

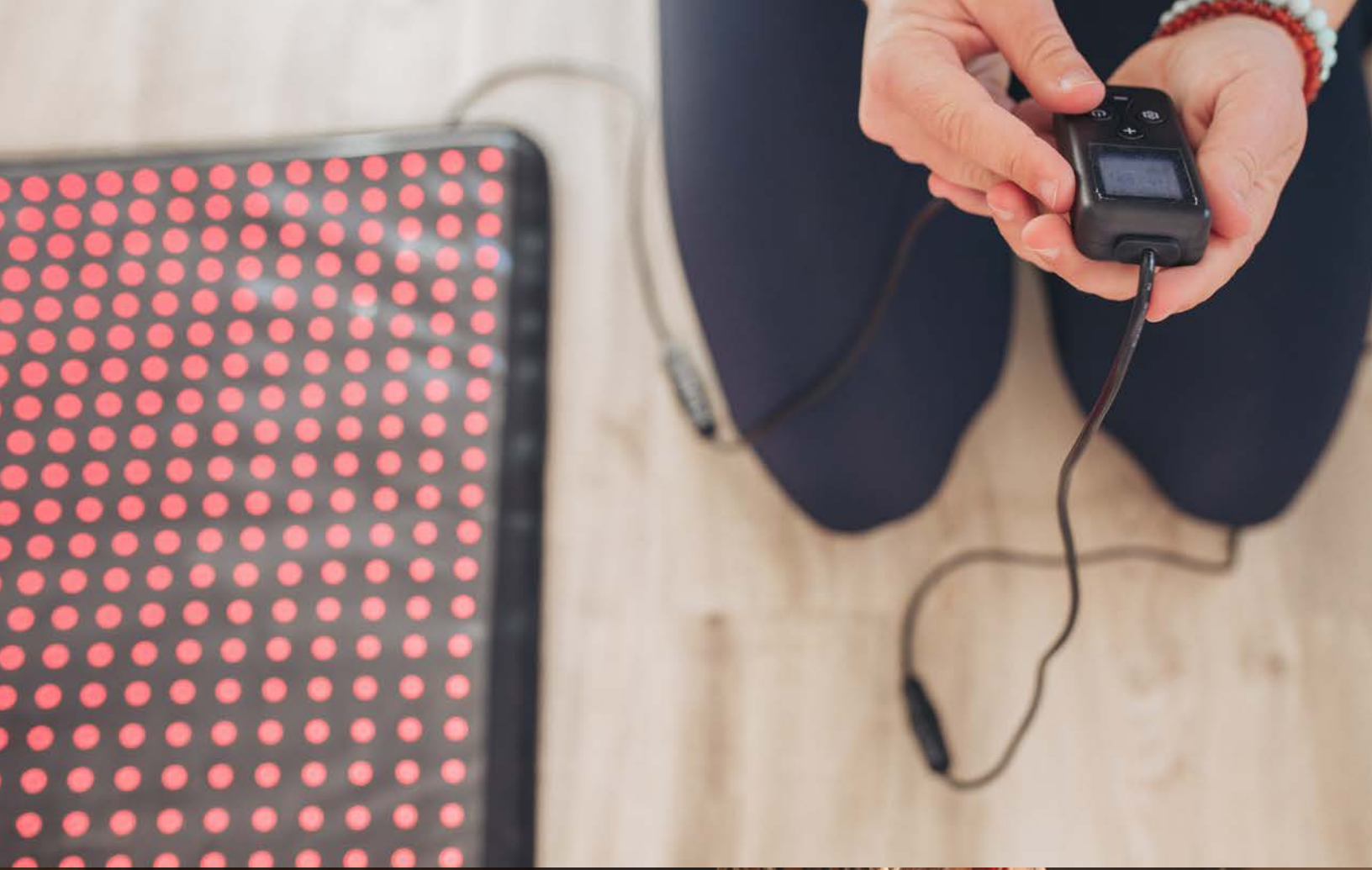


# MITO RED LIGHT

## FLEXIBLE DEVICES USER MANUAL

[www.mitoredlight.com](http://www.mitoredlight.com)

