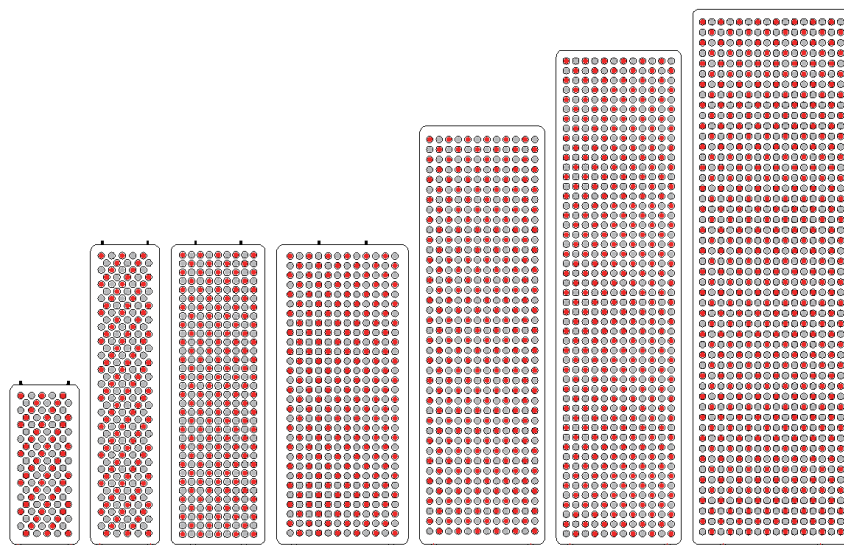


Red Light Therapy Panel

The Most Powerful Red & NIR Models



User Manual

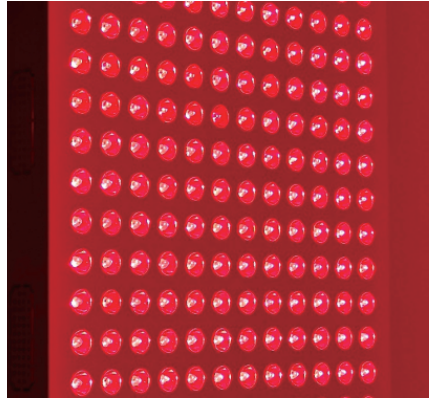
LED Therapy Light uses 660nm and 850nm light wavelengths. 850nm is infrared which can't be seen by the naked eye, due to the wavelength being outside of the visual spectrum
So please don't worry, they are indeed working!

- Tips: 1. This light is for indoor use only, and please do not use in the wet environment.
2. Please cut off the power when stop working.
3. Please do not place it near any heat source.

Welcome to Light Therapy

What is Red Light Therapy?

Red light therapy (RLT) - also known as photobiomodulation, is a natural, noninvasive healing modality that delivers beneficial light directly to your body and cells. Red light has been widely studied in clinical studies around the world over the last 20 years, including research at NASA which validated the efficacy of red light therapy. It utilizes two specific wavelengths of light (mid 600nm red light and mid 800nm near-infrared light) that are naturally emitted by the sun. In targeted doses, they provide a wide range of health benefits across different systems and parts of the body.



How Does Red Light Therapy Work?

