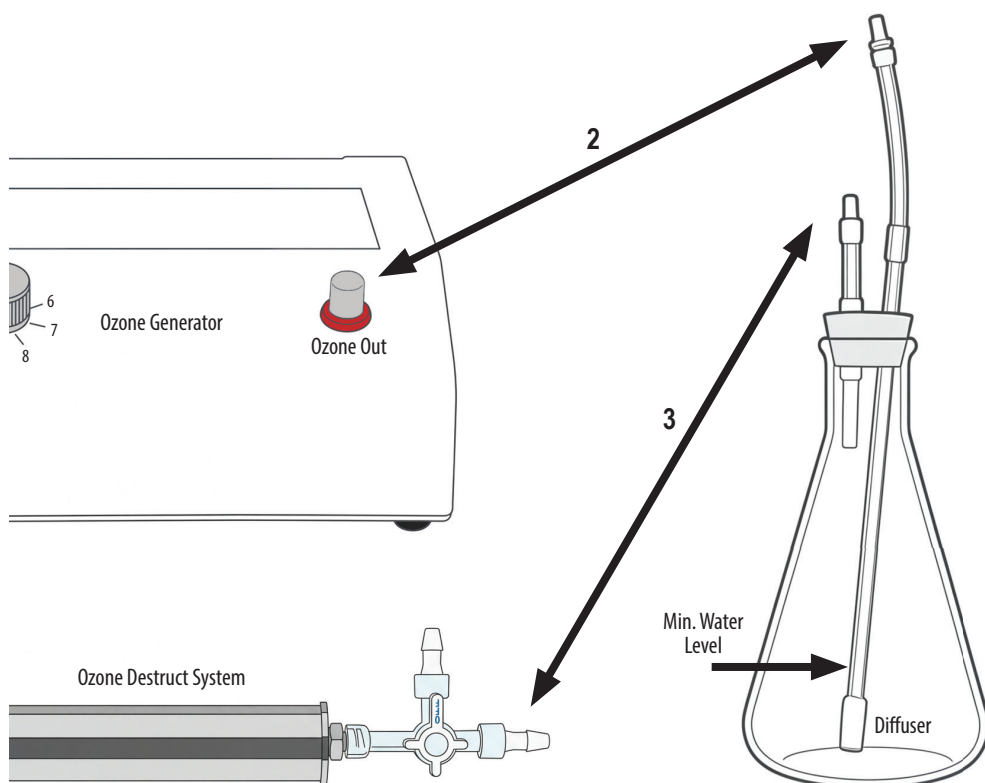
2. Connect the check valve and tubing kit to the Ozone Out port on your ozone generator. Attach the other end to the top straw of the bubbler.

3. Attach one end of the other piece of silicone tubing included with the destruct to the bottom straw of the water bubbler. Attach the other end to the ozone destruct system as shown.

4. Make sure the OFF on the destruct is turned toward the side port to filter the ozone into the destruct system until you're ready to use it.



# Basic Ozone Water Bubbler/Humidifier

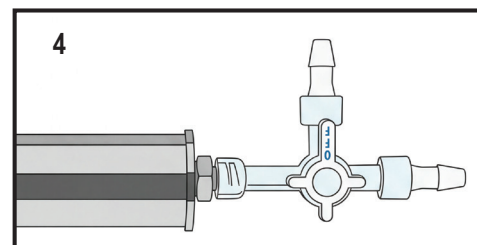


1. Fill the bubbler with at least as much water as needed to cover the white diffuser (see diagram).

2. Connect the check valve and tubing kit to the Ozone Out port on your ozone generator. Attach the other end to the taller water bubbler straw.

3. Attach one end of the other piece of silicone tubing included with the destruct to the other straw of the water bubbler. Attach the other end to the ozone destruct system as shown.

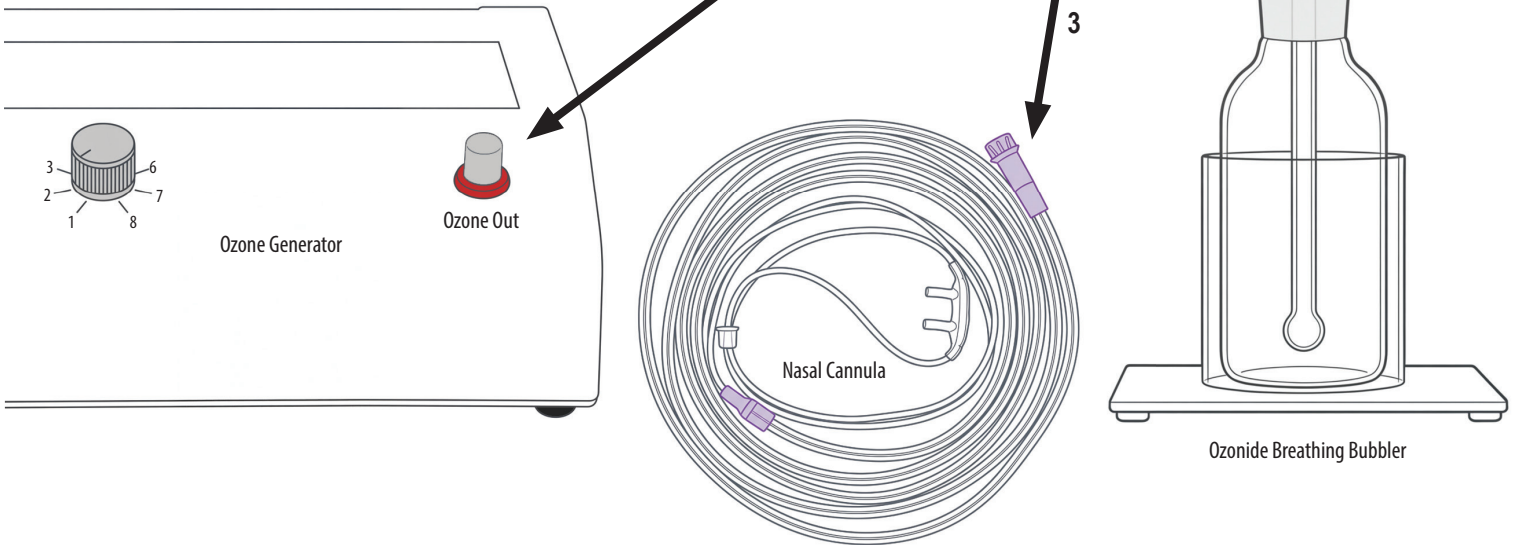
4. Make sure the OFF on the destruct is turned toward the side port to filter the ozone into the destruct system until you're ready to use it.