 mitoredlight



# CONTENTS

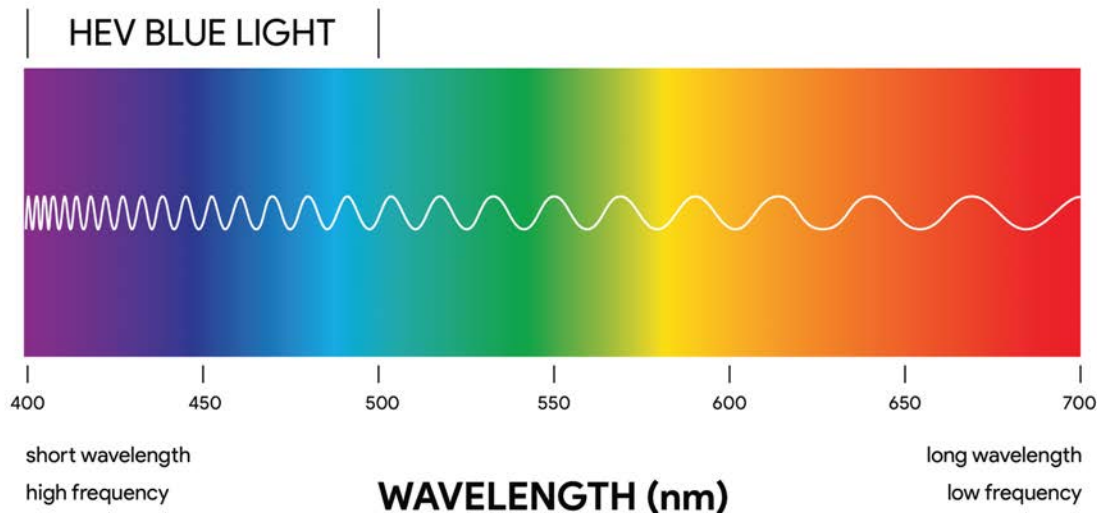
How does red light therapy work .....	04
Usage guidance for all devices .....	05
Advanced therapy belt Instructions .....	06
Quad belt instructions .....	11
Full body mat instructions .....	15
Mito Red Pod instructions .....	19
Cautions and disclaimer .....	23
Specifications .....	26
About us .....	27
Contact .....	28

# HOW DOES RED LIGHT THERAPY WORK?



## VISIBLE LIGHT SPECTRUM CHART

NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



Red and near-infrared light are part of the electromagnetic spectrum, and more specifically, part of the spectrum of light emitted by the sun. These wavelengths of light are “bioactive” in humans.

The specific photons found in red and near infrared light interact with a photoreceptor within our cells called cytochrome c oxidase. This interacts on mutates the mitochondria in our cells to use oxygen more efficiently, which allows the mitochondria to produce more ATP (adenosine triphosphate). Adenosine triphosphate is a complex organic chemical that provides energy to drive many processes in living cells, e.g. muscle contract on, nerve impulse propagate on, and chemical synthesis. Found in all forms of life, ATP is even referred to as the "molecular unit of currency" of intracellular energy transfer. When our cells have more energy, they simply perform better and the body follows suit!



# **USER GUIDANCE FOR ALL DEVICES**

## **Indications for Use**

Mito Red Lights are general wellness devices and are not intended to cure or diagnose any medical conditions. Use of this device is designed to help promote overall health and wellness by supporting cellular function. Mito Red Lights should only be operated based on the user guidelines, as outlined in this user manual.

## **First Time Users**

For first time users, we recommend starting out with 4-5 minute treatments per area, and slowly working up to a 10-15 minute session over the course of 2-3 weeks as your body acclimates to the therapy.

## **Standard Use**

We recommend 10 to 15 minute treatments. per area. Additional 10-minute sessions for specific areas may be beneficial but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better.

For this reason, we recommend you allow at least 6 hours between treatments of the same area. We recommend no more than 30 minutes in any one session. We recommend using the device 4-10 times per week. We recommend taking at least one day off per week.



## ADVANCED THERAPY BELT

 mitoredlight

# ADVANCED THERAPY BELT

## PACKAGE CONTENTS

This package includes

- 1 Advanced therapy belt
- 1 Battery pack
- 1 Battery charger
- 1 USB adapter
- 1 Controller
- 1 Jumper cable
- 1 Carrier pouch
- 1 User manual



# ADVANCED THERAPY BELT

## USER INSTRUCTIONS

### Powering the Advanced Therapy Belt with the wall adapter

1. Connect the male end of the remote control cable to the DC power port attached to the light therapy belt.
2. Connect the wall power adapter to the female end of the remote control cable.
3. Plug the power adapter into a standard wall outlet.
4. Use the remote control to power the belt on and off by holding the button down for 3 seconds.
5. Once the session is finished, remove power adapter out of the wall outlet.