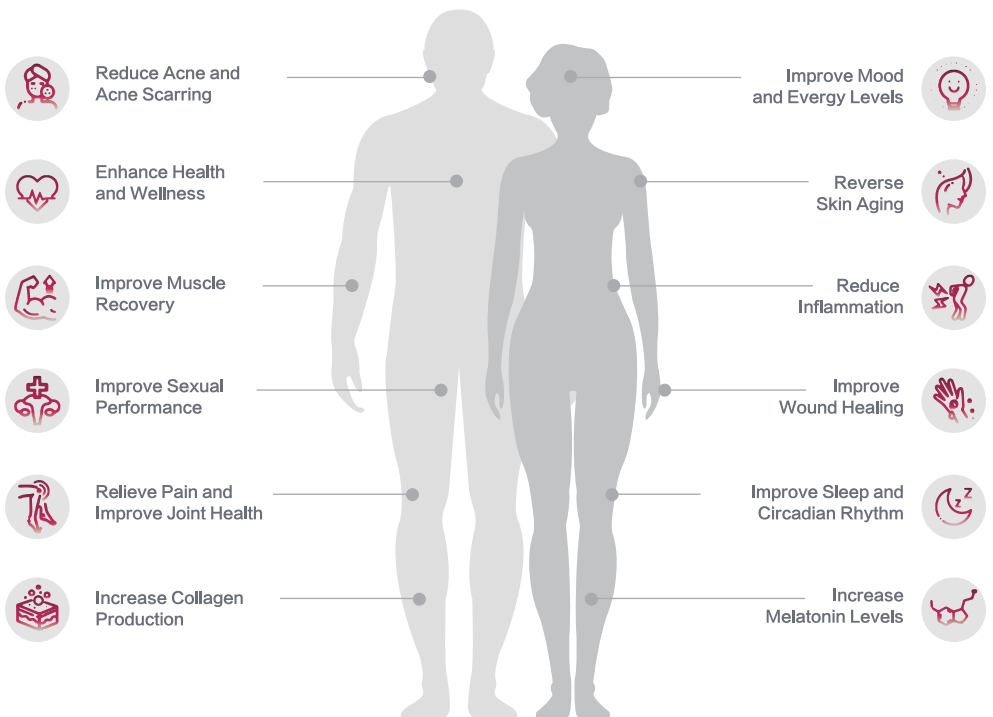
Red light therapy works by delivering your body the natural light that it needs to function at its best health. Red light therapy is able to penetrate deep into the human body. Once in the deeper tissues, red and near infrared light have incredible healing effects on the cells - leading to reduced inflammation, enhanced energy production, cellular regeneration and anti-aging, and much more.

Health Benefits of Red Light Therapy

Red and near-infrared light trigger a cascade of beneficial chemical reactions throughout tissues that stimulate the body's own healing and protective processes - which can lead to improved overall skin health, reduced pain and inflammation, better sleep, and enhanced muscle recovery. When red and near-infrared light from your Red Light device is used on the skin's surface, the light penetrates between 8–11 millimeters into the body

So depending on where the red light is shined, whether it's the face, limbs, back for instance, all of the surrounding layers of skin, lymphatic pathways, and blood vessels are modulated. The health of every cell, tissue, and organ in our body depends on energy being produced by the mitochondria in those cells. Since red and near-infrared light help the mitochondria produce more energy and produce it more efficiently, the benefits of this therapy can extend across many regions and systems of the body

What Red Light Therapy Can Do



Health Benefits Explained



Reduce Inflammation Red light therapy alleviates chronic inflammation by increasing blood flow to the damaged tissues, and it's been found in numerous clinical trials to increase the body's antioxidant defenses. This reduction can help ease the symptoms associated with joint pain, sore muscles, autoimmune diseases, arthritis, traumatic brain injuries, and spinal cord injuries.



Improve Circulation Red light therapy is a safe and effective way to reduce inflammation in the body while simultaneously improving circulation. The increased circulation promotes faster healing time while reducing pain and stiffness. This is why red light therapy can be helpful with joint pain associated with arthritis, fibromyalgia, back pain, neck pain and even muscle soreness after a workout.



Mental Health Red light therapy has extraordinary potential in mental health disorders including seasonal depression. In a recent review of all existing studies on red and near-infrared light therapy and depression/anxiety disorders, researchers found that these light therapies offer a "promising treatment" for major depressive disorder, suicidal ideation, anxiety, and traumatic brain injury.



Reduce Recovery Time Many professional athletes are discovering the benefits of red and near-infrared light therapy. Because red light therapy works by increasing blood flow and stimulating cell regeneration, athletes are able to speed up the recovery process. Recent clinical studies have shown red and near-infrared light therapy can repair muscle, enhance athletic performance, and aid in the recovery process following workout or injury.