1. Add olive oil to the bubbler until it is half full.
2. Attach your check valve and tubing kit to the Ozone Out of your ozone generator (see page 3), then attach the other end to the top straw on the oil bubbler.
3. Attach your nasal cannula to the bottom straw of the oil bubbler.



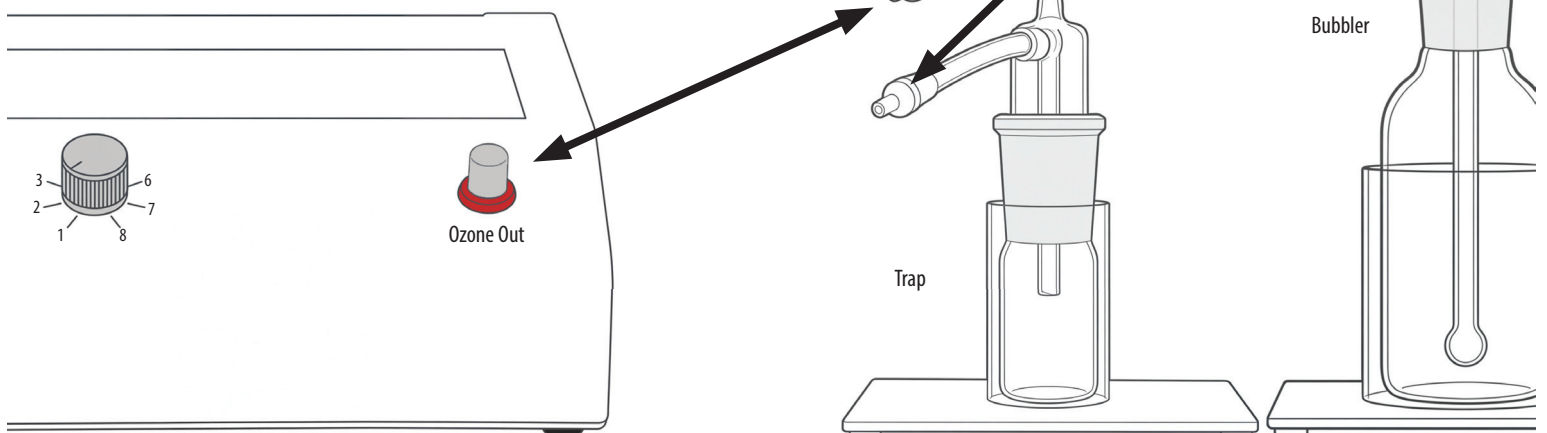
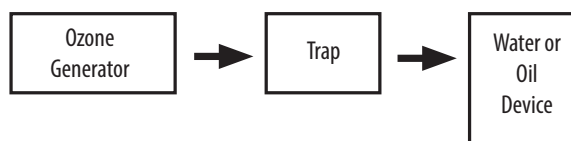
VIDEO

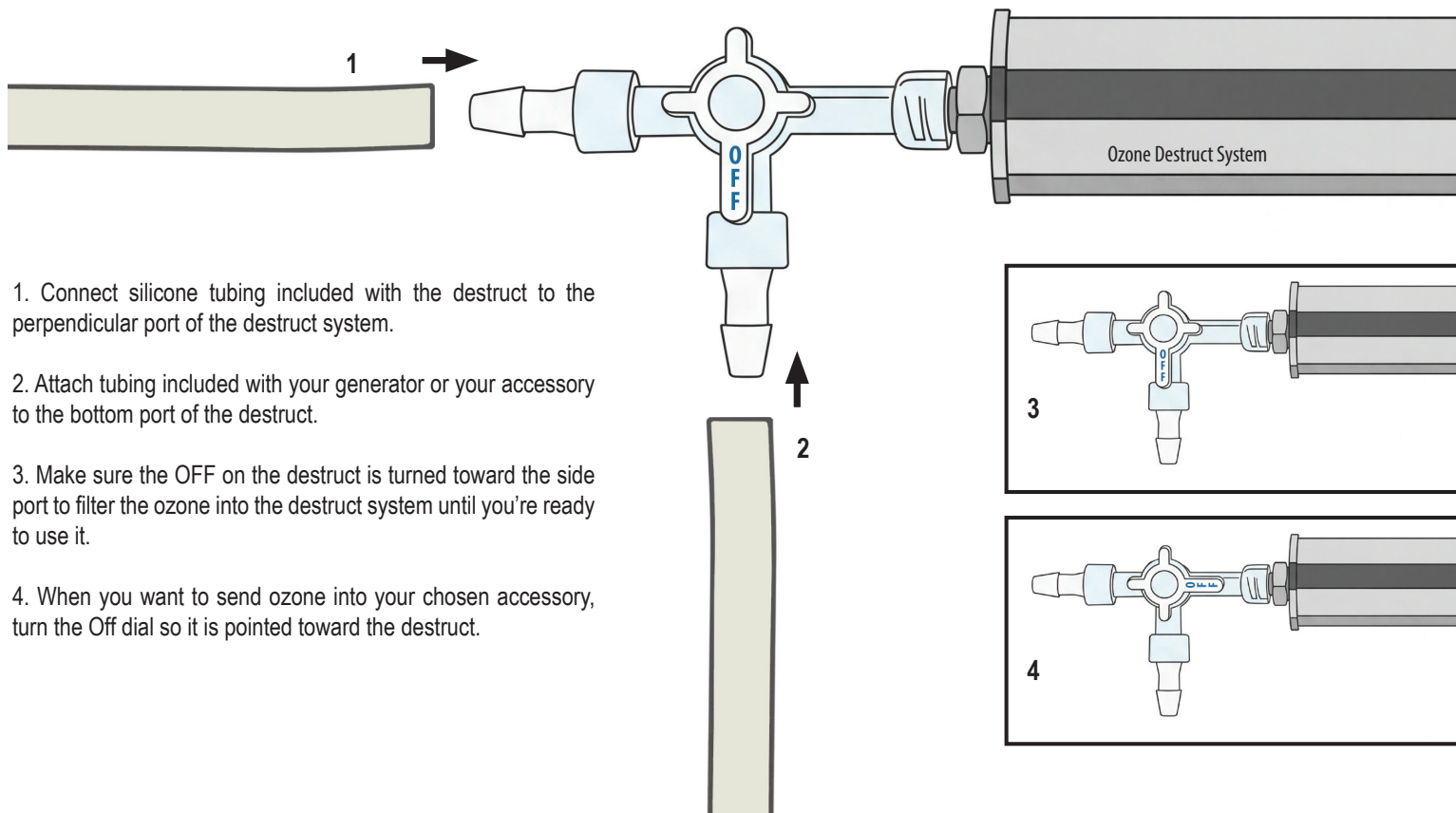


## Using the Ozone Trap

If using with a water bubbler, humidifier or oil bubbler, place the trap between the ozone generator and the bubbler or humidifier. Attach the tubing coming from the ozone out on your ozone generator to the top straw of the trap. Then attach the other tube included with your generator to the bottom straw of the trap and connect the end of it to the top straw on the bubbler or humidifier.

