



INNOLUX

RED M Pro

Käyttäjän opas
Bruksanvisningar
User's Instructions
Gebrauchsanleitung
Manuel de l'utilisateur



INNOLUX

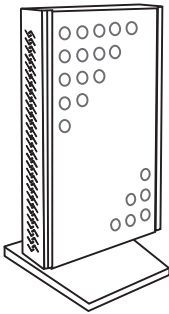
Suomi	_____	8
Svenska	_____	11
English	_____	14
Deutsch	_____	17
Français	_____	20

TEKNISET TIEDOT/ TEKNISKA DATA/ TECHNICAL DATA/ TECHNISCHE DATEN/
DONNEES TECHNIQUES

660 nm & 850 nm
234,5x407x65mm
4,5 kg
115W LED

Irradiance > 130mw/cm²
EMF Emission 0.0µT@4"

PAKKAUKSEN SISÄLTÖ/ FÖRPACKNINGENS INNEHÅLL/ CONTENTS OF THE PACKAGE/
INHALT DES PAKETS/ CONTENU DU PAQUET



VALAISINRUNKO / LAMPHUS / LAMP BODY /
LAMPENKÖRPER / CORPS DE LAMPE



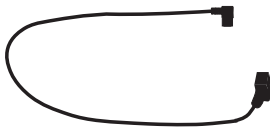
VIRTAJOHTO / STRÖMKABEL / POWER CABLE / STROM
ANSCHLUSSKABEL / CÂBLE D'ALIMENTATION



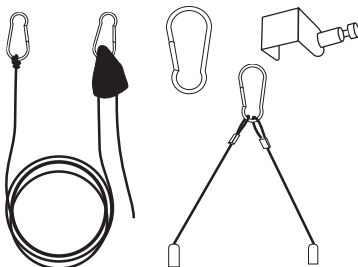
SILMÄSUOJAT / ÖGONSKYDD / EYE PROTECTION /
AUGENSCHUTZ / PROTECTION DES YEUX



SYNKRONOINTIJOHTO / SYNKRONISERINGSKABEL /
SYNC CABLE / SYNCHRONISATIONSKABEL /
CÂBLE DE SYNCHRONISATION

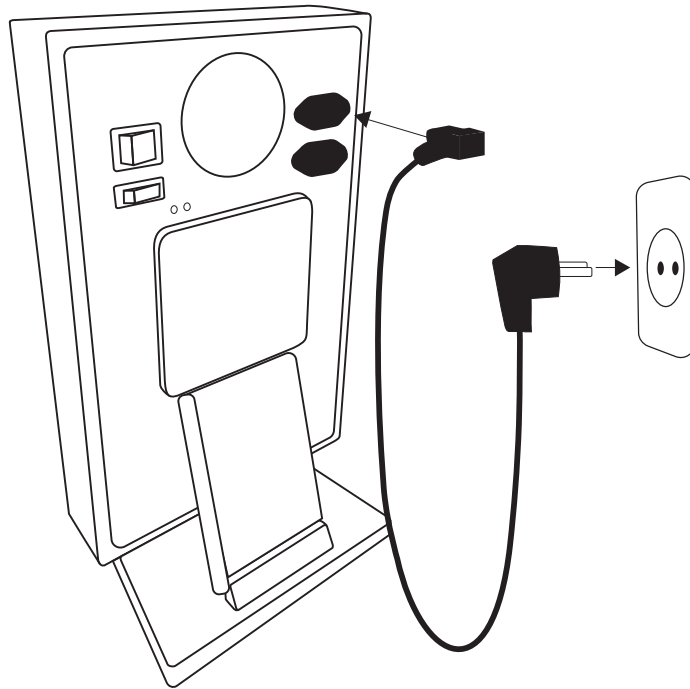
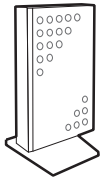


