



USER MANUAL

 @hoogahealth

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Thank you for your purchase, and congratulations on making a great decision for your health and well-being! We're excited and thankful you chose to continue your health journey with Hooga Health.

Your brand new HG300 is a high power device delivering over 100mw/cm² of light power to your body in two different wavelengths of 660 nanometers as well as 850 nanometers. As you may have already learned, these are clinically proven wavelengths of natural light that have been extensively studied and have shown to have the greatest effect on human biology.

Please take the time to read this manual to learn everything you need to know to safely and effectively enjoy the benefits that can be derived from the use of daily red and near infrared light therapy!

WHAT'S INCLUDED

1 x Hooga HG300	1 x Hooga HG300 Manual
1 x US Power Cord	1 x Door Mount

OVERVIEW OF LIGHT THERAPY

What is red and near infrared light therapy?

Red and near infrared light therapy, also known as photobiomodulation (PBM) involves the use of specific wavelengths of natural light in the mid 600 and mid 800 nanometer to enhance the health and function of our cells without any harmful UV rays, excess heat, or negative effects.

How does it work?

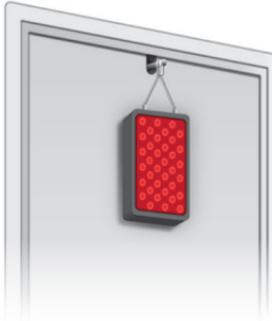
The most well studied mechanism of action surrounding red and near infrared light therapy is increased mitochondrial energy production in our cells. Mitochondria can be thought of as the energy production plants of all the cells in our body. Red and near infrared light therapy helps the mitochondria create more of that energy.

The specific photons found in red and near infrared light interact with a photoreceptor within our cells called cytochrome c oxidase. This interaction stimulates the mitochondria in our cells to use oxygen more efficiently, which allows the mitochondria to produce more ATP (also known as cellular energy). When our cells have more energy, they perform all of their functions better. When our cells are functioning optimally, our bodies function optimally.

What are the benefits?

There are over 3,000 scientific studies and peer reviewed clinical trials that have been conducted on the benefits and effectiveness of red and near infrared light therapy. The studies have shown that light therapy can have significant health benefits, including but not limited to: increased energy, enhanced fat loss, enhanced muscle recovery, decreased inflammation and joint pain, improved health and appearance of our skin, increased collagen production, improved mood and cognitive function, faster wound healing, improved hormonal health, improved quality of our sleep and much more. The benefits are so wide ranging due to the mechanism of action: increased cellular energy production.

HOW TO USE YOUR HOOGA HG300



Using your new Hooga HG300 is simple and easy to use, and all it takes is up to ten minutes per day. Red and near infrared light therapy can be used anywhere on the body.

Your HG300 comes equipped with a door mount that fits conveniently over most doors in your house. As such, the device also comes equipped with an adjustable hanging kit. To use with the hanging kit, simply hang the kit and the panel to the door mount and plug the panel into any outlet. Stand in front of the panel, leaving between 4 and 12 inches (depending on your goals) between your body and the panel and turn the red and/or near infrared power switches on. Your treatment has now begun!

Note: If you have a smartphone handy, it may be useful to start a timer on your smartphone for the length of treatment you desire. We find that the time spent in front of the Hooga Red Light Therapy device can be an opportunity to practice a moment of solitude, gratitude, or a short meditation.

TECHNICAL INFORMATION & SPECIFICATIONS

Model:	Hooga HG300
Lamp Power:	300W
Irradiance:	>100mW/cm ² at the surface of the LEDs
Wavelengths:	660nm (30 LEDs) & 850nm (30 LEDs)
LED Quantity:	60 5W LEDs
Power Input:	AC85-265V
Beam Angle:	60 Degrees
Dimensions:	12.2 in (310 mm) x 8.2 in (210 mm) x 2.5 in (65 mm)
Weight:	6.61 LB (3KG)
Operating Temperature & Altitude:	32 Degrees Fahrenheit to 90 Degrees Fahrenheit, 0M to 2000M

MAINTENANCE, CUSTOMER SERVICE, AND WARRANTY

Maintenance

The Hooga HG300 does not require any maintenance beyond basic care and regular cleaning. Cleaning the device is easy, just unplug the device and wipe the surface with a damp cloth or paper toweling. Do not use harsh cleaning chemicals or bleach because they may damage the device. Make sure the Hooga HG300 is dry before using it again. For safety, the HG300 is only intended for use indoors.