Reduce Pain In a clinical study, neuropathic pain caused by a spinal cord injury was dramatically reduced by the application of red light treatment. Near-infrared light wavelengths reduce overall pain by easing joint stiffness and soreness, diminishing inflammation, easing muscle spasms and enhancing blood flow.



Stimulate Hair Growth Red light stimulates blood flow to the scalp and increases cellular energy (ATP) which enhances hair growth. In a study on patients with alopecia areata (autoimmune hair loss), red laser light reduced the severity of hair loss by 72% after 26 weeks.



Promote Cellular Health The most significant benefit of LED light therapy is the effect it has on the body's cells. One of the most critical outcomes of LED light therapy on cellular function is the stimulation of collagen production. Collagen strengthens hair, is responsible for the health of connective tissue, and provides our skin with firmness and elasticity.



Improve Sleep & Destress Red light therapy can help you relax and wind down in the evenings, ultimately promoting deeper and more restful sleep. Red light has a long-wavelength, which has a calming effect on the body. Therefore, it has beneficial effects on sleep and other physical properties that help promote relaxation and rest in the evenings while offsetting harmful blue light exposure during the days.



Increase Fertility Around the age of 30, male testosterone levels naturally start to decrease. Men hoping to achieve a natural boost to their sex drives, sexual satisfaction, fertility, and physical performance can reap benefits from LED light therapy. Red and near-infrared wavelengths can stimulate photoreceptor proteins in the testes causing higher testosterone production. Other studies have theorized that low-level light therapy may affect the pineal gland in the brain, which bears a significant impact on reproduction.



Improve Skin Health LED light therapy can dramatically transform the skin. Red light wavelengths in particular target the mitochondrial chromophores within skin cells, generating production of collagen proteins. Collagen stimulation yields more holistic and enduring benefits than simply resurfacing the outer layers of the skin. Stem cells may also be activated, increasing tissue repair. The result is accelerated healing and wound repair, improved appearance in hypertrophic scars, a reduction in fine lines and wrinkles, and improved skin texture.

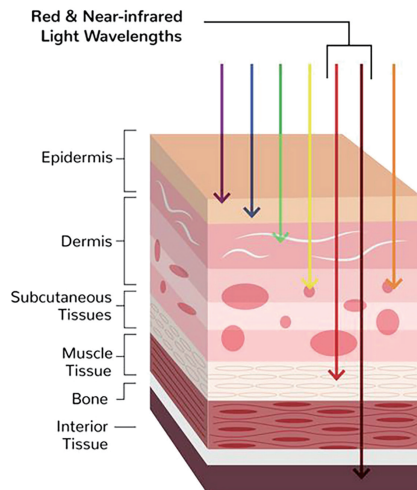
Understanding Red Light Therapy

Light therapy has been around for decades in select communities, but just recently started making its way mainstream with the advent of medical grade, at-home light therapy devices. Red light has been widely studied in clinical studies around the world over the last 20 years, including research at NASA in the 1980s. Throughout all the peer-reviewed clinical research, red light is observed to be safe and effective at promoting a wide range of health benefits with very little side effects or adverse reactions.

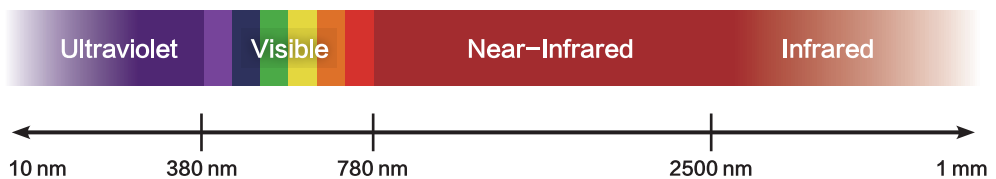
Sunlight includes a component of red light; it is this light wavelength that contributes to the enhanced sense of well-being we experience after a few hours outdoors. LED light therapy devices, harness the regenerative healing red light wavelengths, without the more problematic UVA and UVB light rays that can cause skin cancer and premature aging. LED light therapy, therefore, is the therapeutic science of utilizing red and infrared light wavelengths to assist with the treatment of health conditions, and promote general well-being.

