



**GEN 3**  
S E R I E S

READY TO ROUGE?

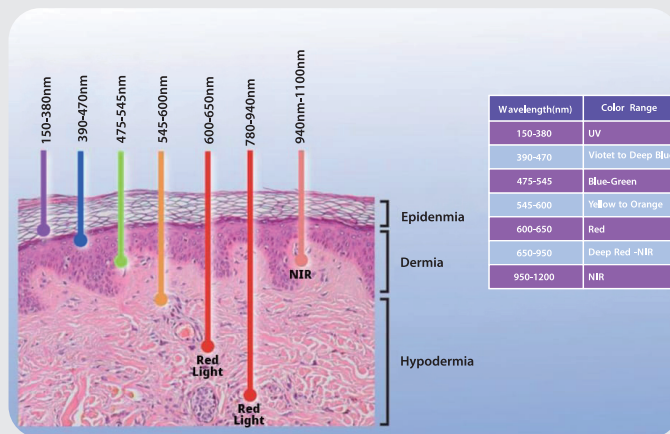
# RED LIGHT THERAPY OVERVIEW

## What is Red Light Therapy?

Red Light Therapy is the treatment of human tissue with specific red and near infrared wavelengths of light at certain concentrations to induce therapeutic benefits.

## The Benefits of Red Light

Perceived by the human eye as a bright red light, therapeutic red light falls in the range of 600-700nm. These wavelengths are active on the surface of the body and often used to treat wrinkles, sun damage, scars, persistent wounds, acne - and to promote a healthy, youthful appearance.



## The Benefits of Near-Infrared Light

Near-infrared light (NIR) can be found along the 700nm - 1100nm range of the spectrum. This light is almost invisible to the naked eye and penetrates deeper into the tissues to assist with wound healing, muscle recovery, nerve injury and joint pain.

## Red Light Boosts Cellular Energy Production

Red light therapy (including NIR light) is thought to have numerous mechanisms of action in our cells, most notably in the mitochondria where photoreceptors called cytochrome c oxidase absorb the photons from the red light. This is thought to initiate the decoupling of inhibitory nitric oxide from this enzyme stimulating ATP

production as well as a host of other beneficial biological processes.

ATP is known as the “energy currency” of all living cells, and thereby promoting its increase through red and NIR light exposure is a significant benefit, as it plays a central role in muscle contraction, nerve impulse propagation, and biochemical synthesis. When our cells are more energized, they perform better and in turn we feel better as well!

The benefits don't stop there; after exposure to red and near infrared wavelengths, Nitric Oxide (NO) - the body's natural vasodilator which widens blood vessels and capillaries; is triggered and released. After up to 20 minutes of light therapy, blood flow is increased to nerves and other tissues, and this boost lasts for several hours circulating anti-inflammatory and restorative proteins throughout the body.

The majority of studies researching the benefits of red light therapy have used wavelengths in the ranges of 630-680nm and 800-880nm.