KETJUTUSJOHTO / KEDJESNÖRE / CHAIN CORD
KETTENSCHNUR / CORDON DE CHAINE



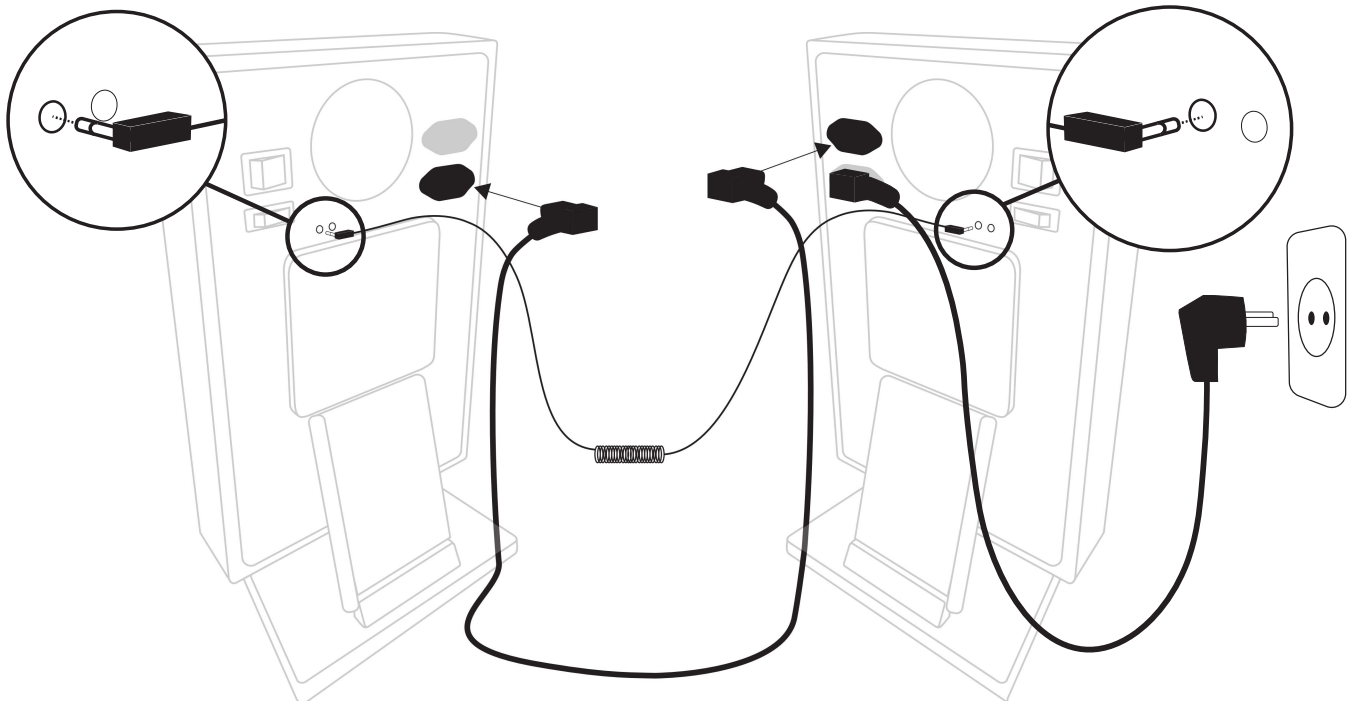
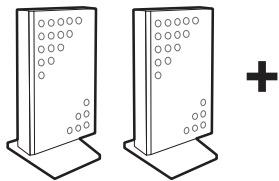
RIPUSTUSTARVIKKEET / HÄNGANGE TILLBEHÖR /
HANGING ACCESSORIES / HÄNGENDES ZUBEHÖR
ACCESSOIRES SUSPENDUS

1a.

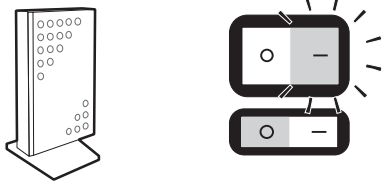


www.innolux.fi/red

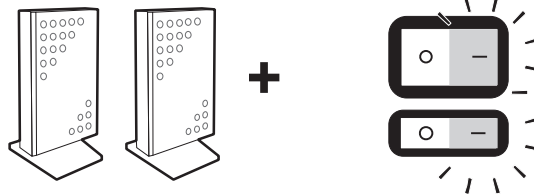
1b.