Customer Service

Hooga Health is committed to your well-being by providing you with efficient, effective, and affordable light therapy devices. If at any time you are having trouble with your Hooga HG300 light therapy device, or you have any questions or concerns about the device, please do not hesitate to contact us at contact@hoogahealth.com and we will be more than happy to answer any questions you may have.

Warranty

Hooga Health warrants that the HG300 will function and perform within the specifications for two (2) years after the date of delivery. The 2 year warranty will cover all parts and labor during the warranty period with some exclusions. If required, the buyer is responsible for return shipping to Hooga Health within the 2 year warranty period. The warranty shall not apply to any device that has been abused, misused, modified, damaged, or fitted with substitute parts other than parts manufactured by Hooga Health. Hooga Health shall not be liable for any consequential loss or inconvenience caused by any failure of a Hooga Health product. After the warranty has concluded, the buyer is required to pay for all parts and labor charges. If the device is repaired or replaced, either within or outside the warranty period, Hooga Health reserves the right to provide parts or replacement in different colors than the original device. To obtain warranty service, please email orders@hoogahealth.com.

SAFETY INSTRUCTIONS, WARNINGS, AND DISCLAIMER

To preserve the life and functionality of the HG300, always store in a cool, dry place when possible. For proper use and safety, please be sure to read this manual and follow all instructions and do not do any of the following with the HG300:

- **DO NOT** let children use the HG300 without adult supervision.
- **DO NOT** use this device on infants.
- **DO NOT** let sleeping, disabled, or unconscious persons use the device.
- **DO NOT** exceed 20 minutes of use in one therapy session.
- **DO NOT** use on open, fresh wounds.
- **DO NOT** use in combination with liniments, salves, ointments, or balms that contain heat producing ingredients. A skin burn could be the result of doing so.
- **DO NOT** modify or attempt to repair this equipment. There are no parts that are serviceable by the user.

The Hooga HG300 is an electrical device. To avoid electric shock and other electricity-related dangers, adhere to the following instructions:

- **DO NOT** wash electrical parts with water or other liquids.
- **DO NOT** drop your device in water or other liquids or place it where it may fall into water or other liquids. Do not expose to running water. If your device comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet. If device is to be used in the vicinity of water, we recommend using an electrical outlet protected by Ground Fault Circuit Interrupter.
- **DO NOT** directly touch the device or touch the plugs or switches with wet hands.
 - **DO NOT** apply or touch the device to, or with, wet or damp skin.
- **DO NOT** pull, carry, or lift the device by its cord. If the cord is damaged, don't use the device.
- **DO NOT** use on or near heated surfaces.
- **DO NOT** operate this device in areas where it could be exposed to flammable or combustible products or vapours. Explosion of fire may occur.
- **DO NOT** store your device in hot temperatures exceeding 140 degrees Fahrenheit.

- **DO NOT** use your device if it is damaged. Continuous use of a damaged device may result in electric shock or injury.
- **DO NOT** use extension cords unless they are designed to carry the total wattage of the device being powered.
- **DO NOT** unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.
- **DO NOT** cover the cooling fans while operating the device.

Cautions

Hooga recommends consulting with your healthcare provider prior to use if you believe that you are sensitive to light. Some cold and allergy medications, pain medications, and medications used to treat infection may cause light sensitivity. We also recommend consulting with your healthcare provider prior to using the HG300 if you are **pregnant, have any suspicious or cancerous lesions, or have recently had a steroid injection or use topical steroids**. If you experience discomfort or have a concern about the device, stop use immediately and contact your healthcare provider. Unplug from outlet when not in use to avoid tripping hazards.

Disposal

The symbol to the right, found on the HG300 or within its packaging, indicates that this device may not be disposed of with other household waste. This device requires disposal via a designated collection point for the recycling of electrical waste. Please recycle your equipment at the time of disposal to help conserve natural resources and protect human health and the environment.



Disclaimer

This product is not intended to diagnose, cure, or prevent disease. Hooga Health makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical, skin or mental conditions from using this product. A qualified health professional should always be consulted prior to using this product with regards to any condition that requires medical attention.

