



# MITOMIND USER MANUAL

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



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# About us

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

If you have any further questions, please feel free to contact us

at:

**info@mitoredlight.com**

You can also call our phone number

Monday - Friday 9am - 5pm MST

**+1 866-861-6486**

Mail correspondence can be sent to:

Mito Red Light, Inc

9319 N 94th Way, Suite 400 Scottsdale, AZ 85258

# Introduction

Thank you

for purchasing the MitomIND helmet, please read this manual carefully before use.

The MitomIND helmet is a wellness instrument based on the principle of photobiomodulation.

Please note that the helmet is meant to be used ONLY on the head. It is not recommended that the helmet be used on any other parts of the body.

If you have any questions about the operation of the device, please contact customer service : 1-866-861-6486 or email us at [info@mitoredlight.com](mailto:info@mitoredlight.com).

Users of the MitomIND helmet should not experience any adverse physical sensation. If you experience discomfort or any unwanted effects please contact customer service : 1-866-861-6486 or email us at [info@mitoredlight.com](mailto:info@mitoredlight.com).



**WARNING: NEAR INFRARED IS INVISIBLE TO THE NAKED EYE. DO NOT STARE DIRECTLY AT ANY OF THE LEDs INSIDE THE DEVICE.**

# Warnings and precautions

Please read the following notes carefully beforehand. For your safety and avoiding accidents, please follow the above precautions. Our company does not bear any responsibility for the damage or any accidents caused by improper use.

- Please use the special transformer and power adapter produced by the manufacturer to ensure the normal operation of the product.
- DO NOT place the product in direct sunlight or near flammable materials.
- DO NOT allow the plug to become hot.
- DO NOT disassemble it yourself to avoid electric shock.
- DO NOT scrub with an acidic or alkaline cleaner.
- DO NOT use the product under the condition of high temperature or high humidity.
- Disconnect the power and unplug the power adapter when you are not using the product or when you are absent.
- DO NOT use the power cord for knotting, bundling, etc.,
- DO NOT use when the scalp / skin is damaged.
- DO NOT use with a multi-function adapter socket.
- Make sure the power outlet meets manufacturer's specifications.
- In the following situations, please unplug the power cord and stop using it.
  - When the product and power adapter are wet or drenched.
  - Safety factors such as smoke and sparks occur on the line.
  - When the power cord or power plug is damaged or broken.
- The company is not responsible for product failure caused by self-assembly and disassembly of the product.

# Component introduction

## What's included

MitoMIND helmet	1	Fixation sponges	1
Carrier bag	1	Connection cables	1
Power adapter	1	User manual	1
Control box	1		

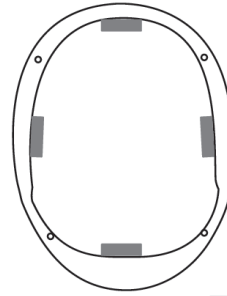


# How to use

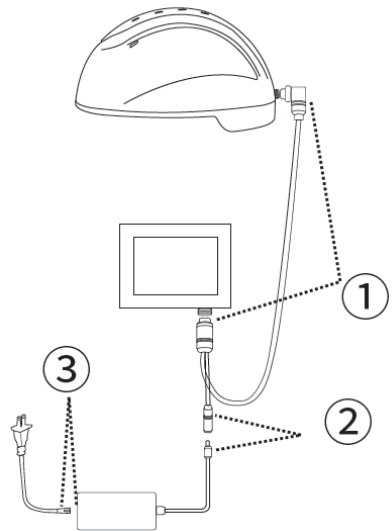
Step 1 - Take out the helmet, power adapter, control box, fixation sponges, connection cables from the handbag.

Step 2 - Stick the sponges inside helmet.

Step 3 - Connect the helmet, power adapter, control box.



■ sponges

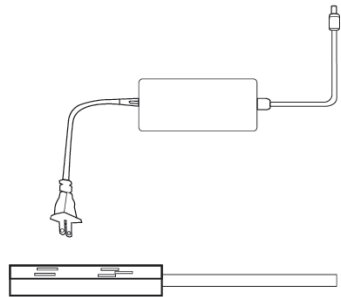


# How to use

Step 4 - Put the helmet on the head and sit in a comfortable place.



Step 5 - Connect the power.





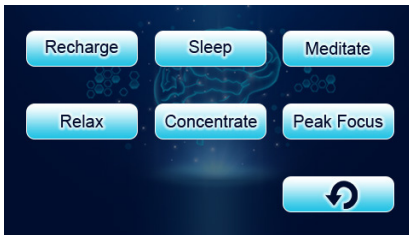
# How to use

Step 6. Power on the device.

Step 7. Select 'Program' to choose between six different presets (see page 11 for the presets)

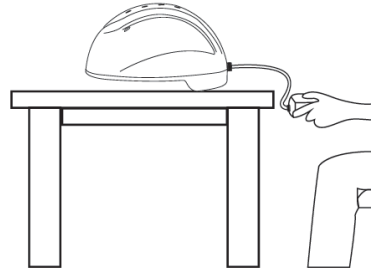
or,

select 'Standard' to choose a specific pulse, intensity and time.



# How to use

Step 7 - After the session is over, power down the control box, take off the helmet, and disconnect the helmet power adapter plug from AC power source.