RED LIGHT PANELS

# TABLETOP

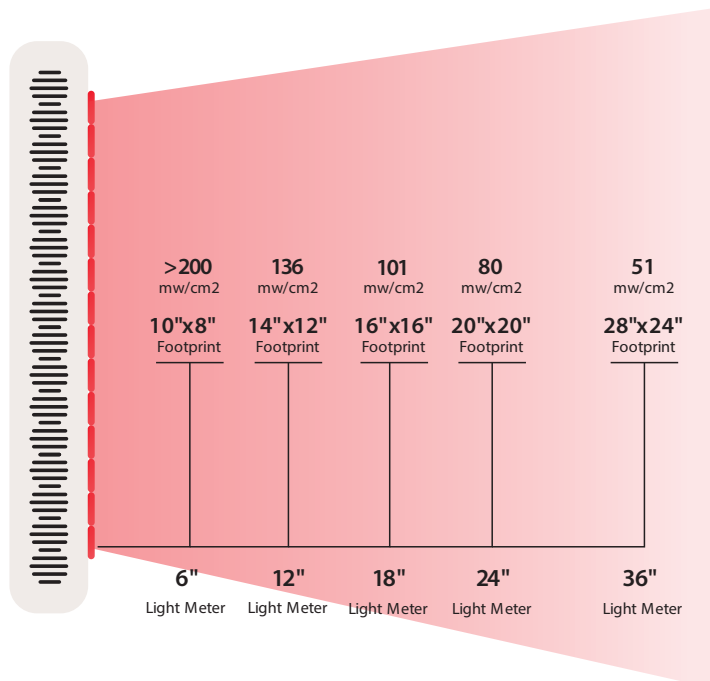
GENERATION 3



## DETAILS

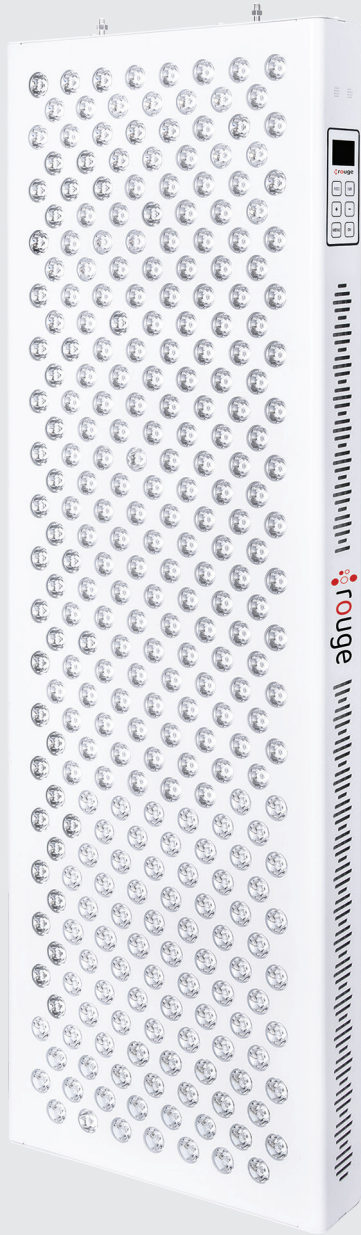
LED Power	300W
Wavelengths	RED 660nm & NIR 850nm / Customize
Amps @110v	0.95A
Amps @220v	0.49A
Dimensions	10.6" x 9.1" x 2.6"
Power Consumption	103W
LEDs	60 x 5W
Beam Angle	RED 60 Degrees & NIR 30 Degrees
Cooling Fans	1
Weight	3.5KG/7.7 Lbs
LED Lifespan	100,000 Hrs
EMF Emission	- Negligible
Warranty	3 Years
Best For	Targeted Treatment
Max Area	28" x 24"

