

# Twelve checks before choosing a VNS device

**12**

CHECKS

Do not start with the boldest promise or strongest sensation. Start with the stimulation method, intended use, exact product evidence, safety instructions, protocol transparency, practical ownership and the terms that apply when you buy.

## HOW TO USE THE CHECKLIST

Check each item against the manufacturer's current product information, manual, and purchase terms. Mark verified, unclear, or not found, and note the page or file that supports your answer.

**1**

Name the method first: implanted, cervical, auricular and other electrical-stimulation products are not interchangeable.

**2**

Match every benefit claim to the exact product, protocol, population and intended use that support it.

**3**

Read the user manual and product-specific safety information before treating comfort, intensity or convenience as a reason to buy.

**4**

Verify total cost, app access, consumables, privacy, delivery, returns and warranty on the live purchase pages before ordering.

## FULL BUYER GUIDE

[neuvago.com/learn/how-to-choose-a-vagus-nerve-stimulation-device](https://neuvago.com/learn/how-to-choose-a-vagus-nerve-stimulation-device)

## BUYER CHECKLIST

# Method, intended use, and evidence

The first four checks establish what the product is, what it is intended for, which status applies, and whether the evidence actually belongs to the product.

1

**What method and stimulation site does it use?**

Identify implanted, cervical, auricular or another method, including exact placement and the supplied contact system.

☐

Verified

☐

Unclear

☐

Not found

Notes

2

**What is the exact intended use?**

Copy the manufacturer's current statement and check whether the visible benefit claims stay within it.

☐

Verified

☐

Unclear

☐

Not found

Notes

3

**What regulatory status applies in my market?**

Verify the exact model, jurisdiction, declaration, certificate, clearance or other status and what it actually covers.

☐

Verified

☐

Unclear

☐

Not found

Notes

4

**Is the evidence product-specific?**

Separate field research from studies on the exact device, protocol, population and marketed outcome.

☐

Verified

☐

Unclear

☐

Not found

Notes

## BUYER CHECKLIST

# Target engagement, placement, and protocol

Check that the intended target, contact system, and electrical protocol are described precisely - and that intensity can be controlled safely.

5

**Is target engagement demonstrated or merely assumed?**

Do not substitute sensation, mode names or nonspecific physiological changes for verified engagement of the intended target.

☐ Verified ☐ Unclear ☐ Not found

Notes \_\_\_\_\_

6

**Are placement and contact instructions clear?**

Check side, site, electrode geometry, fit, conductive medium, intact-skin guidance, cleaning and troubleshooting.

☐ Verified ☐ Unclear ☐ Not found

Notes \_\_\_\_\_

7

**Is the full protocol transparent?**

Look for intensity, frequency, pulse width, waveform, duty cycle, session duration, schedule and mode logic.

☐ Verified ☐ Unclear ☐ Not found

Notes \_\_\_\_\_

8

**Can intensity be adjusted and stopped safely?**

The system should support a low starting level, gradual adjustment, pause, stop and clear comfort guidance.

☐ Verified ☐ Unclear ☐ Not found

Notes \_\_\_\_\_

## BUYER CHECKLIST

# Safety, ownership, and live purchase terms

The final four checks cover safety limits, ongoing costs, app and privacy requirements, and the price and terms that apply when you buy.

9

**Are safety limits easy to find?**

Review contraindications, precautions, named populations, stop-use symptoms, adverse-event reporting and the final manual.

☐ Verified ☐ Unclear ☐ Not found

Notes

10

**What is included and what costs continue?**

List device, contacts, gel, cable, case, app period, subscriptions, replacement parts, delivery and other recurring costs.

☐ Verified ☐ Unclear ☐ Not found

Notes

11

**What data and app access are required?**

Check account dependence, offline use, collected data, service providers, retention, user rights and what happens after access expires.

☐ Verified ☐ Unclear ☐ Not found

Notes

12

**Are current price and purchase terms complete?**

Verify total price, availability, shipping, returns, cancellation, statutory rights, voluntary warranty and support in the live market.

☐ Verified ☐ Unclear ☐ Not found

Notes

## MARKETING FILTER

# Red flags before you buy

Pause and ask for more documentation when marketing runs ahead of product facts. These eight signals come directly from the locked buyer guide.

**VAGUE TARGET****"Activates the vagus nerve" without method detail**

No clear site, electrode, contact, output, protocol, target-engagement evidence or product instructions.

**BORROWED EVIDENCE****Studies on another device presented as proof**

Field research, an implanted system or another commercial protocol is used without explaining the transfer gap.

**CLAIM MISMATCH****Disease language beside a wellness disclaimer**

Headlines imply diagnosis or treatment while the intended-use page says the product is only for general wellness.

**SENSATION CLAIM****Stronger feeling is described as stronger effect**

Intensity and tingling are used as substitutes for site-specific target engagement or meaningful outcomes.

**HIDDEN OWNERSHIP****App, subscription or consumables appear late**

The initial price does not reveal required renewal, electrodes, gel, account, connection or replacement costs.

**SAFETY GAP****No accessible manual or suitability guidance**

Contraindications, precautions, stop-use instructions, skin guidance and support routes are absent or buried.

**LOGO WITHOUT SCOPE****A mark or registration is shown without context**

The model, jurisdiction, intended purpose, certificate or declaration scope and current status are not clear.

**TESTIMONIAL AS PROOF****Personal stories replace controlled evidence**

Testimonials may describe experience, but they cannot establish product efficacy, mechanism or safety for other users.

**PRELIMINARY CONCLUSION**

☐ Ready to compare further ☐ Need more documentation ☐ Do not proceed yet

## FINAL REVIEW

# Summary, notes, and source basis

Use this page to document the product you are assessing. Full explanations, source notes, and updated links are available in the HTML buyer guide.

Product and model

Market / jurisdiction

Date checked

Reviewed by

**KEY FINDINGS AND OPEN QUESTIONS****SOURCE BASIS**General Wellness: Policy for Low Risk Devices (2026)Regulation (EU) 2017/745 on medical devices - intended purpose and claims (2017)Health Products Compliance Guidance (2022)International Consensus Based Review and Recommendations for Minimum Reporting Standards in Research on Transcutaneous Vagus Nerve Stimulation (Version 2020) (2021)NIMH's New Focus in Clinical Trials (2013)Site-specific stimulation imperative: Lessons from a failed auricular-cervical transcutaneous vagus nerve stimulation comparison using closely matched parameters (2026)Safety of transcutaneous auricular vagus nerve stimulation (taVNS): a systematic review and meta-analysis (2022)The anatomical basis for transcutaneous auricular vagus nerve stimulation (2020)

This checklist is general information. It does not replace the manufacturer's final manual, safety information, intended use, medical advice, or current purchase terms. Information can change - always verify the live pages before buying.

**FULL GUIDE:** [neuvago.com/learn/how-to-choose-a-vagus-nerve-stimulation-device](https://neuvago.com/learn/how-to-choose-a-vagus-nerve-stimulation-device)**OTHER LANGUAGE:** [neuvago.com/downloads/neuvago-kjopersjekklste-vns-enhet-no.pdf](https://neuvago.com/downloads/neuvago-kjopersjekklste-vns-enhet-no.pdf)