

MILDCARES[®]



M1 PRO Gun Massager

6-level variable frequency vibration

Muscle massage after exercise



Round Head



Fork Head



Bullet Head



Flat Head



CONTENTS

- 1 Specifications
- 2 Features
- 3 Contents
- 4 Massage heads
- 5 How to Use
- 6 Maintenance
- 7 Charging
- 8 Safety Notes.
- 9 Indications & Contraindications.
- 10 Warranty

MildCares M1 Pro Gun Massager – A powerful deep tissue massage device with multiple speed levels and interchangeable heads. Designed to relieve sore muscles, boost circulation, and speed up recovery. Lightweight, ergonomic, and ultra-quiet for convenient use at home, gym, or office.

Specifications

Input Voltage	5V
Interface Type	Type-C
Main Material	ABS Plastic
Power Supply Mode	Rechargeable Lithium Battery
Product Weight	400g
Product Size	145x53x144mm
Battery Capacity	3-4 Hrs.
Speed	1800-3200 RPM
Motor Power	25W

Features

- 6 Speed high frequency vibration
- 4 Interchangeable heads
- Charging time: 3 hours

Contents

DESCRIPTION	QUANTITY
Ultragun Device	1PC
Massage Heads	4PC
Charging cable	1PC
User Manual	1PC



Massage Heads



Round Head
for Large Muscles



Fork Head
for Vertebrae



Bullet Head
for All Body Parts



Flat Head
for Joints

How to Use

1. Choose the type of head required
2. Before using the device, press the power touch key to check the battery level. A blue light will blink to indicate the power level
3. Long press the power touch key to switch on the device
There are 6 speed intensity levels
4. Short press the power touch key to switch between the six speed intensity levels. The number of glowing LEDs indicates the selected level
5. Use the device on pain area according to your comfort
6. After use, long press the power touch key to switch OFF the device

WARNING

- ◆ Do not immerse it into water, keep it away from liquids or heat sources. Keep the back vent free from dust and scraps
- ◆ Do not remove the screws or try to disassemble the device
- ◆ Do not use it for more than 30mins. Give break of 10-15mins before using it again
- ◆ Unplug the USB cable from the battery after charging or before the use
- ◆ For adult use only
- ◆ If you have injuries, do not use this device. Please consult with your doctor before using this device

Maintenance

Clean the device with a slightly damp towel, then wipe it dry using a soft cloth. Store it safely in the supplied carton/box when not in use.

Charging

- ◆ Charge it for three hours before using it for first time
- ◆ When charging, connect cable end to charging port, and then insert the USB plug to the adapter
- ◆ If the LED on the device flashes, it indicates that the battery is being charged
- ◆ If all LED stop flashing and are on, it indicates that the battery is fully charged
- ◆ Do not use the device while charging

Safety Notes

DANGER: IN ORDER TO REDUCE THE RISK OF ELECTRIC SHOCK, FIRE AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS.

- This device is for adults only
- It is better to use it on dry, clean skin surfaces of the body
- Very carefully check the device and battery before each use
- Use the device only on soft tissues without causing pain or discomfort
- Do not use it on head or any hard/boned part of the body
- Stop using if immediately once there is sign of pain or discomfort
- Keep fingers, hair other such parts of the body away from the shaft and back of the vibrating head
- Do not place any object in the vent of the device
- Do not immerse it in water or allow water to enter the vent of the device

Indications & Contraindications

Indications

- Pain and cramps due to muscle injury, sprains, strain
- Help the flow of edema fluid in the swollen area
- Relax thickened connective tissues and fascia
- Reduce accumulation of lactic acid in muscle
- Increase joint mobility
- Eliminate muscle fatigue

Contraindication

- Aneurysm and bleeding
- Heart disease, with a pacemaker or defibrillator
Pregnancy, cancer
- The device should not be utilised within three inches of the implant if there has been any implant placed within 90 days
- Sensitive area: head, face, neck and thoracis
- Positions close to the bones with less muscle coverage

Warranty

Thank you for purchasing our product!

MildCares provides a 1-year limited warranty that covers hardware and software issues. Please note, this warranty does not cover any damage caused by incorrect or improper use of the device.

For any questions or support, feel free to contact our team:

Email: reachus@mildcares.com

Phone: +91 98990 95800

Warranty Commitment

1. 1-year warranty from the original date of purchase.
2. Warranty only applies when the product fails under normal operation.
3. Free repair service available during the warranty period.

Warranty DOES NOT cover

1. Warranty expired.
2. Physical damage such as breaking, extrusion, distortion, and broken display.
3. Incorrectly following product instructions or improper behavior in usage, storage, maintenance, or operation.
4. Failure or damage beyond product specifications (e.g., extreme temperatures, humidity, electromagnetic interference, etc).
5. Unauthorized repair, modification, or dismantling.
6. Problems with non-company electronic product or components.
7. The warranty applies only to the product. The accessories are not covered under warranty.

About Us – MildCares Pvt. Ltd.

At **MildCares Pvt. Ltd.**, we are dedicated to redefining personal hygiene, wellness, and intimate care with safe, innovative, and eco-friendly solutions. Our wide range of products – from menstrual care and hygiene essentials to massagers and skincare solutions – is designed to provide comfort, confidence, and everyday wellness.

We believe in Health, Hygiene & Happiness as our core values, ensuring every product meets high standards of quality, safety, and sustainability. Trusted by thousands, MildCares continues to make self-care simple, effective, and accessible.

For feedback / Suggestion / Compliant, Contact

Customer Care: +91 989-909-5800

 mildcares.com |  reachus@mildcares.com

Follow us on  |  |  [mildcaresofficial](https://www.instagram.com/mildcaresofficial)

MILD CARES PVT. LTD.

First Floor, B-II/59 Mohan Cooperative Industrial Area New Delhi, 110044