## IRRADIANCE



# PRO

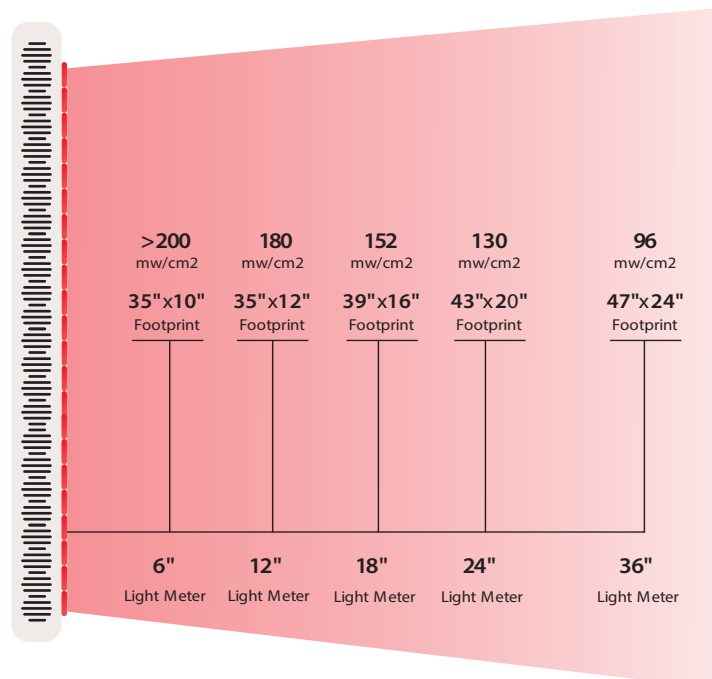
GENERATION 3



## DETAILS

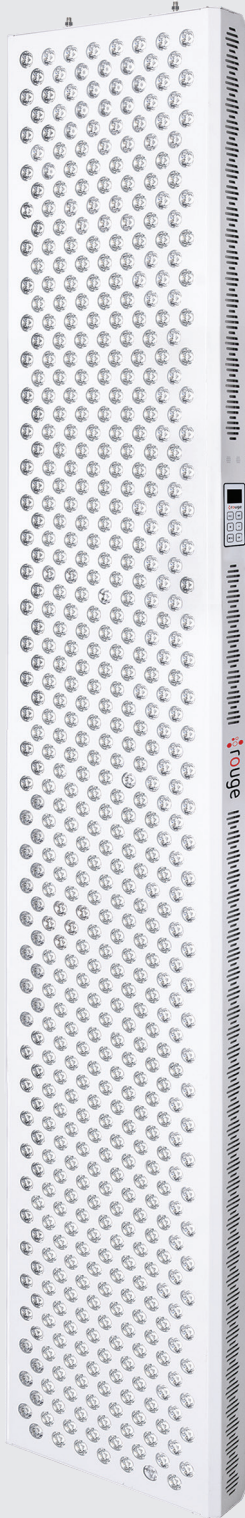
LED Power	1500W
Wavelengths	RED 660nm & NIR 850nm / Customize
Amps @110v	4.86A
Amps @220v	2.25A
Dimensions	35.8" x 11.8" x 2.6"
PowerConsumption	496W
LEDs	300 x 5W
Beam Angle	RED 60 Degrees & NIR 30 Degrees
Cooling Fans	4
Weight	10.8KG/23.8 Lbs
LED Lifespan	100,000 Hrs
EMF Emission	- Negligible
Warranty	3 Years
Best For	Full Body Treatment
Max Area	47" x 24"

## IRRADIANCE



# MAX

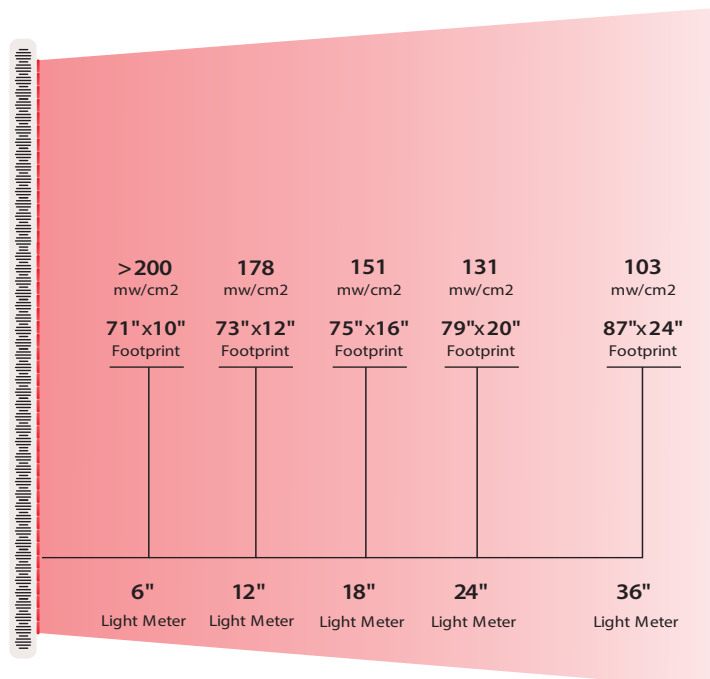
GENERATION 3



## DETAILS

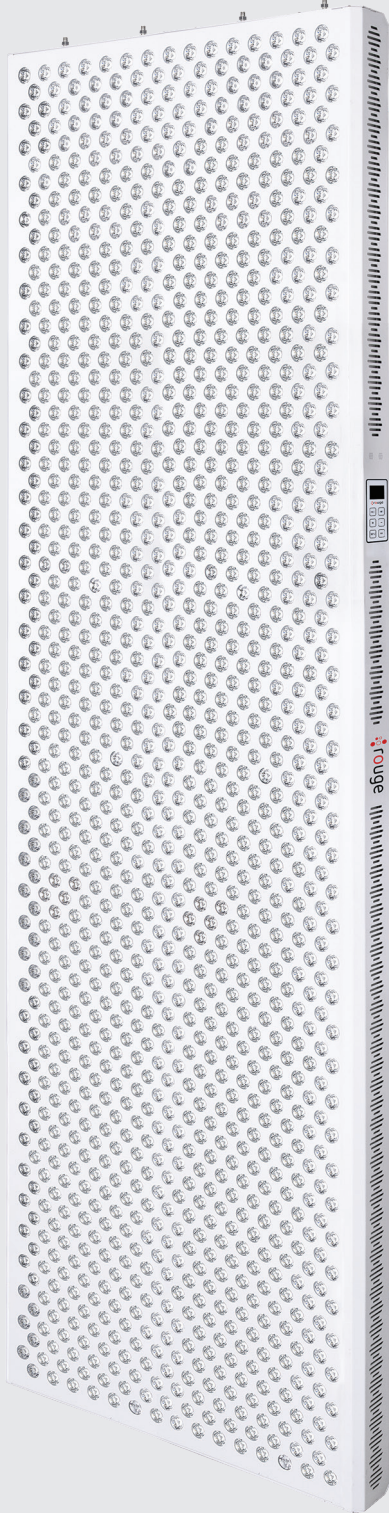
LED Power	3000W
Wavelengths	RED 660nm & NIR 850nm / Customize
Amps @110v	9.3A
Amps @220v	4.5A
Dimensions	70.9" x 11.8" x 2.6"
PowerConsumption	992W
LEDs	600 x 5W
Beam Angle	RED 60 Degrees & NIR 30 Degrees
Cooling Fans	8
Weight	21.6KG/47.6 Lbs
LED Lifespan	100,000 Hrs
EMF Emission	- Negligible
Warranty	3 Years
Best For	Full Body Treatment
Max Area	87" x 24"