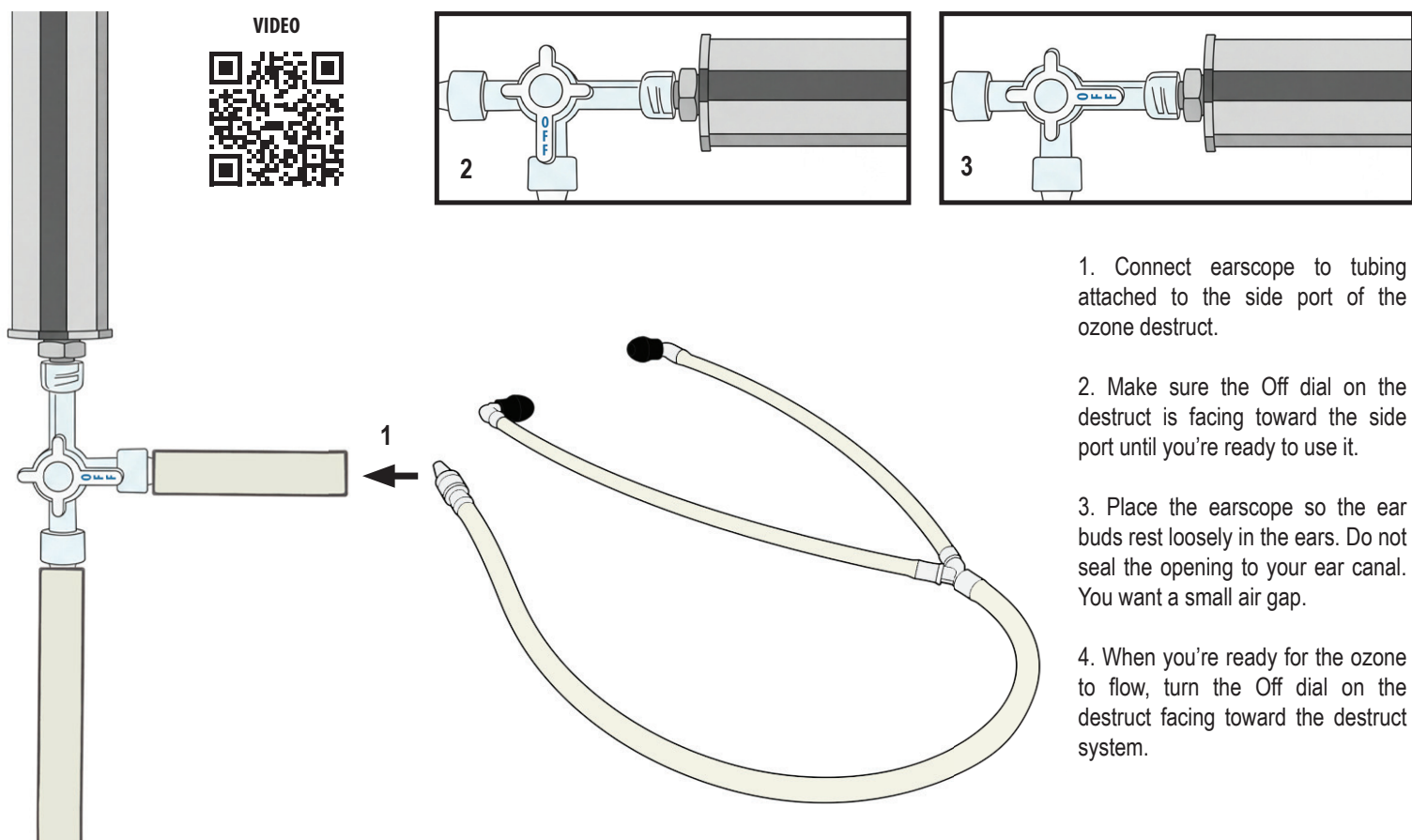
### PLACEMENT





1. Connect silicone tubing included with the destruct to the perpendicular port of the destruct system.
2. Attach tubing included with your generator or your accessory to the bottom port of the destruct.
3. Make sure the OFF on the destruct is turned toward the side port to filter the ozone into the destruct system until you're ready to use it.
4. When you want to send ozone into your chosen accessory, turn the Off dial so it is pointed toward the destruct.

## Using an Ozone Earscope



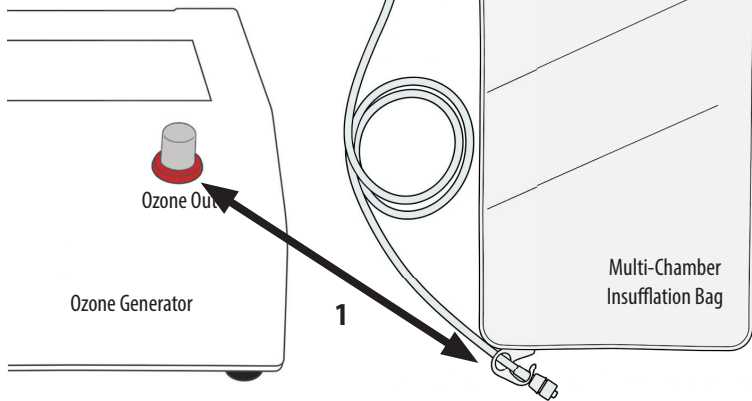
1. Connect earscope to tubing attached to the side port of the ozone destruct.
2. Make sure the Off dial on the destruct is facing toward the side port until you're ready to use it.
3. Place the earscope so the ear buds rest loosely in the ears. Do not seal the opening to your ear canal. You want a small air gap.
4. When you're ready for the ozone to flow, turn the Off dial on the destruct facing toward the destruct system.

We recommend using a humidifier. If you don't want humidification, connect the earscope directly to your Ozone Out on the generator. Moisten your ears lightly before use.

