

MULTIPOINT

1

Once **FIRST** device is connected, turn off Bluetooth in device settings. Earbuds will auto enter Bluetooth Pairing.

2

Enter your **SECOND** device Bluetooth settings and connect to JBuds Pods ANC.

3

Enter your **FIRST** device Bluetooth settings. Turn on Bluetooth and connect to JBuds Pods ANC.

GET CHARGED (EARBUDS)

Blue light

Earbuds charging

White light

Case 100%-25%

Red light

Case less than 25% (charge case)

GET CHARGED (CASE)

Connect the JBuds Pods ANC to computer, USB-C charger, or wireless charging pad.

OR

OR

Charging

Fully Charged

Wireless charging pad

RESET BUTTON  
(removes previous connected devices and resets earbuds)

WITH LOVE FROM

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We're obsessed with creating the best possible experience around owning our products. If you have any questions, concerns, or feedback, we're here for you. Contact a real human on our U.S.-based customer support team:

Website: [intl.jlab.com/contact](https://intl.jlab.com/contact)

Email: [support@jlab.com](mailto:support@jlab.com)

Phone U.S.: +1 (405) 445-7219

Phone U.K./EU: +44 (20) 8142 9361  
(Check hours [intl.jlab.com/hours](https://intl.jlab.com/hours))

Visit    to initiate a return  
or exchange.

Instructional videos at:

OUTSIDE



PODS  
ANC  
TRUE WIRELESS EARBUDS

QUICK START GUIDE

THE LAB

The Lab is where you'll find real people, developing really great products, in a real place called San Diego.

DONE BETTER

Designed for You

Lab Quality Sound

Surprisingly Awesome Value

tech

tech is about you

PAIR UP

1

Remove stickers and place back in charging case.

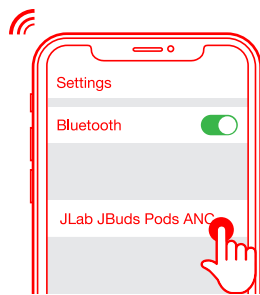
2

Pulsing blue on case indicates charging. Remove earbuds from case.

3

One earbud blinks blue/white = Ready to Pair

4 Select JLab JBuds Pods ANC in your Bluetooth settings to connect.



Voice prompt "Bluetooth connected" followed by **lights off** will indicate connection.

GO AHEAD, PRESS THE BUTTON

1x ●    2x ●●    3x ●●●    Press Hold —

LEFT



VOLUME DOWN ●  
SIRI/OK GOOGLE ●●  
NOISE CONTROL —  
EQ CHANGE ●●●

RIGHT



VOLUME UP ●  
PLAY/PAUSE ●●  
TRACK FORWARD —  
EQ CHANGE ●●●

ANSWER CALL ●

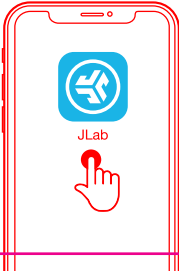
HANG UP ●●

REJECT INCOMING CALLS —

DOWNLOAD THE APP

Customize JBuds Pods ANC features and update the latest software.

Download the JLab App in Apple/Google Play Store.



INSIDE

LATEST AND GREATEST

Our team is constantly improving your product experience. This model may have new features or controls which are not detailed in this guide. For the latest version of the manual, scan the QR code below.



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Date: 01.17.25

PROJECT: JBuds Pods ANC QSG

STOCK: 157g, MATTE

INK: 4/4 CMYK/CMYK

FLAT SIZE: 375mm x 110mm

FOLDED SIZE: 75mm x 110mm