## IRRADIANCE



# ULTIMATE

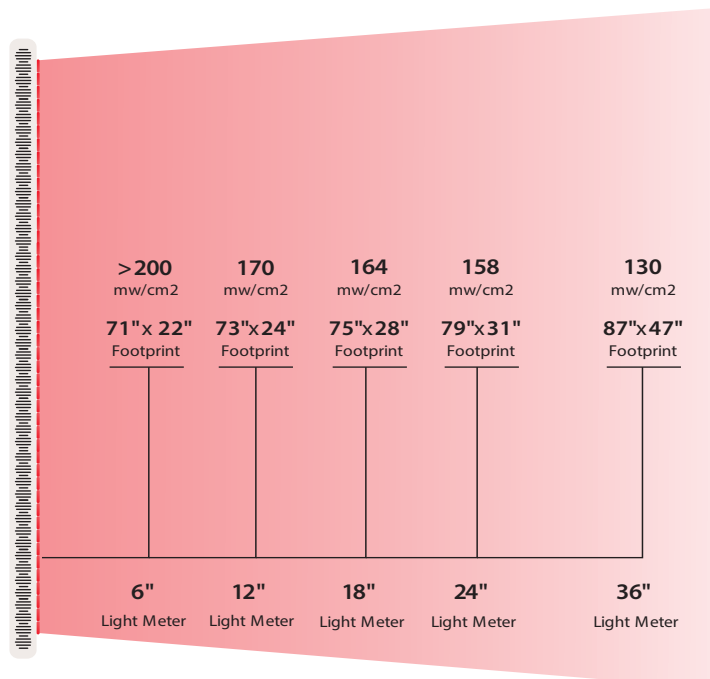
GENERATION 3



## DETAILS

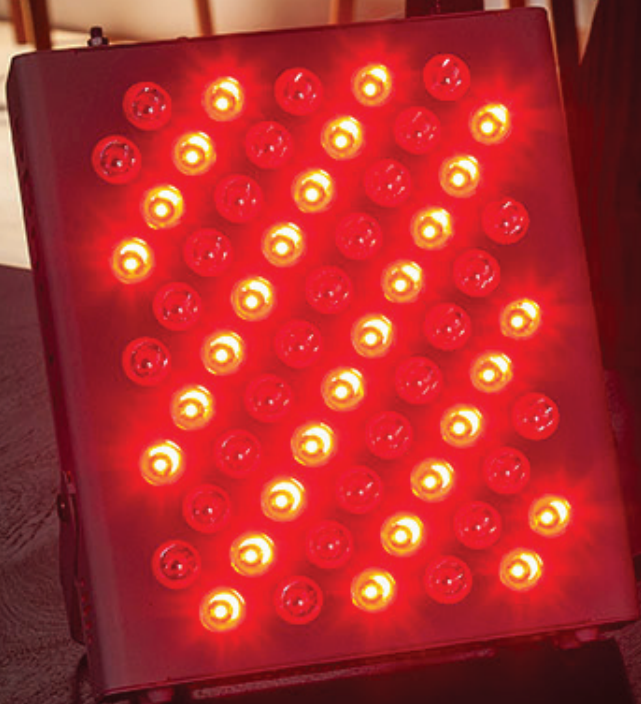
LED Power	6000W
Wavelengths	RED 660nm & NIR 850nm / Customize
Amps @110v	20A
Amps @220v	8.7A
Dimensions	70.9" x 23.6" x 2.6"
PowerConsumption	2000W
LEDs	1200 x 5W
Beam Angle	RED 60 Degrees & NIR 30 Degrees
Cooling Fans	14
Weight	41KG/90.4 Lbs
LED Lifespan	100,000 Hrs
EMF Emission	- Negligible
Warranty	3 Years
Best For	Full Body Treatment
Max Area	87" x 47"