# ADVANCED THERAPY BELT

## USER INSTRUCTIONS

### Powering the Advanced Therapy Belt with the external battery

The Advanced Therapy Belt comes with a 5V external power bank. This option will allow you to power the light therapy belt with the external battery. The battery can be charged using the USB cable:

1. Connect the male end of the remote control cable to the DC power port attached to the light therapy belt.
2. Connect the skinny male plug from the jumper cable into the port on the battery pack, then connect the other larger male end into the remote's female port.
3. To power on the belt, press the power button on the side of the power bank once and hold down the power button down on the remote control for 3 seconds to turn on the belt.
4. Place the battery in the pocket at the front of the belt during use.
5. To power off the belt hold the power button on the remote for 3 seconds and then hold the power button on the battery pack for 3 seconds to power off the power bank.



# ADVANCED THERAPY BELT

## USER INSTRUCTIONS

### Using the control panel

#### *Intensity Options*

There are five different intensity settings. We recommend starting with a lower setting, and work your way up to the intensity level that is comfortable for you.

#### *Timer Options*

Start at 5 minutes as the controller goes in 5 minute increments.

**Brightness Setting**  
L0, L1, L2, L3, L4

**Timer Setting**  
5, 10, 15, 20, 25, 30 Mins

**Mode Setting**  
660nm/850nm/All

**Switch**  
On / Off





## QUAD BELT

 mitoredlight

# QUAD BELT

## PACKAGE CONTENTS

This package includes

- 1 Quad belt
- 1 Battery pack
- 1 Battery charger
- 1 USB adapter
- 1 Controller
- 1 Jumper cable
- 1 Carrier pouch
- 1 User manual



# QUAD BELT

## USER INSTRUCTIONS

### Powering the Light Therapy Belt with the external battery

The light therapy belt comes with a 5V external power bank. This option will allow you to power the light therapy belt with the external battery. The battery can be charged using the USB cable:

1. Connect the male end of the remote control cable to the DC power port attached to the light therapy belt.
2. Connect the skinny male plug from the jumper cable into the port on the battery pack, then connect the other larger male end into the remotes female port.
3. To power on the belt, press the power button on the side of the power bank once and hold down the power button down on the remote control for 3 seconds to turn on the belt.
4. Place the battery in the pocket at the front of the belt during use.
5. To power off the belt hold the power button on the remote for 3 seconds and then hold the power button on the battery pack for 3 seconds to power off the power bank.





# QUAD BELT

## USER INSTRUCTIONS

### Using the remote control

#### Brightness Option

The Brightness setting allows you to control brightness from 1 -100 % We recommend starting with a lower brightness and work your way up to the intensity level that is comfortable for you.

#### Timer Options

Control your session time from 1 - 30 minutes. Controller goes in 1 minute increments.





## FULL BODY MAT

 mitoredlight

# FULL BODY MAT

## PACKAGE CONTENTS

This package includes

- 1 Full body mat
- 1 Controller
- 1 Power supply brick
- 1 Power cord
- 1 Carrier pouch
- 1 User manual





# FULL BODY MAT

## USER INSTRUCTIONS

### Powering the Full Body Mat

1. Connect the male end of the remote cord into the cord that is attached to the Red light Mat. Be sure to line up the slot of both sides. Once attached press firmly and tighten middle wheel.
2. Connect the female end of the remote cord into power adapter cord. Be sure to line up the slot of both sides. Once attached press firmly and tighten middle wheel.
3. Plug the power adapter into a standard wall outlet.



# FULL BODY MAT

## USER INSTRUCTIONS

### Using the remote control

#### Brightness Option

The Brightness setting allows you to control brightness from 1 -100 % We recommend starting with a lower brightness, and work your way up to the intensity level that is comfortable for you.

#### Timer Options

Control your session time from 1 - 30 minutes. Controller goes in 1 minute increments.







## MITO RED POD

 mitoredlight

# MITO RED POD

## PACKAGE CONTENTS

This package includes

- 1 Mito Red Pod
- 2 Controllers
- 2 Power supply bricks
- 2 Power cords
- 1 Carrier pouch
- 1 User manual