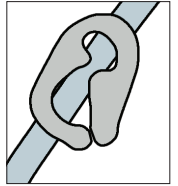
## Without Humidification

(Preferred Method)

VIDEO

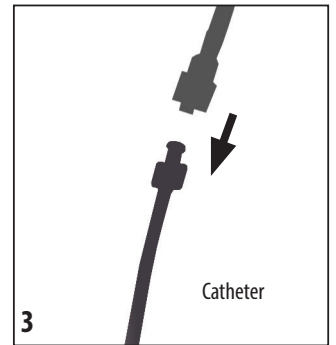


1. Connect the bag directly to the Ozone Out port on your ozone generator. Make sure the clamp on the bag is open.



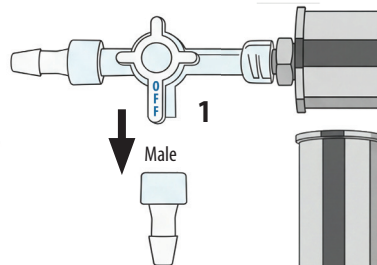
2. When the bag is filled to the desired amount, remove it from the ozone generator and then clamp the bag.

3. Screw a catheter onto the bag. When you're ready for your insufflation, unclamp the bag and slowly roll it to release the ozone.

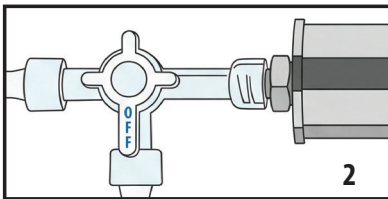


## With Humidification

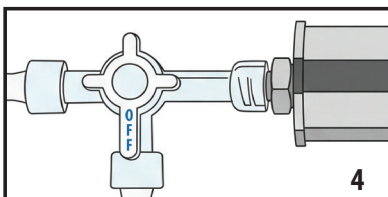
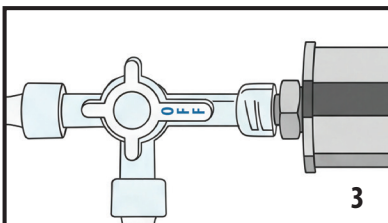
1. [See page 7 to set up your bubbler/humidifier.] Unscrew the male Luer lock from the destruct system as shown.



2. Screw the fitting on the end of the bag's tubing to the destruct system. Keep the OFF switch pointed toward the bag until you're ready to fill it.



3. Make sure the clip on the bag is open. Turn the OFF switch on the destruct toward the destruct to fill the bag.

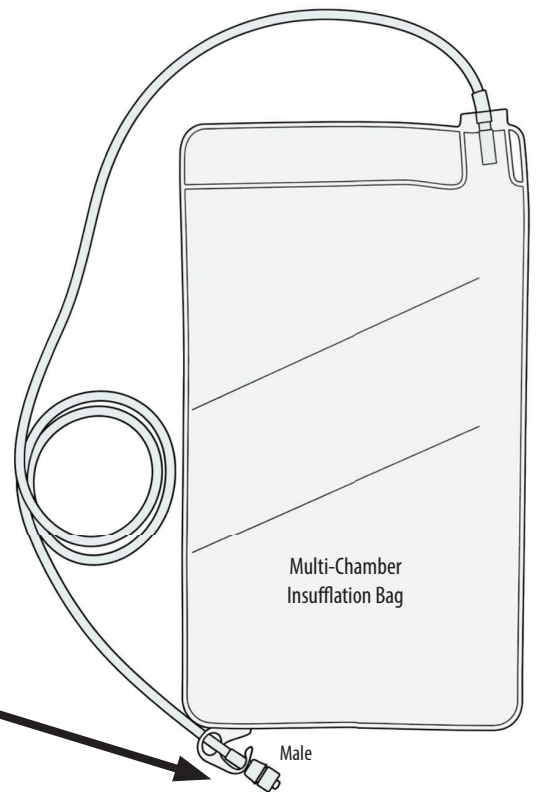


Ozone Destruct System

2

Female

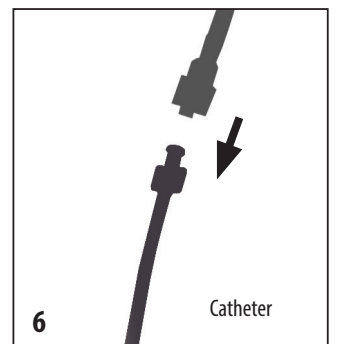
To Bubbler/  
Humidifier

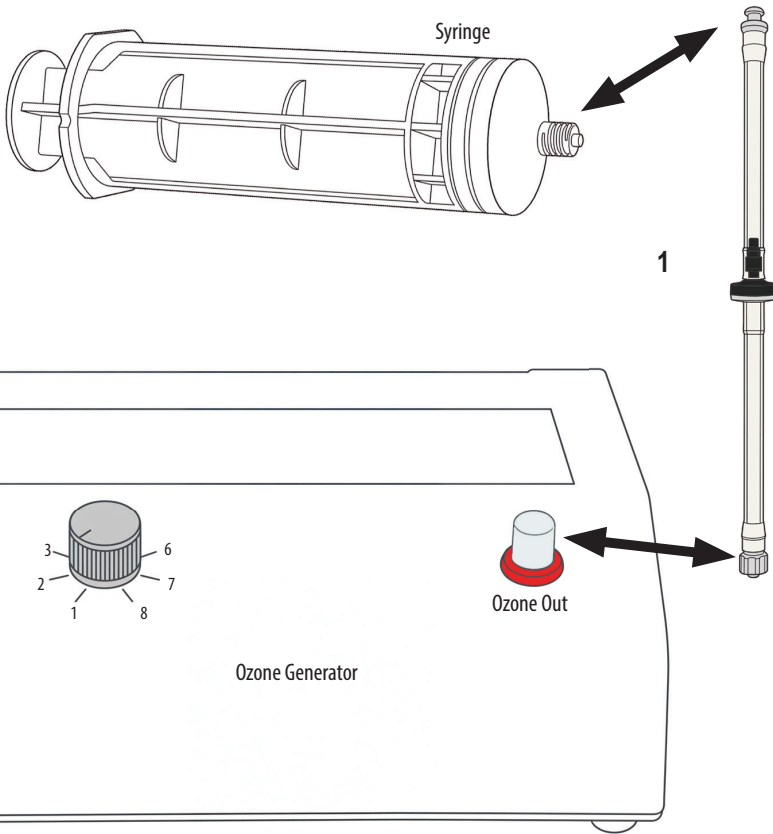


4. When the bag is filled to the desired amount, turn the OFF switch on the ozone destruct back toward the bag and close the clamp on the bag.

5. Unscrew the bag from the destruct.

6. Screw a catheter onto the bag. When you're ready for your insufflation, unclamp the bag and slowly roll from bottom to top to release the ozone.