## IRRADIANCE

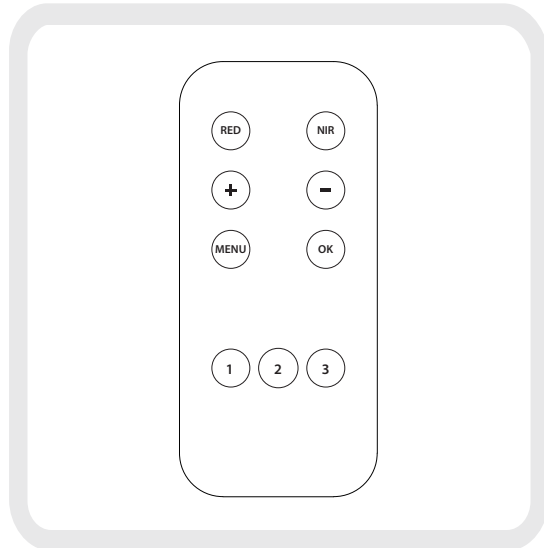
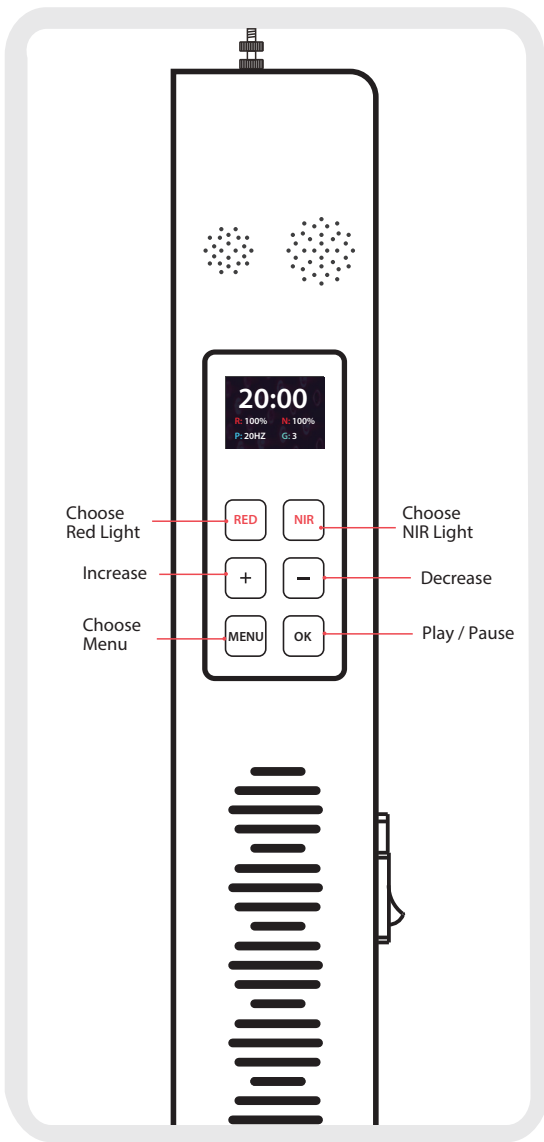


# SETUP AND USAGE INSTRUCTIONS

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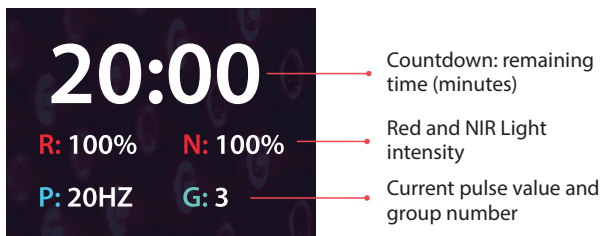
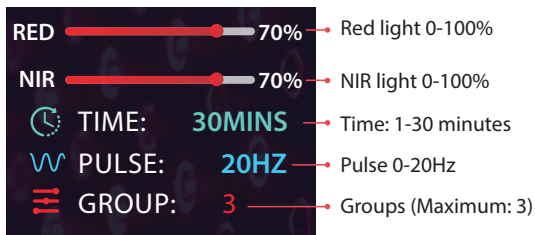






