

The image features a solid red background. A large, white, stylized number '4' is positioned vertically in the center. Two thin white lines cross the '4' diagonally, one from the top-left to the middle-right and another from the middle-left to the bottom-right. Two white brackets are placed horizontally, one above and one below the text, framing it.

# **INSTRUCTION MANUAL**

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## **Congratulations on your purchase!**

Please read the instruction manual to safely and effectively use your new red light therapy device.

## **Benefits**

Temporary relief of minor muscle and joint pain, skin issues, arthritis and muscle spasms, stiffness, and promoting relaxation of muscle tissue. Can also be used to treat canker sores inside of the mouth, as well as treating inside of the nose. Red light works by stimulating the mitochondria in our cells to produce more ATP, otherwise known as cellular energy.

We recommend committing to at least a 3 week treatment plan. While many people achieve pain relief from red light therapy almost immediately, others see measurable pain relief incrementally over time. Depending upon injury type severity and different pain pathways involved, people vary in therapy response time.

This is why we recommend committing to a 3 week treatment plan. If you see results right away, continue treating as needed. However, if you do not feel relief as quickly, know that this is also normal and it may take some time. Simply treat the area consistently with 3 quick treatments per day for up to 5 minutes each time per treatment spot. After 3 weeks of consistent red light therapy, most people experience a diminishing of their pain or improvement of skin condition.

To use, hold the unit over the painful area at a distance anywhere from touching the skin to 1 inch away from the skin depending on the depth of treatment desired. The light penetrates up to 1 inch into your tissues or joints. Use the Dosage Chart on the next page to find the best dosage for your situation:

PAIN LEVEL	Light Pain	Average pain	Deep pain
DOSAGE	1 DOSE Per treatment area (1 minute treatment) Once a day	2 DOSES Per treatment area (2 minute treatment) Twice or 3x a day	3 DOSES Per treatment area (5 minute treatment) 3 times a day

Do not keep the device on for more than 5 minutes at a time. If you want to treat several parts of your body consecutively, turn off the device for at least 1 minute after 5 minutes of being on. This will keep the unit from overheating.

**DO NOT KEEP THE DEVICE ON FOR MORE THAN 5 MINUTES.**

Examples of areas on the body you can shine the light:

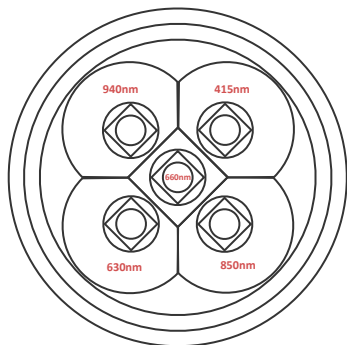


## Product Specification

Product Size	149.5x29.5mm	Net Weight	0.25kg
Material	Aluminum	Wavelength	415:630:660:850:940nm
Irradiance	Surface:217mw/cm <sup>2</sup>	Irradiance	3 inch:51mw/cm <sup>2</sup>
Illuminance	180 lux at 15cm	Battery	18650

## What's Included?

- 1 Red Light Device
- 1 Precision Tip
- 1 Light Focusing Cone
- USB type C charging cable
- 1 Pair Glasses



## Function Instruction

Click #1: All five light sources are on.

Click #2: Red (630nm + 660nm) & Near Infrared (850nm + 940nm) is on, and Blue (415nm) is off.

Click #3: Blue (415nm) light is on, all other LEDs are off.

Click #4: All LEDs will turn off.

If you press the power button for more than 5 seconds with any of the light sources on that will pulse the light, then you can rotate through the different pulse light options by clicking the power button. To return to continuous light just cycle through the different pulsed light options one time.

## Attaching The Tip

To attach the precision tip, unscrew and remove the ring at the top of the flash light, and first screw on the light focusing cone.

The light focusing cone can be used independently for a more targeted treatment.

You can then now insert the metal base of the glass precision tip gently into the top of the light focusing cone to utilize the precision torch tip if desired.

Note: Glass precision tip is fragile, do not drop. Do not remove the small rubber band at the metal base of the precision tip. It is needed for a snug fit.

## Why Use Pulse?

Research points to a brief recovery period that takes place in the cells when light is pulsed. Although it lasts only a few milliseconds, this short pause can make a difference, allowing cells that are under oxidative stress to respond even better to the light.

## Cautions

Don't use the light around water.

Don't stare directly at the light without using protective glasses.

Don't treat near or on the eyes.

## Equipment Maintenance

**Cleaning and disinfecting:** Use only a soft dry cloth to clean the exterior. Never use an abrasive cleanser or submerge in water or any other liquid. This device cannot be sterilized by any liquid.

**Storage:** Store the unit in a cool, dry place, away from direct sunlight and extreme heat.

**Warning:** Do not allow moisture to come in contact with the case or light of the unit. Do not immerse the unit in water.

**Warning:** If the unit will not be used for an extended period of time (1 month or more) remove the batteries from the unit to avoid corrosion.