All light falls along a spectrum of wavelengths. Red and infrared light that falls within the wavelength range of 630–850 nanometers (nm) is extremely beneficial, and often referred to as the “therapeutic window”. These wavelengths of light are bioactive in humans, which mean they have a biological effect on

the body like antibiotics or vitamins and affect the function of our cells. Red light emits wavelengths between 620–700 nanometers (nm). All red light wavelengths are effective and offer health benefits, although certain wavelengths are more powerful than others – particularly those that fall between 630–680 nanometers (nm). Visible red light within this range can penetrate deep into the skin, offering rejuvenating and balancing outcomes for a range of health conditions.



Red, near-infrared, and pure infrared light all exist towards the top of the visible spectrum and have been proven to have an effect on your body

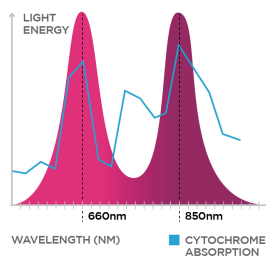


The Science of Red Light Therapy

During a LED light therapy treatment, chromophores within our cellular mitochondria absorb red and infrared light photons, and convert them into energy. Mitochondria are the powerhouses of cells, responsible for making adenosine triphosphate (ATP), the cell's form of energy, and enhancing the consumption of oxygen. Once this red light energy has been absorbed by the body, it is then used by the cells to build new proteins such as collagen and elastin, and to assist with cellular regeneration. Red light gives cells a helping hand, ensuring mitochondria reaches its potential by providing it with a full tank of fuel which results in optimal performance for the organism.

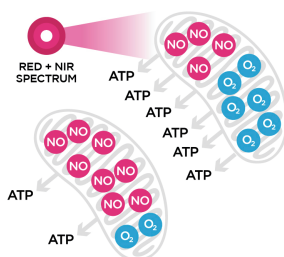
You could compare the process to photosynthesis, where plants absorb sunlight and convert it into complex molecules. In LED light therapy, we absorb the energy of the red light photons to enhance our cellular potential, promote oxygen utilization within the cell, and generate ATP, or cellular fuel. There's nothing mystical about it—the process by which red light transforms bodily tissue at a cellular level has been scientifically proven. Improving the performance of mitochondria in the body improves the body's overall performance and health.

How Red Light Improves Cell Health



1. The Red Light Spectrum

The red (660nm) and near-infrared (850nm) spectrum are scientifically proven to excite the key enzyme Cytochrome (CCO) and the mitochondria in the cell.



2. Boost in Cellular Energy

Once Cytochrome is saturated with the 660nm and 850nm spectrum, the inhibitory Nitric Oxide is reduced and Oxygen is increased. This enables mitochondria to produce more Adenosine Triphosphate (ATP), which is the energy the cells use.



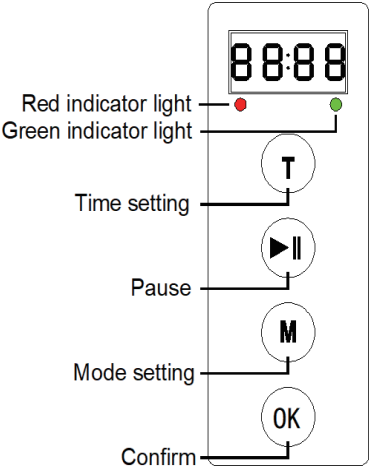
3. Anti-Inflammatory Properties

The now oxygen-rich blood travels through the brain and body and reduces overall inflammation. Cellular functions are optimized which helps the optimal functioning of our biochemistry.