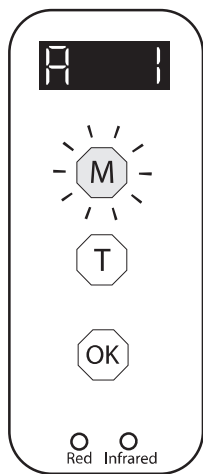
2a. ON



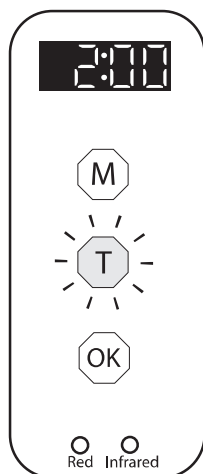
2b. ON



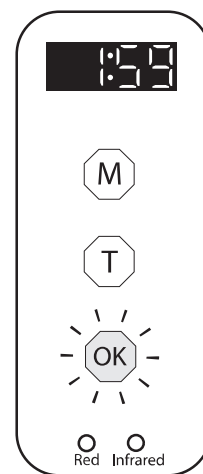
3.



4.



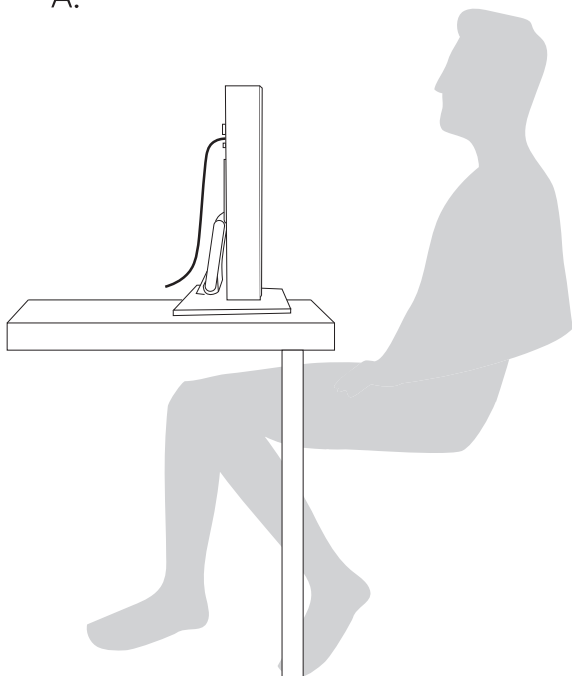
5.



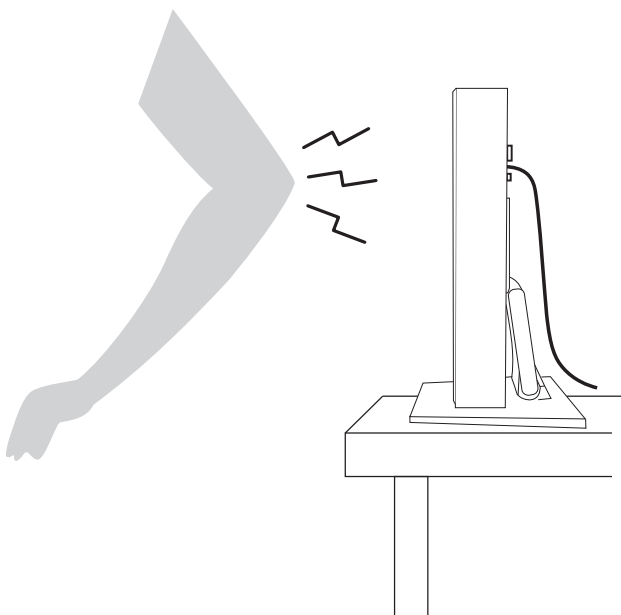
R: punavalo I: lähi-infrapuna
 R: rött ljus I: nära infraröd
 R: red light I: near infrared
 R: rotlicht I: nah-infrarot
 R: lumière I: proche
 rougel infrarouge

