

DR. MERCOLA®



# Shower Filter

**REPLACEMENT CARTRIDGE INSTRUCTIONS**



Model PC SFR2000

1. **Remove the entire filter system** from your shower pipe by turning the chrome swivel collar counter-clockwise (to the left), as shown in **Figure 1**. Then remove the shower head by turning the connector counter-clockwise (to the left). Do not remove the filter cartridge while the filter is still attached to the shower pipe, this may cause damage to the filter where it connects to the shower pipe.
2. While holding the upper filter housing firmly, **remove the lower filter cartridge** by turning it counter-clockwise (to the left), as shown in **Figure 2**. This cartridge may be disposed of with your trash, as it poses no environmental hazards.

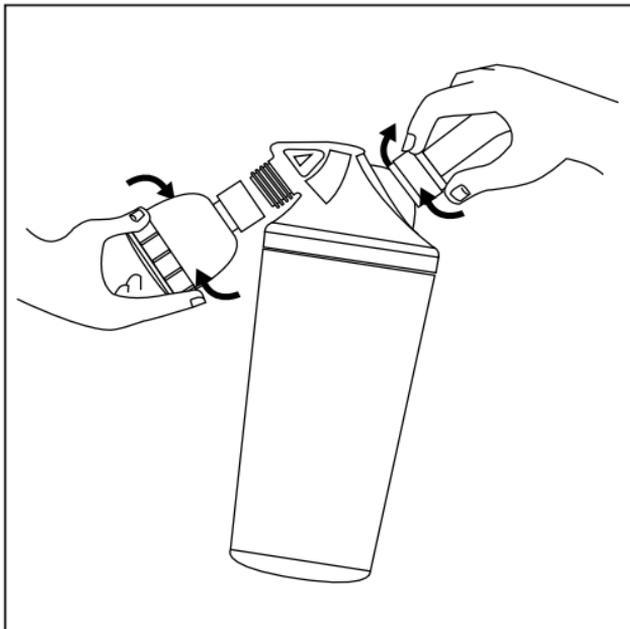


Figure 1

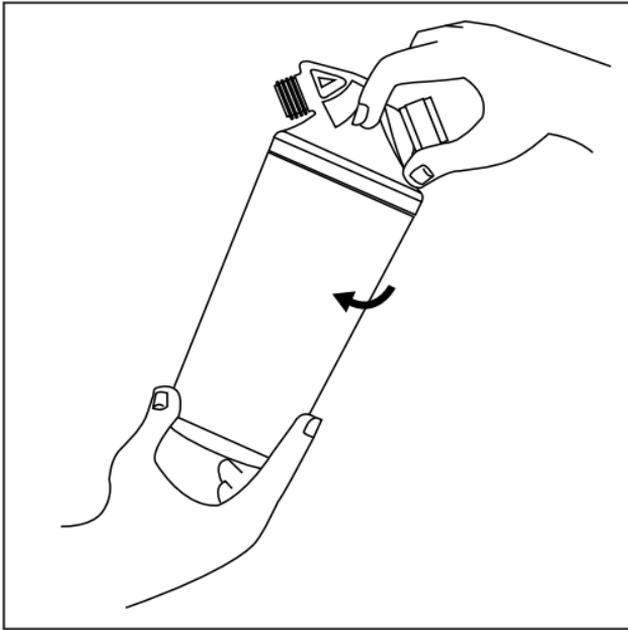


Figure 2

3. **Unwrap** the new replacement cartridge and **remove** the yellow “pull tab” label and the yellow plastic shipping cap from the top end of the cartridge.
4. After making sure that the upper housing O-Ring is still in place, rub a coating of shampoo on the exposed surface of the O-Ring to ensure a proper seal. Next **install the new cartridge** by turning it to the right. Tighten firmly by hand; if this filter is not tightened firmly it will leak around the seam between the upper filter housing and the cartridge.

5. Make sure that the white washer is still in place inside the chrome swivel collar. **Re-attach the filter system** to your shower pipe by turning the chrome swivel collar clockwise (to the right).
6. Before re-attaching the shower head, **flush and activate the filter** until water runs clear. Use cold water for the initial flushing, see **“NOTE” below for flushing precaution**. After the water has turned clear, adjust the temperature up to a normal shower temperature. Notice that there is a slight delay in temperature adjustment due to the volume of water in the filter; take this delay into account when making temperature adjustments.

**Make slight adjustments and wait 30 seconds for temperature change.** Run water until clear and then turn off and back on several times. Repeat this procedure until the initial surge of water is free of discoloration.

**NOTE:** The initial surge of water will be discolored due to carbon fines and may soil your shower stall. It is recommended that you capture the first 1-2 gallons of water in a bucket. This carbonized water is very beneficial to plants and the environment and can be discarded in a plant bed or down the drain.

The Filter Cartridge is designed to last 6 months under normal conditions. If you use the filter more than twice each day, take showers longer than 10 minutes or your city uses surface (lake or river) water, it is recommended that the filter be changed every 3-4 months. Surface water typically has higher levels of sediment and chlorine and will exhaust the filter media more rapidly.