## SETTING UP YOUR GEN 3 SERIES LIGHT

- RED** Choose Red Light
- NIR** Choose NIR Light
- +** Increase time, brightness percentage, group number, pulse value
- Decrease time, brightness percentage, group number, pulse value
- MENU** Cyclically, you can switch time, group, pulse
- OK** Press the **OK** button once, start your treatment session. You can pause/resume the treatment at any time by pressing the **OK** button.



Remember that near infrared LEDs emit light that is NOT visible to the naked eye.

- 1 Press **1**, then press other buttons to set the brightness, time, pulse, all lights in Group 1 will follow the settings and work at the same time.
- 2 Press **2**, then press other buttons to set the brightness, time, pulse, all lights in Group 2 will follow the settings and work at the same time.
- 3 Press **3**, then press other buttons to set the brightness, time, pulse, all lights in Group 3 will follow the settings and work at the same time.

Note: Please set the light in Group 1 or 2 or 3 first.



## ACCESSORIES

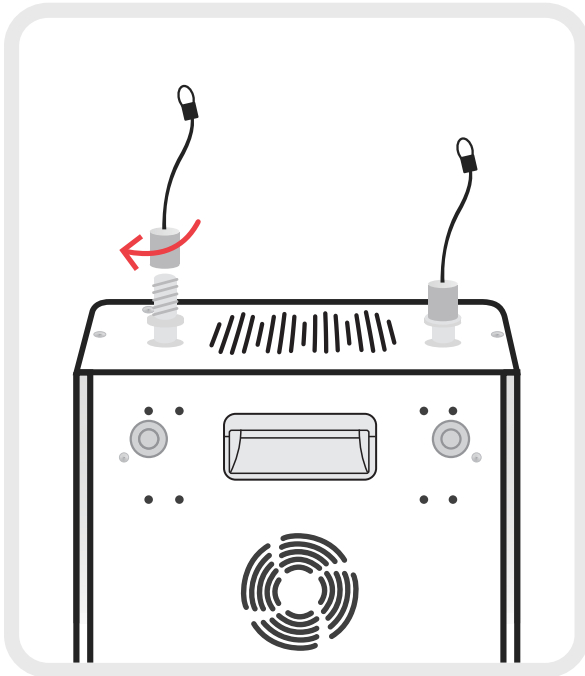
1. LED Therapy Light
3. Door Hook
5. Hanging Hardware
7. Patch Cable

2. Eye Protection
4. Remote Control
6. Power Cable
8. Cable Assembly & Snap Links

## TABLETOP AND PRO: INSTALLATION INSTRUCTIONS

### STEP 1

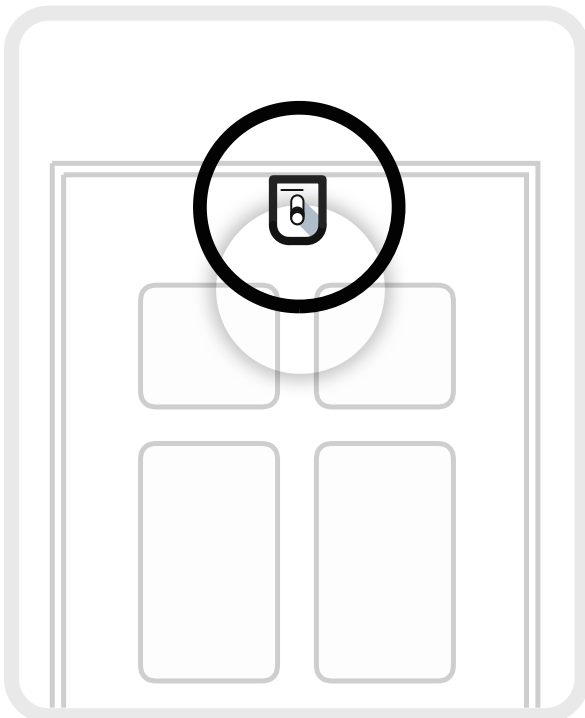
Lay all of the included hardware, including your Panel, on a padded surface. Next, screw in the threaded posts to the top of the device and hand-tighten with the included Allen wrench. Then, screw the cable supports to the threaded posts, as shown in PIC 1.