T: Valitse haluamasi aika
 T: Välj önskad tid
 T: Select the desired time
 T: Wählen Sie die gewünschte Zeit
 T: Svélectionnez l'heure souhaitée

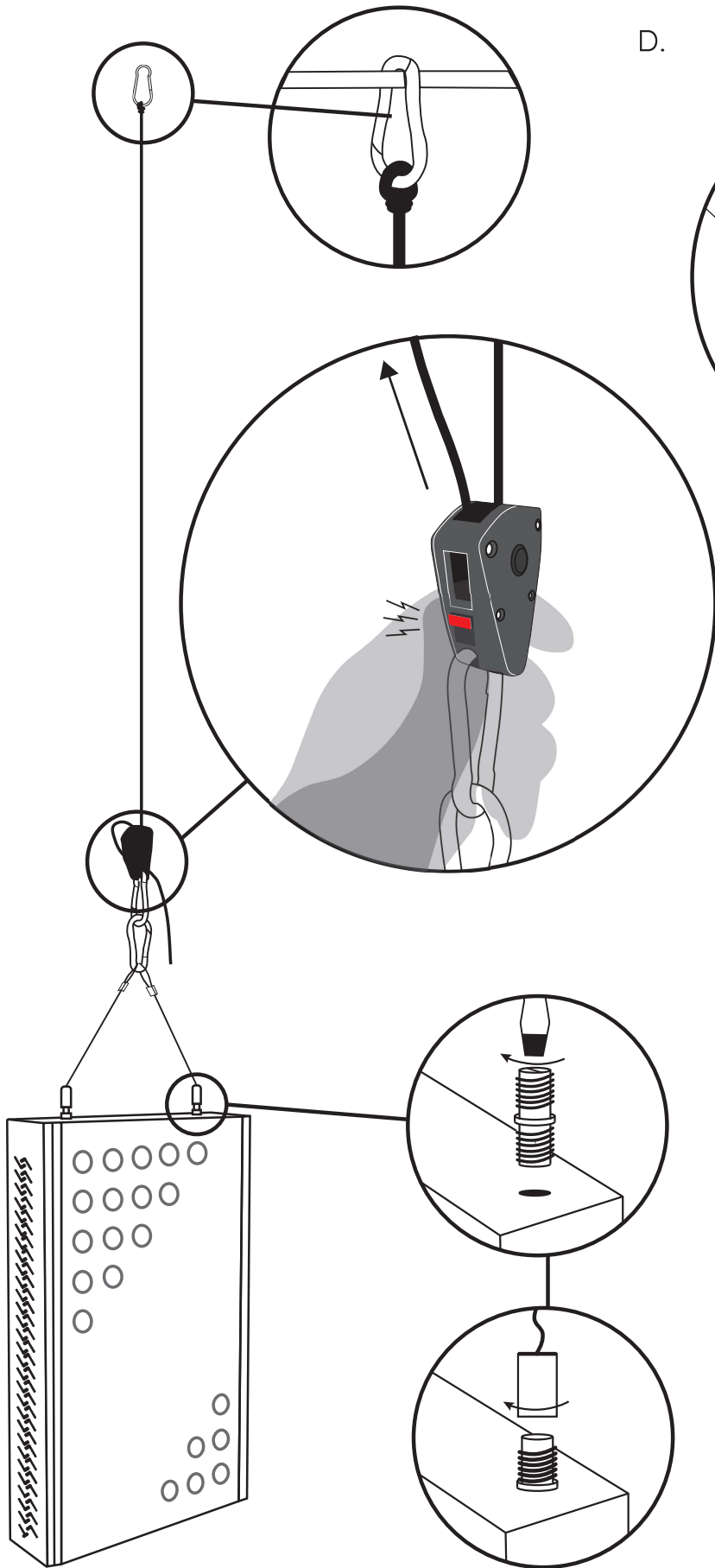
A.