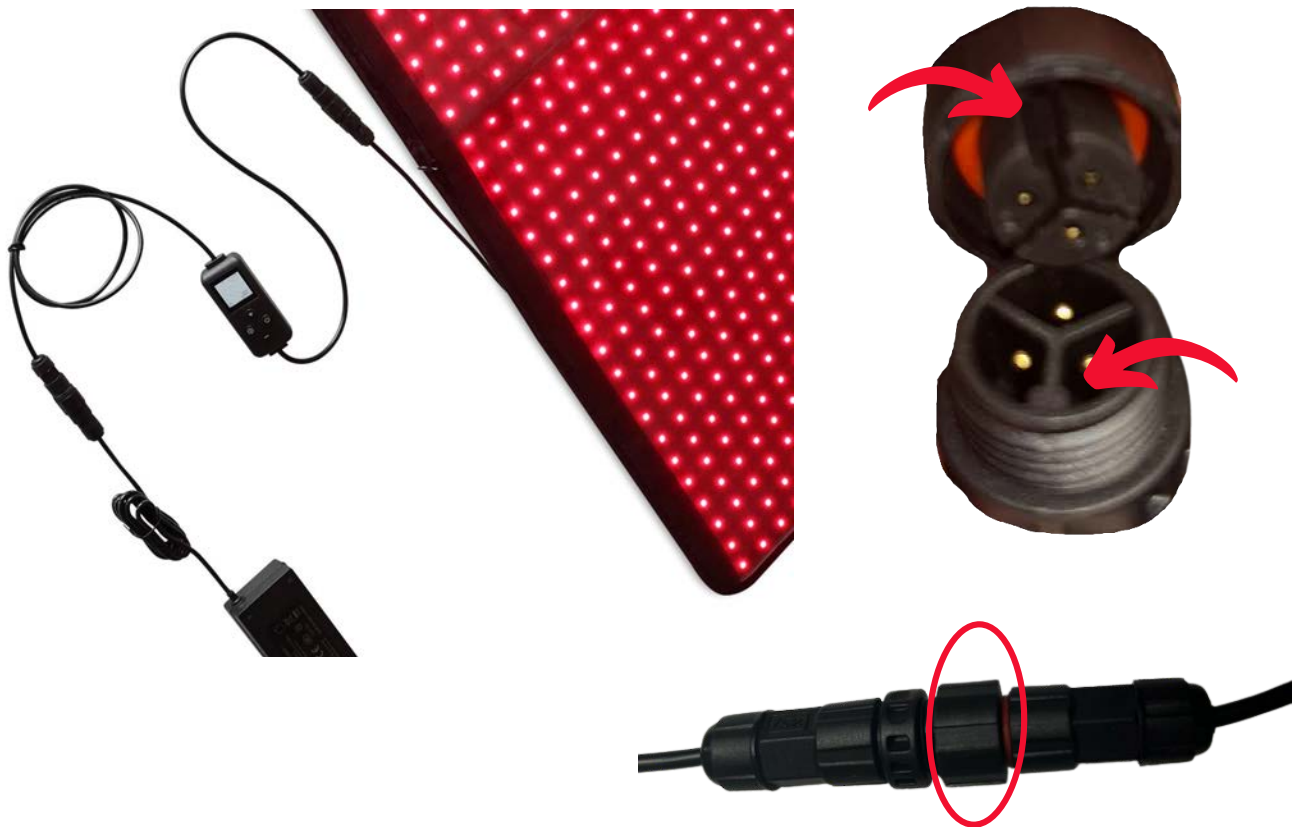


# MITO RED POD

## USER INSTRUCTIONS

### Powering the Mito Red Pod

1. For the first side of the pod., connect the male end of the remote cord into the cord that is attached to the Mito Red Pod. Be sure to line up the slot of both sides. Once attached press firmly and tighten middle wheel.
2. Connect the female end of the remote cord into power adapter cord. Be sure to line up the slot of both sides. Once attached press firmly and tighten middle wheel.
3. Plug the power adapter into a standard wall outlet.
4. Repeat again with the other side of the Mito Red Pod.



# MITO RED POD

## USER INSTRUCTIONS

### Using the remote control

#### Brightness Option

The Brightness setting allows you to control brightness from 1 -100 % We recommend starting with a lower brightness and work your way up to the intensity level that is comfortable for you.

#### Timer Options

Control your session time from 1 - 20 minutes. Controller goes in 1 minute increments.



# CAUTIONS & DISCLAIMER

Mito Red Light 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 light 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 light, stop use immediately and contact your healthcare provider.

Unplug from outlet when not in use to avoid tripping hazards.

## Disclaimer

The statements in this manual have not been evaluated by the Food and Drug Administration (FDA). The information provided is not intended to diagnose, treat, cure, or prevent any disease and should not be construed as medical advice. Our products are low-risk, general wellness / fitness products that do not require FDA clearance, in accordance with the "General Wellness: Policy on Low Risk Devices" draft released January 20, 2015.

Mito Red Light makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical or mental conditions. A qualified health professional should always be consulted prior to using this product in regards to any condition that may requires medical attention.



# CAUTIONS & DISCLAIMER

To preserve the life and functionality of the light, 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:

DO NOT let children use the device without adult supervision.

DO NOT use this 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 Mito Red Light 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 or other components, such as the battery, in water or other liquids or place it where it may fall into water or other liquids.