PIC 1

### STEP 2

Hang the included custom hook on any standard-sized door, as shown in PIC 2.

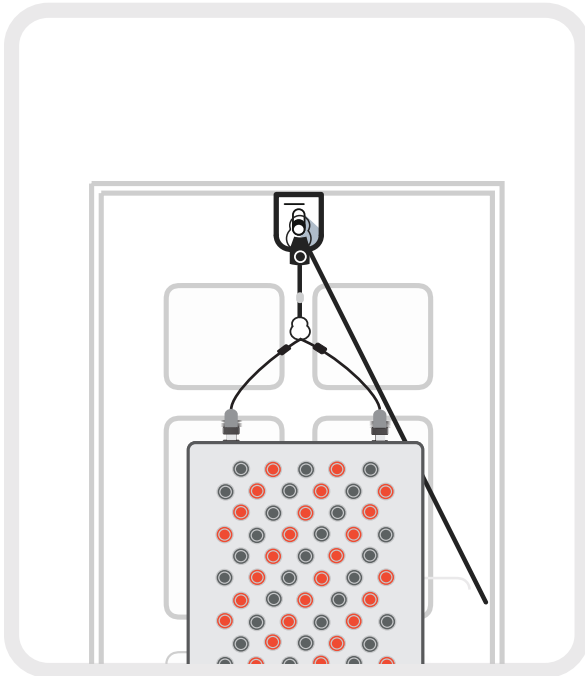


PIC 2

## TABLETOP AND PRO: INSTALLATION INSTRUCTIONS

### STEP 3

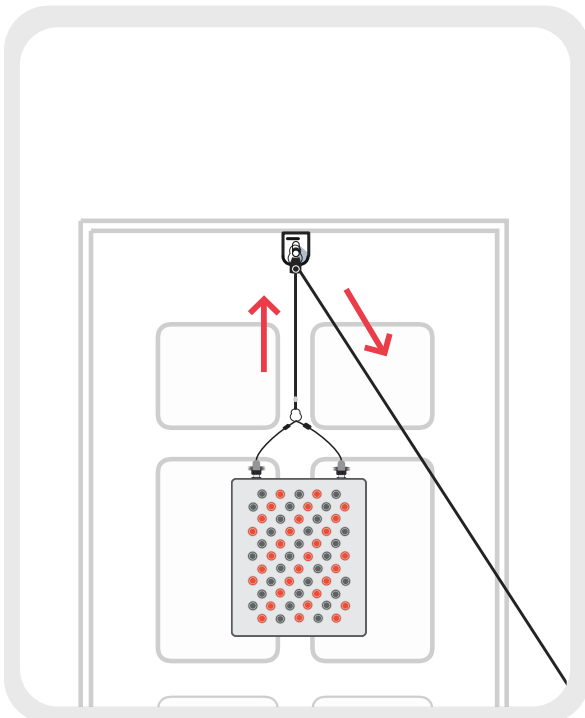
Connect the cable supports to the snap link attached to the height-adjusting system. Then, connect the snap link on the opposite end directly to the door hook, as shown in PIC 3.