(Note: Do not plug and unplug under power)

# Control box presets

The MitoMIND comes with SIX easy to use preset programs:

Recharge | 0Hz, 100% power level, working time 10 minutes

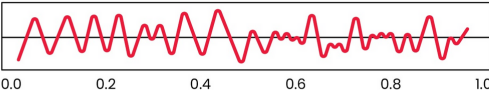

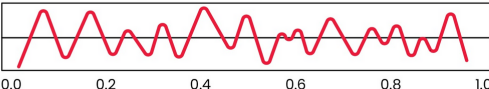

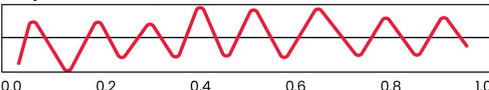

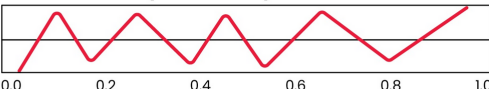



Sleep | 2Hz, 50% power level, working time 15 minutes

Meditate | 5Hz, 50% power level, working time 15 minutes

Relax | 10Hz, 75% power level, working time 15 minutes

Concentrate | 16Hz, 75% power level, working time 12 minutes

Peak Focus | 40Hz, 100% power level, working time 6 minutes

BRAIN WAVE FREQUENCY	DESCRIPTION
<b>Gamma Waves (30Hz – 100Hz)</b> 	 Motor Functions, higher mental
<b>Beta Waves (12Hz – 30Hz)</b> 	 Normal waking state, concentration, focus, five physical sense, integrated
<b>Alpha Waves (7.5Hz – 12Hz)</b> 	 Relaxed, light meditation, creative, super learning, conscious
<b>Theta Waves (4Hz – 7.5Hz)</b> 	 Light sleep, deep meditation, creative, recall, fantasy,
<b>Delta Waves (0.1 – 4Hz)</b> 	 Deep, dreamless sleep, non-REM sleep, unconscious

# Usage guidelines

We recommend users with a healthy brain to use the MitoMIND Helmet once every 2 days for maintenance.

Users looking to try to recover brain functions, should try the MitoMIND once or twice daily for up to 6 days a week.

To avoid over stimulation, always take a rest from using the device on the 7th day and avoid using the MitoMIND close to bedtime.

If attempting to use near bedtime it is suggested to use low intensity (50% or lower) and low frequency (5HZ or lower).

Reduce usage to once every 2 days when improvements are observed.

Everyone is different and can have different responses. If any discomfort is experienced, users should 1) reduce the time of each session by shutting off the device before the session is up and/or 2) reduce the number of days used per week and/or 3) reduce the power intensity of the device.

About the power intensity and time: we recommend starting with 25% intensity for 5 minutes. Gradually increase the power intensity and time step by step. After an adaptation period, can use at 75% intensity for 20 minutes or 100% intensity for 15 minutes.

# Usage guidelines (continued)

We recommend no more than 30 minutes total per day.

Photo-biomodulation (PBM) demonstrates a dose-response curve which means that there is a 'sweet spot' wherein the stimulation has the most positive impact on our cells.

Too little stimulation provides little benefit, and too much stimulation can cause a diminishment of response.

PBM exhibits a biphasic response, so using the device too much may cancel out the benefits.

Please make sure to use the helmet within the guidelines in the user manual.

Note: We recommend users with very little hair or very thin hair, use the helmet at up to only a 75% intensity. This is because the typical user with average hair will have some of the light energy absorbed by the hair.

# Cleaning and storage

- Gently clean the product before each use and keep the product off.
- First wipe the helmet surfaces with a clean cloth lightly dampened with clean water. Inspect the surfaces thoroughly for any remaining visible contaminants, and repeat wiping if necessary until no visible contaminants remain.
- Allow to air dry. Then wipe the helmet surfaces with a clean cloth dampened with 70% ethanol or 70% isopropyl alcohol.
- Allow contact time of 1 minute and then allow to air dry.
- Do not use the device unless it is completely dry.
- If the product is not used for a long time, pay attention to moisture and dust: power on once every 3 months and charge once every 6 months to avoid moisture aging and damage of internal components.

Keep the device away from sunlight and store the device in a dry location (e.g. away from windows, sinks, bathtubs, kitchens, and bathrooms) at around room temperature after each use.

## Product specifications

Product name	Mito Red Light		
Model Number	MitoMIND	Wavelength	810nm
Led numbers	256/pcs	Power	50mw/pc
Total power	15W	Optical power	24mw/cm <sup>2</sup>
Input voltage	100-240V	Work voltage	5V - 6A
Input current	800mA	Frequency	0-20000Hz

# Warranty

The Mito Red MitoMIND Helmet has a one year warranty.

The warranty is valid only to original purchaser if item purchased directly from [www.mitoredlight.com](http://www.mitoredlight.com) or authorized reseller and is non-transferable. The warranty period starts the date the original purchased unit is delivered.

The warranty covers any defects in material or workmanship under normal use during the warranty period. During the warranty period, Mito Red will replace, at no charge, products that prove defective because of improper material or workmanship, under normal use and maintenance.

Mito Red will replace the products at no charge. For the first 180 days, Mito Red will be responsible for all shipping costs related to your request. After the first 180 days, buyer will be responsible for product shipping charges and related coverage while in transit to Mito Red. Please retain the tracking information for proof of delivery to us.

The warranty does not cover any problem that is caused by damage resulting from your negligence, improper maintenance, improper use, experimental use, or modifications; the warranty does not cover theft or loss of the product.

To obtain warranty service, you must first contact us at [info@mitoredlight.com](mailto:info@mitoredlight.com) to determine the problem and the most appropriate solution for you. You may be asked to provide proof of any defects, and therefore you should maintain photos and videos of any alleged defects.

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

## User Manual and Instructional Videos

This user manual can be found here:  
<https://mitoredlight.com/pages/user-manual>

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