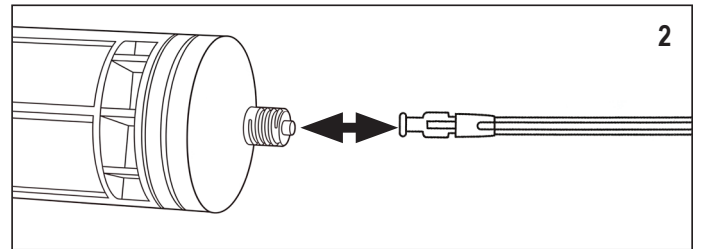


1. Attach the included check valve tubing (diagram below) to the Ozone Out on the ozone generator using the male adapter. **Do not attach this syringe directly to the generator.** Attach the syringe to the other side (female) of the check valve tubing. Once it's full, disconnect the syringe and hold it with the tip facing up.



VIDEO

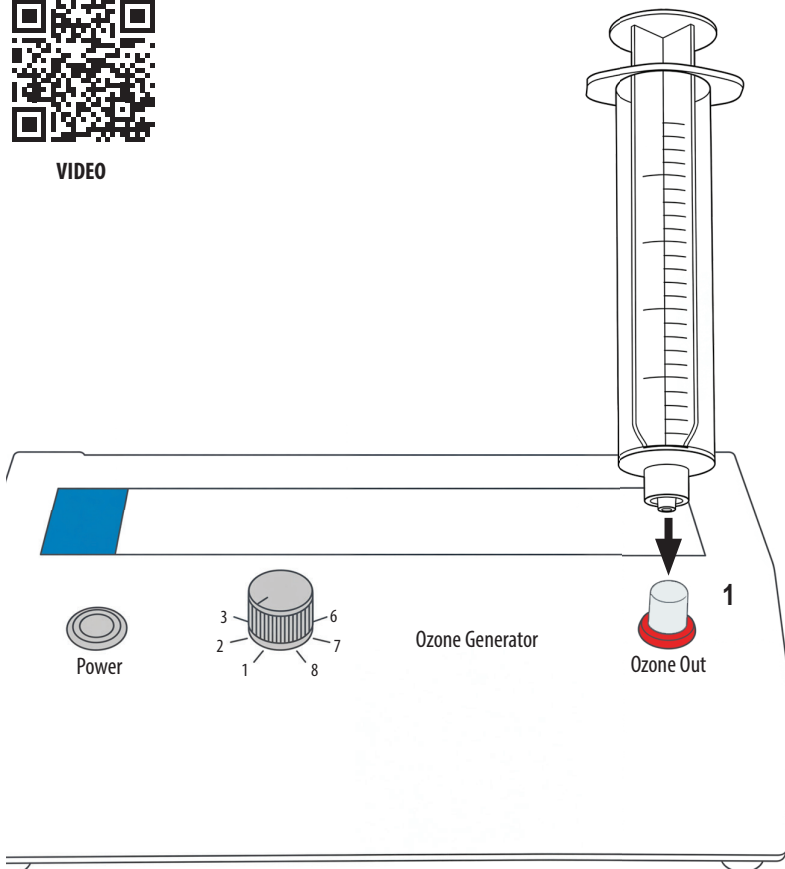
2. Attach a catheter to the syringe. When you're ready to begin your insufflation, slowly press the plunger in to push ozone out of the syringe.



# Using 60ml, Glass and Plastic Syringes with Ozone



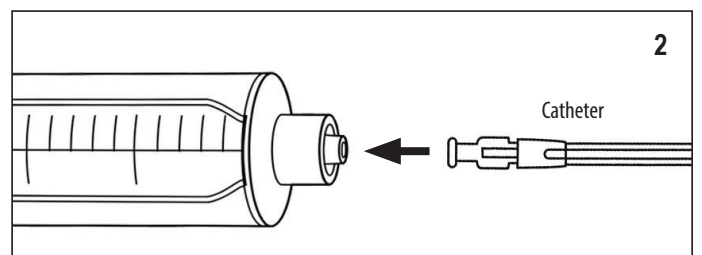
VIDEO



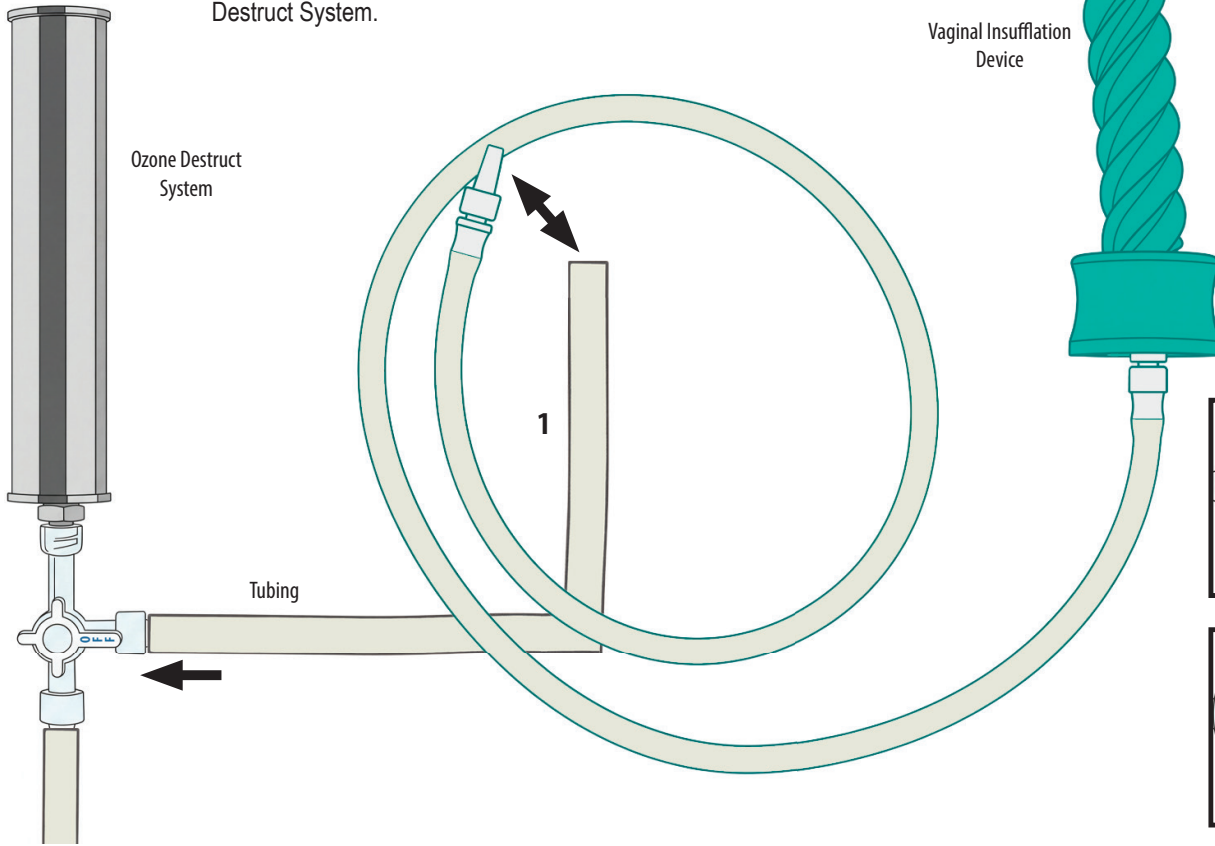
1. Attach the syringe directly to the Ozone Out on the ozone generator. Once it's full, disconnect the syringe and hold it with the tip facing up.