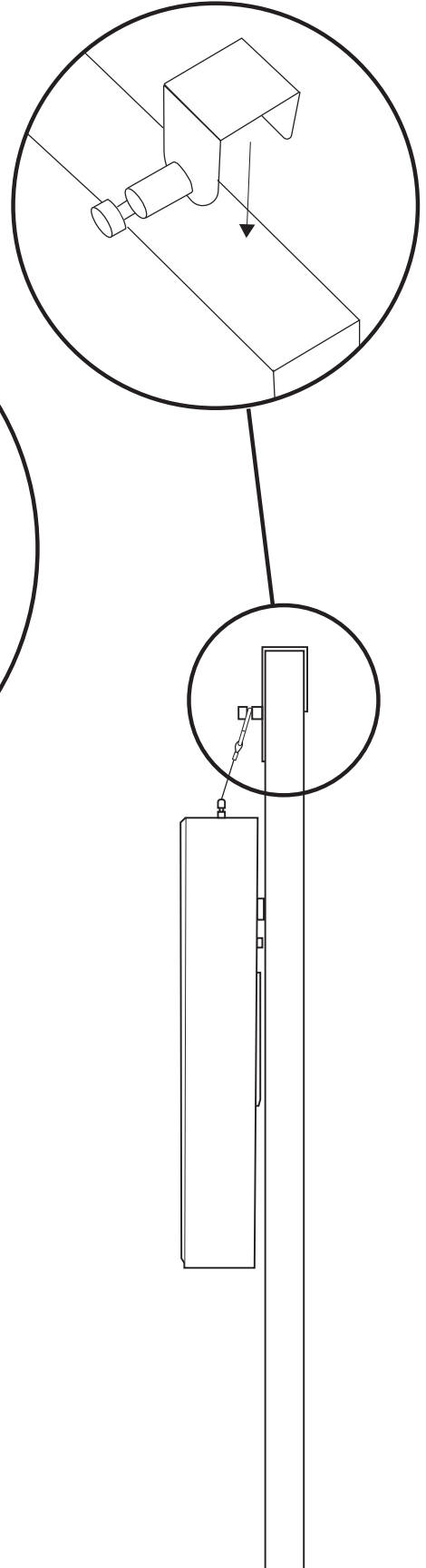
B.



C.



D.



HOW TO USE

1. Connect the power cord to the body of the light fixture and plug it into a wall socket. Make sure you leave some space around the device. If you are using two or more RED M Pro devices (1b), also connect the devices to each other as shown in the image.
 2. Switch on the device using the power button behind the light fixture. When using more than one device (2b), switch on both buttons. Place the device 15–30 cm away from the exposed area you want to treat with light therapy.
 3. Choose the light therapy you want using the M button: R (red light), I (near infrared).
 4. Choose the time you want using the T button. The recommended treatment time is c. 2–10 min per treated area. A longer treatment time does not add to the effect, but may neutralize any benefits you have gained.
 5. Start the light therapy by touching the OK button. If you want, you can close your eyes or wear protective glasses during light therapy.
- A–B. Place the red light device in an appropriate position for treatment. You can use a table or a chair to help.
- C–D. If you want, you can use the cable to hang the device either from the ceiling or above the door.

It is recommended that red light is used daily, or at least 2–5 times a week. The positive effects of red light therapy may not be seen until after 8–12 weeks of continuous use. The use of red light is permitted only in dry areas, and it should not be used, for example in the bathroom, the sauna or other wet areas.

GENERAL INFORMATION ABOUT RED LIGHT THERAPY

Red light therapy involves red light (600–700 nm), which is one of the wavelengths of sunlight and near infrared (850 nm), which is invisible to the naked eye. Red light therapy is based on the effect of light applied locally to the tissue. Light therapy activates cells and enhances their regeneration (photobiomodulation).

