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# UPGRADE YOURSELF

Enhance your skin, sleep, performance, and recovery with next-generation light therapy.



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### **ABOUT US**

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

You can also call our phone number Monday - Friday 9am - 5pm MST +1866-861-6486

Mail correspondence can be sent to:
Mito Red Light, Inc
9319 N 94th Way, Suite 400 Scottsdale, AZ 85258

### **GETTING STARTED**

#### 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 2-3 minute treatments per area, and slowly working up to a 10-minute session over the course of 2-3 weeks as your body acclimates to the therapy.

#### STANDARD USE

We recommend 10-minute treatments at 6-12 inches from your device. 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 15 minutes in any one session. We recommend using the device 4-10 times per week.



#### **PROTECTIVE EYEWEAR**

When treating, do not stare directly into the light emitting diodes (LEDs).

We recommend wearing protective goggles (included) when using the NIR directly into the face.

### **FAQS**



# IS RED LIGHT THERAPY SAFE? ARE THERE SIDE EFFECTS?

Mito Red Light uses only the red and near infrared wavelengths that are clinically proven to be effective and safe. However, we always recommend consulting with your healthcare provider for specific questions about any concerns or health conditions.

# WILL LIGHT THERAPY TREATMENTS CAUSE DETOX SYMPTOMS?

It is possible that a Mito Red Light treatment can cause some detoxrelated symptoms while your body acclimates. If you experience these types of issues, we recommended stopping treatments until the symptoms go away. Then start out at 2–3 minutes per treatment area and work your way slowly up to 10 minutes over the course of 2–3 weeks. This will help your body adapt. If you continue to experience detox-related symptoms and have any concerns regarding the use of red light therapy, we recommend stopping treatments and consulting with your healthcare provider.

We have a full 60-day no hassle trial and full refund policy.

# WHAT IF MY SKIN IS BURNED OR DAMAGED?

Red light therapy has been clinicallyproven to help damaged skin heal from cuts, burns, and other blemishes. We recommend consulting with your healthcare provider if you have any concerns.

# WHAT IF I HAVE A PRE-EXISTING HEALTH CONDITION OR TAKE MEDICATIONS?

MitoRedLightsareclassifiedasageneral wellness devices. Out of an abundance of caution, we recommend you consult with your healthcare provider if you have any pre-existing conditions or if you take photosensitizing drugs. Steroids work to suppress the immune system while red light therapy may

work to stimulate it. To the extent that the two therapies may work against each other, we do not recommend they be used together.

As we are not licensed healthcare practitioners, we are not able to offer definitive clinical guidance. We recommend consulting with your trusted health care provider with specific questions.

#### **CAN CHILDREN USE MITO RED LIGHT®?**

Clinical studies have shown red and NIR light therapy to be quite safe. However, if you are considering using it with children, we recommend consulting with a healthcare professional. First, all treatments with children should be done under adult supervision.

## CAN PREGNANT OR NURSING WOMEN USE THE LIGHTS?

As there has been no clinical research with red light therapy treatments on pregnant or nursing subjects, do not use the device if pregnant or lactating before consulting with your healthcare provider.

# OTHER CONSIDERATIONS: BOTOX, BREAST IMPLANTS, AND LASIK

Users with a history of facial fillers and/ or Botox injections should consult their dermatologist prior to use. Users with breast implants should consult their plastic surgeon prior to use.

Do not use the device during the healing period post Lasik eye surgery. Before resuming treatment, we recommend getting clearance from your doctor. As always, we recommend following our treatment guidelines and making sure to use the provided goggles when using the NIR wavelength.

#### ARE THE NIR LEDS NOT WORKING?

NIR is just beyond the visible spectrum and is invisible to the naked eye. You will only actually be able to see a pink dot, or a subtle pink glow emanating from the LEDs when they are on. Please rest assured that there is a significant amount of light energy emanating from those LEDs and your Mito Red Light is in fact working exactly as designed.



# INSTRUCTIONS: Mito Mobile Flex

#### **USE OF YOUR MITO MOBILE FLEX IS EASY**

- 1. Charge the device
- 2. Press the Power Button to turn on the device. Default will be 6 red LEDs and 6 NIR LEDs (NIR LEDs will appear unlit).
- 3. Press the R/NIR button one time to turn on all 12 NIR LEDs (NIR is invisible so LEDs will appear unlit but you may be able to see a pink dot or slight pink glow).
- 4. Press the R/NIR button again to turn all 12 LEDs to the red light setting.
- 5. Press the R/NIR button again to go back to the original setting (6 red, 6 NIR).
- 6. The device will shut off automatically after 10 minutes. To end your session before the timer ends, you can press the power button twice to turn it off.