2. Attach a catheter for rectal or vaginal insufflations or a syringe cover for sinus insufflations (catheter shown below).

3. When you're ready to use ozone, press the plunger in to push ozone out of the syringe.

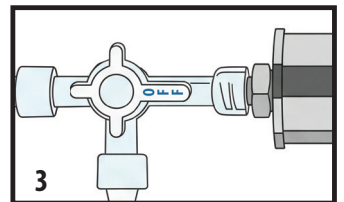
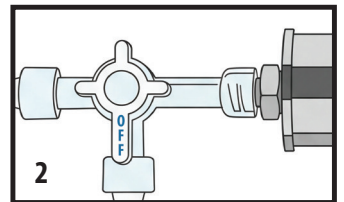


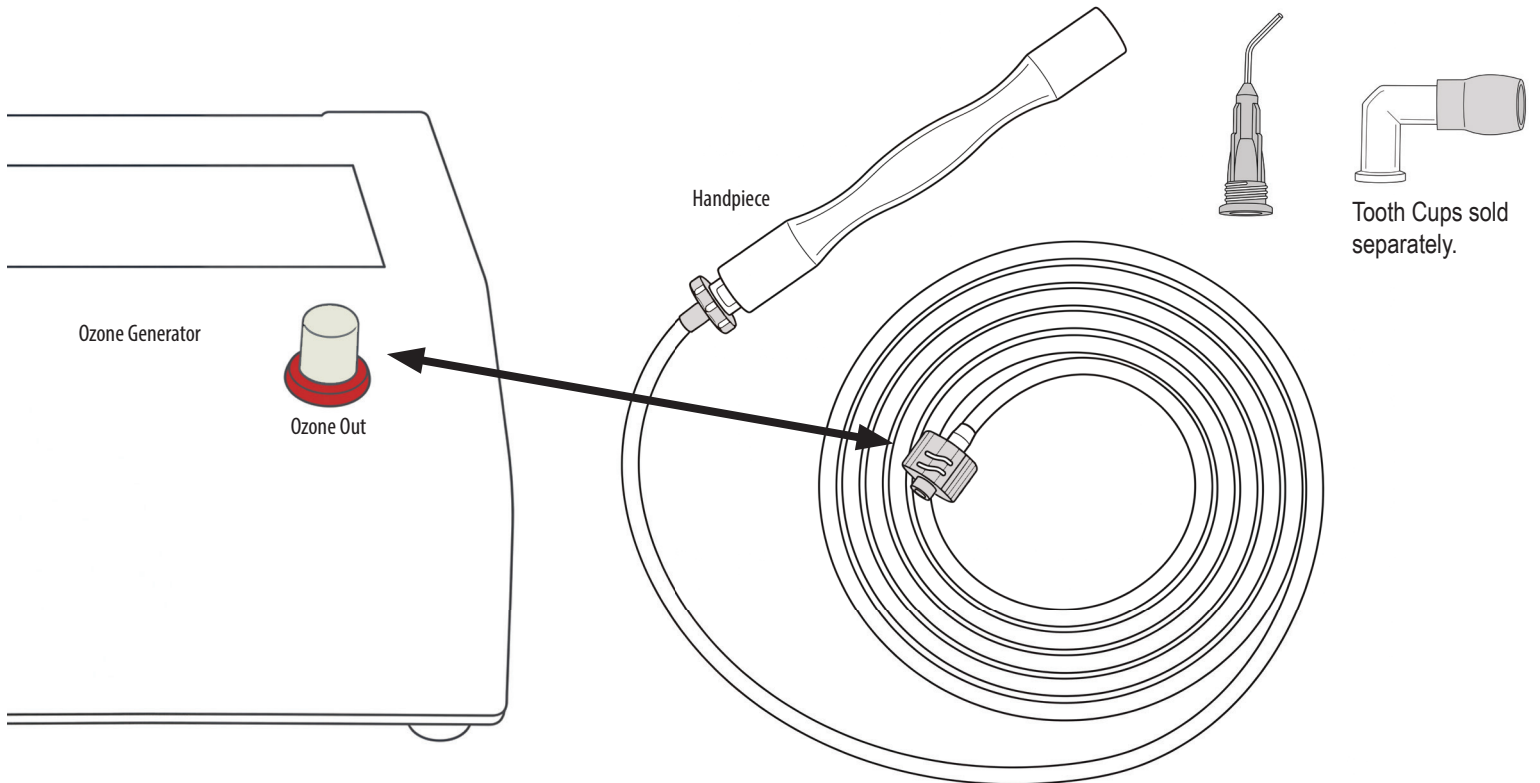
1. [See page 7 to set up your bubbler/humidifier.] Connect the Vaginal Insufflation Device to the tubing coming off the Ozone Destruct System.



2. Make sure the OFF switch on the destruct is pointed toward the insufflation device until you're ready for ozone to flow.

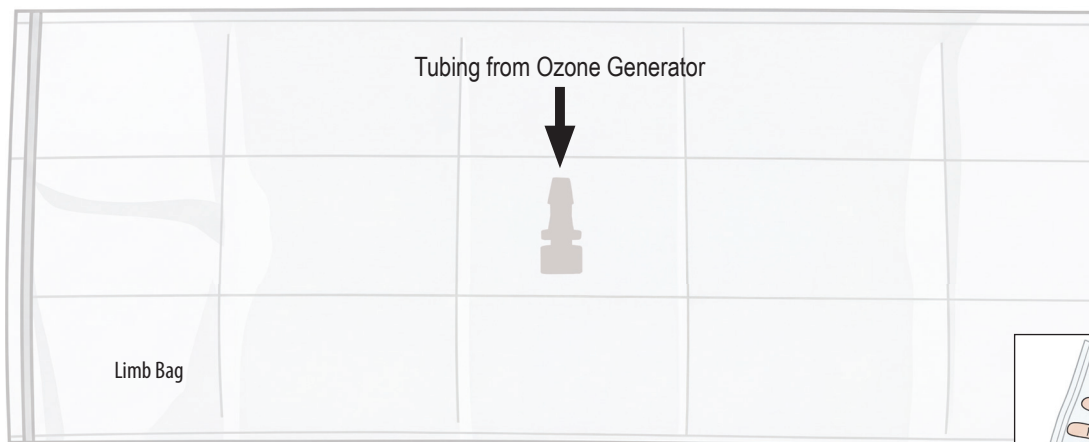
3. When you're ready to begin your insufflation, turn the dial on the destruct toward the destruct system. When you're done, turn the dial back toward the insufflation device (2).