The wavelength affects how deeply the light reaches the tissues. Most light wavelengths, such as ultraviolet and blue, do not extend beyond the skin's surface layers or are absorbed in them completely. Red light and near-infrared light penetrate more deeply than the surface of the skin, thus reaching the cell mitochondria, which are responsible for cellular respiration. Cellular energy production (ATP) is activated as the cells receive more nutrition and the body functions more efficiently.

Red light has an effect on the surface layers of the skin and near infrared has an effect deeper than the surface layer, for example on the muscles and joints.

Clinical studies have found no undesirable side effects of red light therapy or overdoses of it. Red light therapy, which does not use dangerous UV rays or excess heat, has been proven a safe treatment option.

CLINICALLY PROVEN BENEFITS OF RED LIGHT THERAPY

BEAUTY

- Skin condition
- Acne
- Scar healing

Studies have shown that light therapy reduces inflammation by increasing blood flow to damaged tissues. The red light's boosting effect on cellular energy production helps the skin regenerate faster.

- Collagen production

Collagen (a protein found in bone, cartilage, tendons, skin, and organs) production requires a large amount of ATP energy from the body, and red light enhances cellular energy production (ATP) in the mitochondria. Studies have shown that test subjects receiving red light and infrared therapy had higher levels of collagen and their skin looked cleaner and healthier.

- Hair growth

Several studies have investigated the effect of red light therapy on hair. The therapy has been proven to increase hair thickness, stimulate hair growth and prevent hair loss in both men and women.

TREATMENT OF PAIN CONDITIONS

- Joint and muscle pain
- Pain associated with tendon disorder
- Lower back pain

Numerous clinical studies have shown that treatment with red light relieves pain and reduces inflammation. Increased ATP cellular energy production helps tissues regenerate and heal faster.

SPORT

- Improved muscle performance during exercise
- Faster recovery after exercise

Red light therapy has been demonstrated to have a positive effect on exercise performance. Used before sport, red light increases energy levels and endurance, so you get more out of your workout. Red light therapy treatment after workout helps the muscle recovery process and speeds it up by increasing blood flow to the tissues.

SCIENTIFIC BASIS

Thousands of studies have been conducted on red-light and near-infrared therapy. The effects have been tested on both animals and humans. There are tremendous examples in the scientific literature of how red light or near infrared has protected cells and enhanced their metabolism with no negative effects. You can find more information about the research on our website (www.innolux.fi).

MAINTENANCE AND WARRANTY

Keep the device free of dust and dirt. Wipe the device with a dry cloth (note: make sure the device is unplugged and that it has cooled down). Do not allow water to enter the device.

Important:

- Do not allow children to play with the device.
- Do not use abrasive or corrosive substances.
- Do not use the device on heated surfaces, in sauna rooms or near other devices that emit heat.
- Do not use the device in damp areas or near water.
- Do not use a damaged device.
- Do not attempt to repair a damaged device yourself.

LED light sources are not replaceable.

The entire luminaire must be replaced when light sources reach the end of their service life.

Warranty 2 years.

FREQUENTLY ASKED QUESTIONS

HOW LONG SHOULD I USE THE DEVICE?

The recommended application time is about 2–10 min. per treatment area per session. A greater distance between the device and the treatment area (approx. 30–50 cm) and shorter application time (approx. 4 min.) is enough for skin improvement. If you want a deeper effect, you can be closer to the device (approx. 10–15 cm) and extend the treatment time (to approx. 10 min.).

CAN I USE THE DEVICE WITH CLOTHES ON?

Light therapy should be applied to bare skin.

DO I NEED TO WEAR EYE PROTECTION DURING RED LIGHT THERAPY?

No negative effects on eyesight have been observed with red light therapy. If light therapy feels uncomfortable with your eyes open, you can use eye protection or keep your eyes closed.

CONTACT INFORMATION

If you have any questions about new Innolux red light equipment, please contact our Customer Service by email or phone. We will be happy to help you!

+358 9 4272 0637
asiakaspalvelu@innolux.fi

INNOLUX

Innojok Oy
Sirrikuja 3 L
00940 Helsinki
Finland
+358 9 4272 0637
www.innolux.fi