#### **CHARGING**

The Mito Mobile Flex is a portable and rechargeable red light therapy device. You can use the USB cable provided to recharge the unit using a USB outlet. It can be used for approximately 2 hours on a full charge.

#### **SPECIFICATIONS**

- Model Mito Mobile Flex
- Size 6 inches X 3 inches X 1.25 inches
- Battery Life 5,000 hours
- LED Qty: 12

Visible Red Wavelength – 660nm Invisible NIR Wavelength – 850nm

### LIGHT THERAPY OVERVIEW

# 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 range to enhance the health and function of our cells. Red and infrared light therapy is without any harmful UV rays or excess heat so it is very safe.

#### **HOW DOES IT WORK?**

The most well studied mechanism of action surrounding red and near infrared light therapy is increased mitochondrial energy production in the cells. Mitochondria are tiny organelles that are the energy power 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 photoreceptors 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 (adenosine triphosphate). Adenosine triphosphate is a complex organic chemical that provides energy

to drive many processes in living cells, e.g. muscle contraction, nerve impulse propagation, and chemical synthesis. Found in all forms of life, ATP is often 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.

#### 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, collagen production, increased improved mood and cognitive function, wound healing, improved faster hormonal health, improved quality of our sleep, and much more. benefits are so wide ranging due to the mechanism of action: increased cellular energy production.



# SAFETY INSTRUCTIONS, WARNINGS, AND 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.

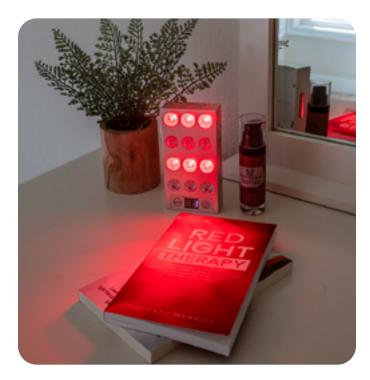
DO NOT exceed 20 minutes of use in one therapy session.

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.

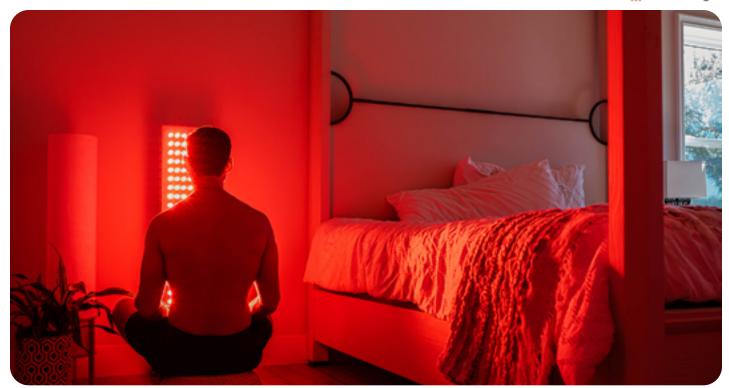
DO NOT modify or attempt to repair this equipment. There are no parts that are serviceable by the user. The Mito Red Light is an electrical device. To avoid electric shock and other electricity-relate dangers, adhere to the following instructions:

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 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.

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 130 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.

### **CAUTIONS & DISCLAIMER**

#### **CAUTIONS**

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.

#### **DISPOSAL**

The light should not be disposed of with other household waste. The light 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**

The statements in this manual have not been evaluated by the Food and Drug Administration (FDA).

information provided The 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 require medical attention.

# CALIFORNIA PROP 65 REQUIRES THE FOLLOWING NOTICE WARNING:

The enclosed hardware and power cord contain chemicals (such as lead) known to the State of California to cause cancer and birth defects or other reproductive harm. This is true of virtually all power cords and electronics sold in the marketplace at this time. Please wash hands after use.