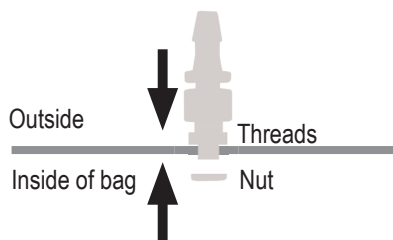


1. Push the male luer lock connection on the handpiece tubing into the Ozone Out port on the ozone generator.
2. Now you can attach a blunt needle or tooth cup to the handpiece.

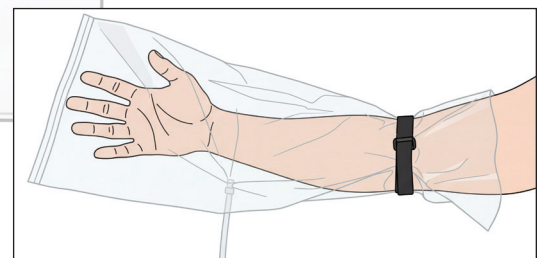
# Using Disposable Limb Bags



VIDEO



1. Remove the white nut from the Luer lock fitting.
2. Poke a small hole in the bag where you want ozone to go in. Make sure the hole is not larger than the threaded end of the fitting.
3. From the outside, push the threaded end of the Luer lock fitting into the hole. From the inside, secure the nut to the threaded end of the Luer lock to keep it in place.

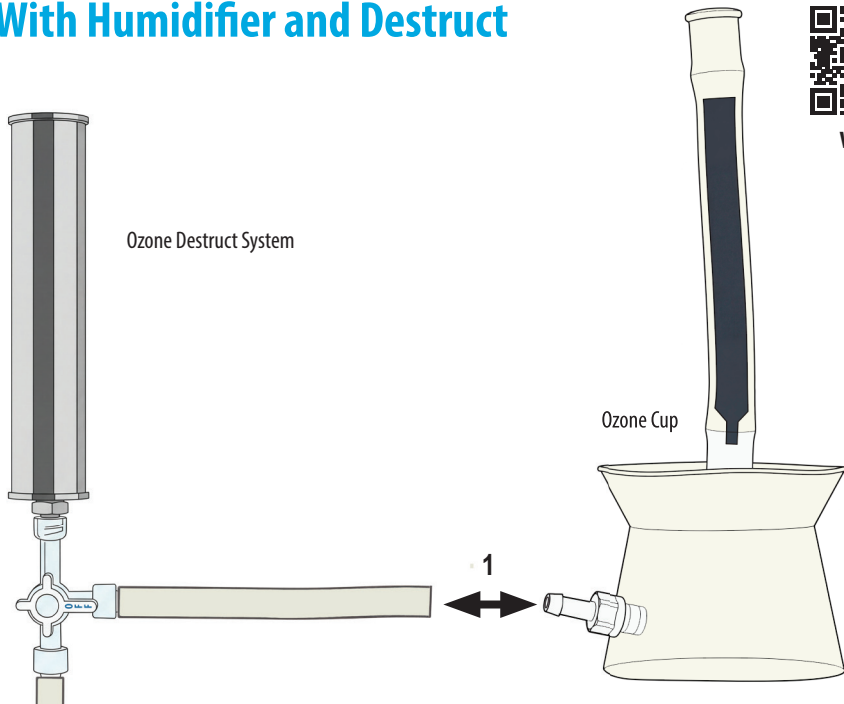


4. Use the Velcro strap to seal the bag around your limb.

Remember to remove the fitting before disposing of the bag so it can be reused.

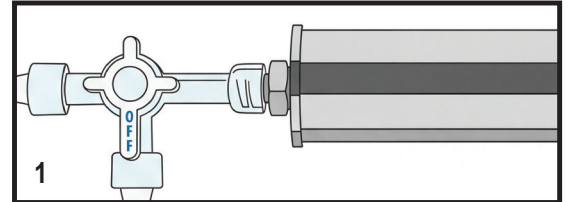
Most people attach the ozone cup **directly to the Ozone Out port** on the ozone generator using the check valve and tubing kit. If you do this, we recommend lightly wetting the area to be treated before using the cup.

## With Humidifier and Destruct

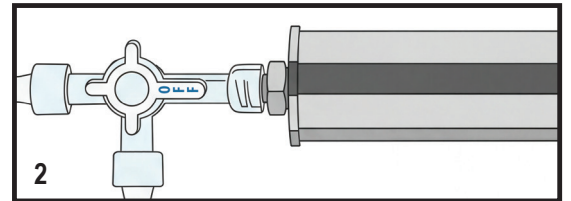


VIDEO

1. Attach the ozone cup to the tubing coming off the ozone destruct as shown. Make sure the dial is turned toward the cup until you're ready to use it.



2. When you're ready, place the cup on your body and turn the Off dial toward the destruct. When done, turn the dial back toward the cup (1).



## Using the Full Body Ozone Bag

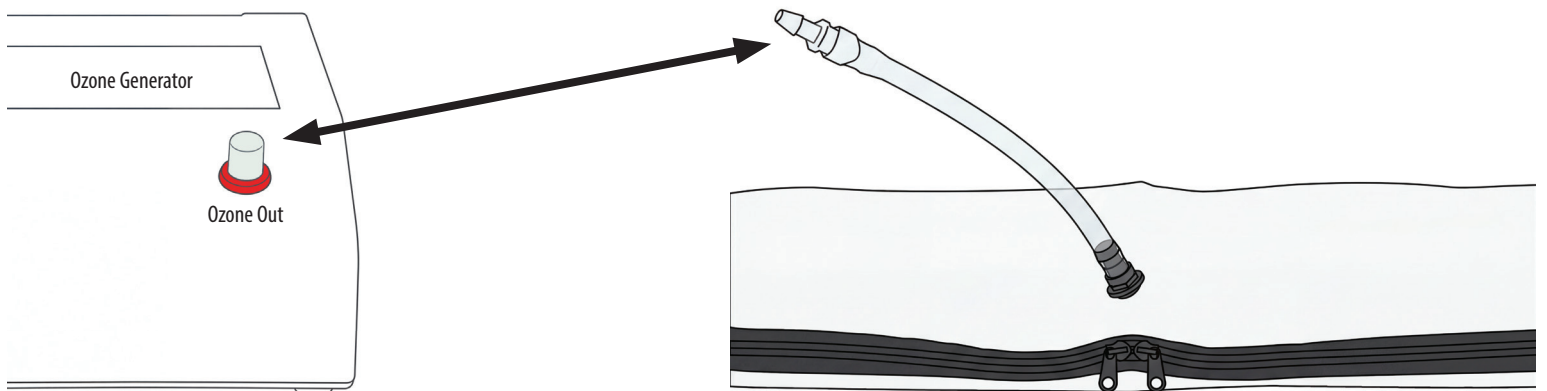
1. Lay out and unzip the bag as far as needed to accommodate you. Make sure your ozone generator is close to the bag if you are using the bag alone.