Technical Specification:

Model	PRO500	PRO1000	PRO1500	PRO1800	PRO2400	PRO3000	PRO4000
LED power	500W	1000W	1500W	1800W	2400W	3000W	4000W
Input voltage	AC 110-240V 50/60Hz						
LEDs QTY	100pcs	200pcs	300pcs	360pcs	480pcs	600pcs	800pcs
LED Type	5W LED						
Wavelength	660nm/850nm(Standard), Spectrum can be customized						
Timer Control	5/10/15/20/25/30—60 Mins						
Beam Angle	30/60 degree						
Product size	480*210*65mm	910*210*65mm	910*285*65mm	910*380*65mm	1270*3800*70mm	1500*380*70mm	160*48*7cm
Working Temperature	-20℃ to 45℃						
LifeSpan	50,000 hours						

Timer & color Control:



Press the "M" button on the control panel to select the wavelengths you want. You can choose red, display "R" or Near infrared, display "I". Or Both that display "RI"

- 1、 Turn on the power on the top of the panel, LED screen on the side display "ON"
- 2、 **M** : Set the device working mode. "R" for 660nm Red Light, "I" for 850nm NIR Light, "R,I" for both light
- 3、 **T** : set timer(5–10–15…60min) as per your request
- 4、 **▶||** : The device is pause or restart
- 5、 **OK** : Confirm Settings

Warnings & Cautions

Warnings

Use of this device in any way other than as described in this manual voids the warranty and could result in serious injury. Please carefully read and follow these warnings, cautions, and safety information before using the device:

- Do not stare directly into the diodes or their reflection in a mirror (eye protection is provided with your purchase of the device).
 - Do not use the device on newborns/infants.
 - Do not allow children to use the device unless supervised by an adult.
 - Do not pull, carry, or lift the device by its cord.
 - Do not use the device if the cord (or any part of the device) is damaged, or if the power cord becomes too hot.
 - Do not use the device if it has been dropped, damaged, left outside, or has encountered water or liquids of any kind.
 - Do not use on or near heated surfaces, or expose the device to heated temperatures exceeding 140 degrees Fahrenheit.
 - Do not operate this device anywhere that it is (or could be) exposed to flammable or combustible materials (or where vapours/ dangerous chemicals may be present).
 - Do not use the device on open wounds.
 - Do not use this device in combination with lotions, oils, salves, ointments, or balms that may contain heat-producing ingredients.
 - Do not modify or attempt to repair the device, or have any party other than this Red Light attempt to repair the device.
 - Do not use the device for more than 20 minutes per session
 - This device is not to be used by sleeping or unconscious persons.
- This device is an electrical device. To avoid electric shock or other injury, please carefully adhere to the following:
- Do not bring your device near (or drop your device in) water or liquids of any kind.
 - Do not wash or expose electrical parts of the device to water or liquids of any kind.
 - Do not touch the device, cord, plugs or switches with wet or damp hands.
 - Do not apply or touch the device to wet or damp skin.

Cautions

We recommend consulting your doctor prior to the use of any Red Light device if you are sensitive to light or if you may have any other health conditions. Please consult your doctor prior to use if you:

- Have history or suspicions of cancerous lesions.
- Are taking drugs known to cause sensitivity of skin to light or have a history of seizures triggered by light.
- Recently had any steroid injection or use topical steroids.
- Are pregnant.

Please keep in mind that medicines for colds, allergies, pain, and drugs to treat infections may cause light sensitivity. Prior to use, we recommend that you check for any potential reaction or sensitivity by turning on the device and shining the light on a single spot of your skin for a total of 3 minutes, and then wait 24 hours to see if any reaction occurs. If you see any redness or a rash on the exposed area, please discontinue use and contact your healthcare provider or physician for further instruction. If you experience discomfort or have a concern about the device, stop use immediately and contact your doctor or healthcare provider.

Please also ensure that you:

- Use the device indoors only
- Use supplied power supply only.
- Unplug the device from outlets when not in use.
- Use caution and care when unplugging the device and grasp the plug directly (do not pull on the cord, and never touch the metal prongs of the plug).
- Store your device in a dry room, and make sure it is protected from excessive moisture, heat, and dust when not in use.
- Avoid using any type of cleaning agents on the device.