## **CAUTIONS & DISCLAIMER**

DO NOT expose to running water. If your light comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet. If it is to be used in the vicinity of water, we recommend using an electrical outlet protected by Ground Fault Circuit Interrupter (GFCI).

DO NOT directly touch the light or touch the plugs or switches with wet hands.

DO NOT apply or touch the light to, or with, wet or damp skin.

DO NOT pull, carry, or lift the light by its cord. If the cord is damaged, don't use the light.

DO NOT use on or near heated surfaces.

DO NOT operate this light in areas where it could be exposed to flammable or combustible products or vapors. Explosion or fire may occur.

DO NOT store or use your device in hot temperatures exceeding 120 degrees Fahrenheit.

DO NOT use your light if it is damaged. Continuous use of a damaged light may result in electric shock or injury.

DO NOT use extension cords unless they are designed to carry the total wattage of the light being powered.

DO NOT unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.

# SPECIFICATIONS

## ADVANCED RED LIGHT THERAPY BELT

- Battery Capacity: 15,000 mAh
- 67% NIR, 33% Red
- LEDs: 405 diodes with 3 chips per diode = 1,215 LED chips per belt!
- Wavelengths: 660nm (Red) & 850nm (NIR)
- Intensity: 5 intensity levels to choose from.
- Power Input: 120V (can be used internationally w/ plug adapter)
- Charge Power Output: 12V
- Weight: 1.5 pounds
- Dimensions: 48"x7"
- Treatment area dimensions: 21" x 5"
- 1 Year Warranty
- Runs 2-6 hours on a single charge (depending on intensity level selected)

## QUAD WAVELENGTH BELT

- Battery Capacity: 15,000 mAh
- 67% NIR, 33% Red
- LEDs: 405 diodes with 3 chips per diode = 1,215 LED chips per belt!
- Wavelengths: 630nm, 660nm (Red) & 810nm, 850nm (NIR)
- Brightness: 1%-100%
- Power Input: 120V (can be used internationally w/ plug adapter)
- Charge Power Output: 12V
- Weight: 1.5 pounds
- Dimensions: 52"x7"
- Treatment area dimensions: 22" x 6"
- 1 Year Warranty
- Runs 2-6 hours on a single charge (depending on intensity level selected)

## FULL BODY MAT

- 33% red, 67% NIR with unique 810nm and 830nm combo
- LEDs: 1,280 diodes with 3 chips per diode = 3,840 LED chips per body mat
- Wavelengths: 660nm (red); 810nm and 850nm (NIR)
- Brightness: 1%-100%
- Input Voltage & Power: 100V-240V, 50-60HZ, 97 Watt
- Weight: 7 pounds
- Dimensions: 62" x 24"
- Timer: 1 - 30 minutes
- Driver: 24V 5A, UL
- 1 year Warranty
- Material: Neoprene
- Runs on power supply from electrical outlet

## MITO RED POD

- 33% red, 67% NIR with unique 810nm and 830nm combo
- LEDs: 2,320 with 3 chips per diode = 6,960 LED chips per Mito Red Pod
- Wavelengths: 660nm (red); 810nm and 850nm (NIR)
- Brightness: 1%-100%
- Input Voltage & Power: 100V-240V, 50-60HZ, 97 Watt
- Weight: 10 pounds
- Dimensions: 62" x 24" when folded
- Timer: 1 - 20 minutes
- Driver: 24V 5A, UL
- 1 year Warranty
- Material: Neoprene
- Runs on power supply from electrical outlet

# ABOUT

Located in Scottsdale, Arizona, Mito Red Light is dedicated to bringing the highest powered, highest quality red light therapy lights to market at the best possible value.

Having extensively studied and realized the benefits of red light therapy firsthand, Mito Red Light was brought into existence in order to provide consumers truly affordable, yet highly effective red light therapy options.

If you have any further questions, please feel free to contact us at:  
[info@mitoredlight.com](mailto:info@mitoredlight.com)

You can also call our phone number

Monday - Friday 9am - 5pm MST  
1 (866) 861- MITO

Mail correspondence can be sent to:

Mito Red Light, Inc  
9319 N 94th Way,  
Suite 400  
Scottsdale, AZ 85258



[www.mitoredlight.com](http://www.mitoredlight.com)



### **User Manual and Instructional Videos**

This user manual and instructional videos can be found here:

<https://mitoredlight.com/pages/user-manual>

Updated September 2023



[/mitoredlight](https://www.facebook.com/mitoredlight)



[/mitoredlightofficial](https://www.instagram.com/mitoredlightofficial)



[@MitoRedLight](https://www.youtube.com/@MitoRedLight)



[@mitoredlightofficial](https://www.tiktok.com/@mitoredlightofficial)