Dose is measured and recommended in Joules per square centimeter. Dose is a function of the power density at the distance being used as well as the time spent using the device.

Recommended dose varies depending on the area being treated. In general, a higher dose, between 10J and 50J may be needed for treating deep muscle tissue, joints, and organs while a lower dose is sufficient for superficial treatments of the skin (somewhere between 3J and 15J).

The exact formula to calculate Joules per square centimeter is as follows:

$$\text{(Irradiance measured in mW/cm}^2 \times \text{Treatment Time in Seconds)} \times .001$$

For example, the HG300 has an irradiance of 100mW/cm² at the surface. If a person was to treat their hand right up to the surface of the panel for 60 seconds, they would calculate their dosage in Joules/cm² like so:

$$(100\text{mW/cm}^2 \times 60 \text{ seconds}) \times .001 = 6\text{J/cm}^2$$

As such, if a person did the same treatment but for 10 minutes, or 600 seconds, they would receive a dose of 60J/cm². See math below:

$$(100\text{mW/cm}^2 \times 600) \times .001 = 60\text{J/cm}^2$$

FREQUENTLY ASKED QUESTIONS

Q: How long should I use the HG300 for?

A: It depends completely upon the area being treated and the distance of treatment. For information on dosing, please see the previous page titled Dosing. In general, all that is usually needed is ten minutes or less.

Q: Should I wear eye protection?

Eye protection is not required or necessary. However, we don't recommend looking directly at the LEDs because it can sometimes be uncomfortable. With that said, your eyes typically become accustomed to the light and it is then OK to open your eyes, as long as you aren't feeling discomfort.

Q: Why aren't the infrared LEDs working? I can't see them.

Near infrared (NIR) light is actually not visible to the naked human eye. It is outside of the visual spectrum, and as a result, it cannot be seen. However, there is a very slight glow that comes from the LEDs, especially in dark conditions, so if you are concerned the NIR LEDs are really not working, you can test them that way.

Q: Can children use the HG300?

Yes, children can use the HG300 under adult supervision. Never use the HG300 on infants, though. If a child is older than 12 years old, they may follow the previously referenced treatment times. If a child is younger than 12 years old,

they should opt for half the dose that would be recommended for adults.

Q: When can I expect results?

Results vary depending on goals and treatment consistency. With that being said, many people will experience benefits such as increased muscle recovery, relief of pain and increased wound healing relatively quickly. However, more systemic benefits such as enhanced skin health, increased energy, improved hormonal health and increased quality of sleep may take 8-12 weeks of consistent use. Using your HG300 device every day will maximize the rate of response and healing. It is very important to be consistent with red light therapy.

Q: Does red light therapy interfere with the medications?

A: Red and near infrared light therapy has been proven in thousands of clinical studies and peer reviewed clinical trials to be not only safe but also effective. However, if you use medications such as Tetracycline, Digoxin, Retin A, and/or other photosensitizing drugs, we recommend consulting with your doctor or healthcare provider before using the Hooga HG300.

Q: Can I wear clothing during my treatment sessions?

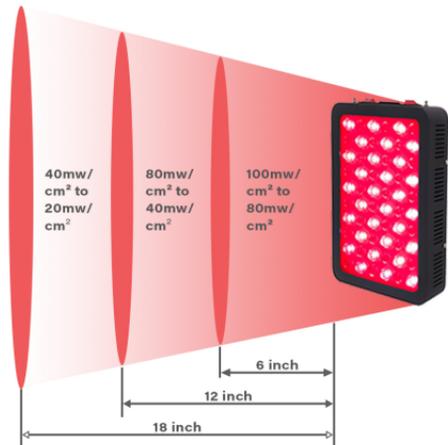
A: Of course, just make sure that the area that you're treating is completely exposed.

Irradiance

The HG300 has a high power output, also known as irradiance, which is one of the most important specifications when choosing a red light therapy panel. Irradiance can be thought of as the rate of energy delivered by a device.

The gold standard for irradiance of a red light therapy device is $100\text{mW}/\text{cm}^2$, which is exactly what the HG300 delivers.

- $>100\text{mW}/\text{cm}^2$ at 0 inches
- $80\text{mW}/\text{cm}^2$ at 6 inches
- $40\text{mW}/\text{cm}^2$ at 12 inches
- $20\text{mW}/\text{cm}^2$ at 18 inches





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