### **WARRANTY POLICY**

#### PRODUCT SPECIFIC WARRANTY POLICIES:

#### **1 YEAR WARRANTY**

Mito Mobile / Mito Mobile Flex / Advanced Red Light Therapy Belt

#### **2 YEAR WARRANTY**

Mito Red Original 2.0

#### **3 YEAR WARRANTY**

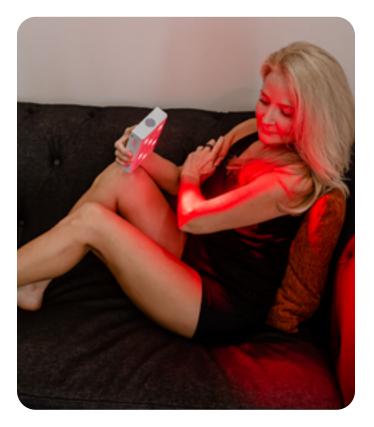
MitoPRO Series &
MitoPERFORM Series &
MitoADAPT Series

The Warranties above are valid only to original purchaser if item purchased directly from 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 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.

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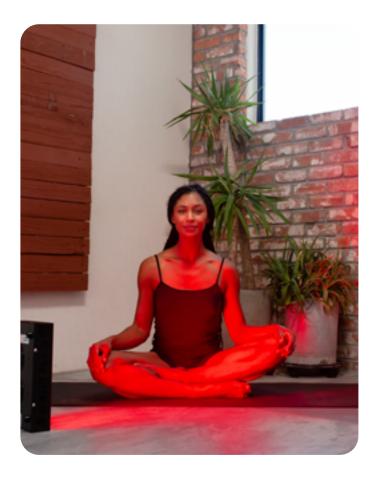
### **REFUND POLICY**

Mito Red offers a full 60-day trial of all products. The 60-day trial period commences upon customer's receipt of the product. Return shipping is paid by you. We require that returns be sent back in the original packaging to prevent damage in transit. You shall retain the tracking information to provide proof of delivery to Mito Red. Mito Red is not liable for lost or damaged return shipments and we reserve the right to charge for any damages you caused to the product.

Refunds for customers choosing to return during the 60-day trial period are 100% of product cost – any elective expedited shipping costs and international shipping costs are non-refundable.

Returns must note your full name and order number. Returns must be postmarked before the end of the 60-day trial period. Returns after the 60-day trial period will not be accepted.

If the returned product is damaged in any way or returned in an unsellable condition, the shipment will be refused and returned to sender.

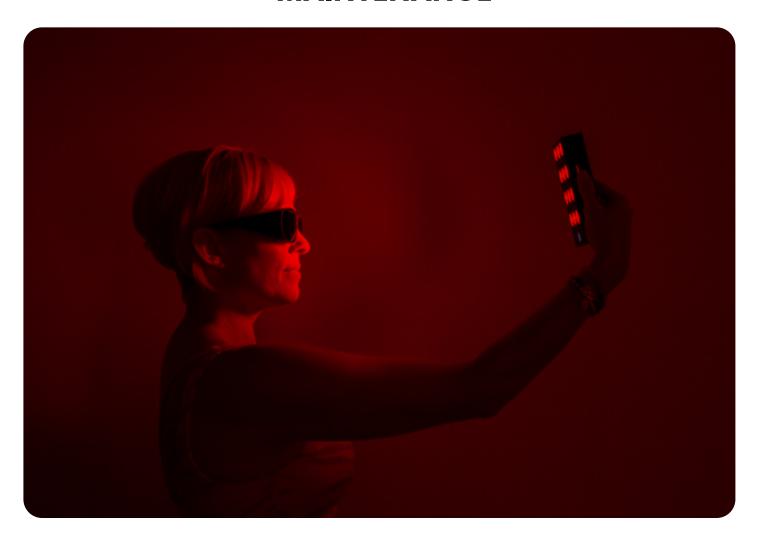


Return Shipping
To return your product, you should
mail your product to:

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

No RMA is required. Please reference your name and order number on the return label.

### **MAINTENANCE**



#### **MAINTENANCE**

The Mito Red Light does not require any maintenance beyond basic care and regular cleaning. Cleaning the light is easy, just unplug the light and wipe the surface with a cloth or paper towel.

Do not use harsh cleaning chemicals or bleach because they may damage the light. Make sure the light is dry before using it again. For safety, the light is only intended for use indoors.

#### **CUSTOMER SERVICE**

Mito Red Light 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 light, or you have any questions or concerns about the light, please do not hesitate to contact us at info@mitoredlight.com. We will be more than happy to answer any questions you may have.



### www.mitoredlight.com



User Manual and Instructional Videos This user manual and instructional videos can be found here: https://mitoredlight.com/pages/user-manual

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