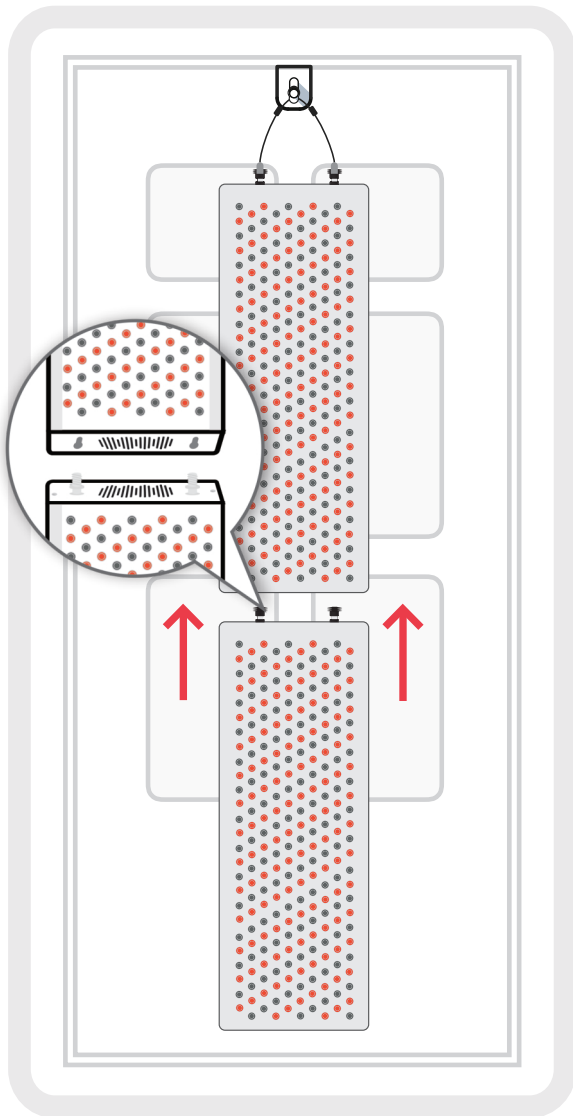
PIC 3

### STEP 4

To raise your Panel to your desired height, pull down on the loose cable while supporting the device with your opposite hand, as shown in PIC 4.



PIC 4



## CONNECTING MULTIPLE GEN 3 SERIES LIGHT UNITS

### STEP 1

To connect the lower Rouge panel LED, lift it into position below the lead device that is already in place. Line up the threaded posts with the holes in the end caps of the upper device. Then, slide the lower threaded posts into the holes, and slide forward to lock in place.

## NEW FEATURES

**Dimming:** This feature offers the option to fine-tune the intensity of your red light or NIR light simultaneously or independently, for individualized or specific dosing protocols.

**Pulsing:** This feature is popular among athletes and those looking to achieve synergy with certain frequencies. The NIR wavelength can be pulsed from 1-20 Hertz.

**Modular Grouping:** This allows for the wireless pairing of two or more panels in individual groups so that remote control operations can correspond to the correct set of panels in the same building or area.

## **ROUGE RED LIGHT THERAPY DOSAGE GUIDELINES**

- We recommend starting slow with shorter sessions at a greater distance.
- Be conservative on initial dosage when working on more sensitive areas.
- Adding up all the areas you will treat, do not exceed 120 joules of exposure per session, which is approximately 15-20 minutes of total exposure at close range.
- These guidelines are valid for all Rouge red light therapy products.

### **Frequency**

Minimum of 3 times per week, ideally once daily. If more than once per day is required, sessions should be at least 6 hours apart.

### **Distance From light:**

The closer you are, the shorter your session will be and you will cover a smaller surface area. If you stand further away, you will be able to cover a larger area but more time will be required. Remember that we need to give the treatment area a certain amount of energy, as we move away from the light the energy available to your body diminishes rapidly.

### **For Skin Issues**

Skin requires 3 to 15 joules of red light (660nm) per session which you can achieve by following these guidelines:

- 6" (15 cm) from the light for 30 seconds to 2.5 minutes
- 12" (30 cm) from the light for 1 minute to 3.5 minutes
- 18" (45 cm) from the light for 1.5 minutes to 5 minutes
- 24" (60 cm) from the light for 2 minutes to 7 minutes
- 36" (90 cm) from the light for 3 minutes to 14 minutes

Note: If you are using red light for anti-aging or general skin health purposes, then you should stand between 12 and 36 inches from the light. For more specific therapeutic or

medical uses like treating wounds, scars, sores or other skin disorders or to stimulate hair growth then you should stand closer, between 6 and 12 inches for maximum effectiveness.

### **For Deeper Issues:**

For treating deeper issues, like muscle, brain, bones, tendons, glands, fat, joints, fat, etc., we need between 10 and 40 joules of near infrared light (850nm). In this case we will always want to be close to the light. Here are guidelines to follow:

- 6" (15 cm) from the light for 2 minutes to 7 minutes
- 12" (30 cm) from the light for 5 minutes to 10 minutes

## **WARRANTY**

### **Warranty Clauses**

1. Rouge Red Light Therapy devices are warranted against defects in materials and workmanship for a period of THREE (3) YEARS from the purchase date.
2. Free replacements are warranted for a period of SIX (6) MONTHS.
3. Warranty does not cover the following damage(s): Modified product, improper installation or use, improper cleaning, electrical surges, or damage caused by direct exposure to natural elements like water or fire for example.
4. Warranty does not cover the loss of third party with direct or indirect damage(s)

### **Cleaning Instructions**

1. Unplug light before cleaning.
2. Do not use cleaning sprays. Wipe with a dry or lightly damp cloth to clean.



**Rouge Red Light Therapy**

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