2. Attach the check valve and tubing kit to the Ozone Out port of your ozone generator. Connect the other end to the pre-installed tubing coming out of the bag.

3. Turn on your oxygen, then get into the bag and zip it part way up. Turn on the ozone generator to your chosen setting and zip the bag the rest of the way to your neck.

**[Recommended: Wrap a towel around your neck to help seal in the ozone and turn on a fan in the room for better air circulation.]**

4. When finished, unzip the bag and turn off your ozone generator.



**IMPORTANT: Oxygen is always the FIRST thing ON and the LAST thing OFF.**

## OXYGEN TANKS

### STARTUP

#### Step 1: Open the Oxygen Tank

- **Industrial/Medical Tank:** Turn the top valve counterclockwise to open.
- **O2Ready Prefilled Tank:** Turn the small knob on the side of the regulator to open.

#### Step 2: Set the Flow Rate

- Adjust the regulator to your desired flow rate.

#### Step 3: Power On the Ozone Generator

- Turn on the generator.
- Set your desired concentration.
- Begin therapy.

### SHUTDOWN

#### Step 1: Power Off the Ozone Generator

#### Step 2: Purge the System

- Allow oxygen to continue flowing for approximately 30 seconds to clear ozone from the system and tubing.

#### Step 2B: If Using a Bubbler

- Disconnect the tubing from the ozone output port on the generator to prevent backflow of water or oil.

#### Step 3: Close the Oxygen Tank

- Turn the tank valve clockwise to close.

#### Step 4: Relieve Remaining Pressure

- Turn the flow rate to 1 LPM.
- Watch the needle drop into the red or “refill” zone. This relieves trapped pressure and purges remaining ozone from the system and tubing.

#### Step 5: Return Flow Rate to 0

- Turn the regulator back to 0 (OFF).
- If using prefilled tanks, remove the regulator from the tank.

## OXYGEN CONCENTRATORS

### STARTUP

#### Step 1: Set the 3-Way Valve

- On the Promolife low flow regulator (OXYGEN IN port), ensure the “OFF” portion of the 3-way valve is pointed toward the regulator.

#### Step 2: Power On the Oxygen Concentrator

- Turn the concentrator on and set it to 5 LPM.
- Allow it to run for 5–10 minutes so oxygen purity can rise and then set it to 2LPM.

#### Step 3: Adjust the 3-Way Valve

- Turn the 3-way valve so the OFF portion is pointing to the open/perpendicular position (the side with nothing attached).

#### Step 4: Set Your Flow Rate

- Adjust the Promolife low flow regulator to your desired flow rate.

#### Step 5: Power On the Ozone Generator

- Turn on the generator.
- Select your desired concentration.
- Begin therapy.

### SHUTDOWN

#### Step 1: Power Off the Ozone Generator

#### Step 2: Purge the System

- Allow oxygen to continue flowing for approximately 30 seconds to clear ozone from the system and tubing.

#### Step 2B: If Using a Bubbler

- Disconnect the tubing from the ozone output port on the generator to prevent backflow of water or oil.

#### Step 3: Turn Off the Oxygen Concentrator

#### Step 4: Reset the 3-Way Valve

- Turn the 3-way valve so the OFF portion is pointed toward the regulator (ready for next use).

## Cleaning Oil from your Glassware

The best way to clean oil from your glassware is hot water and soap. The hot water will help break up the oil. If this doesn't work, you can use a solvent such as ethanol or acetone and let the glass soak overnight. You will then want to rinse with fresh clean water.

## When to Replace Silicone Tubing



There are several things to look for that will indicate when you need to replace the tubing for your ozone generator.

1. Tubing discoloration (may turn brownish-orange).
2. The tubing becomes brittle and cracks easily.
3. If there is oil in the tube from backflow.

## How to remove silicone tubing from a glass tube (water or oil bubbler)



If the silicone tubing that connects to the water bubbler or oil bubbler ever needs to be replaced this can be done easily.

1. Cut off the silicone tubing as close as you can get to the glass.
2. Take a razor blade and shave off the silicone tubing (get it as clean as possible).
3. Take a fresh piece of silicone tubing and dip in warm water.
4. Dry if off and then slide the silicone tubing over the glass.

## How to clean your catheter

Cleaning your catheter is a must if you plan to reuse it. Simply rinse the catheter clean with water and then sterilize with hydrogen peroxide. If the catheter becomes difficult to clean, fill a syringe with water, attach to the connection port, and push water through the catheter. This will help dislodge and clean the catheter.

## Flooded Ozone Generators

A flooded generator can be frustrating. Luckily our ozone cells have been designed to stop producing ozone if water enters. If this happens to you, turn off the generator and unplug the system, then disconnect the tubing from the Ozone Out port. Lift the tubing and any water left in it should quickly flow back into your bubbler. Let oxygen flow through the generator at 1/2 LPM for 30 minutes (or more if needed, depending on the amount of water

in the cell). Concentrators can be run at 5 or 10 LPM if bypassing the regulator. If you're low on oxygen, an air pump can be used. Some find this will work faster if you turn the generator upside down while oxygen is flowing. Most of the time, this will fix the problem without a need to send it in for repair.

After 30-45 minutes, you can make sure the process is working by plugging the generator back in and setting it to the max with your oxygen at 1/8 LPM. If it is drying out you should be able to smell ozone in a few seconds. If not, unplug the machine again and continue the drying process until you can again turn on the machine and smell ozone.

## Why am I not getting air through my ozone generator?

There are several things to check if you do not see any air exiting your ozone generator.

1. Make sure your oxygen source is turned on and running.
2. Check the tubing for any tears or leaks.
3. Make sure all your connections are tight (this includes using the correct connectors). Double check the Oxygen In fitting.
4. Make sure your check valve is working properly. You may need to remove this and manually blow through it to check (see page 3 for check valve details).

For visual setup guides, check out our Videos page at  
[www.promolife.com/videos/](http://www.promolife.com/videos/)



