

# Red Light Therapy Pad User Manual



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## r. Getting Started

Thank you for purchasing Scienlodic RLT Pad!  
Before getting started, please take a look at this user manual to get tips for usage and maintenance.  
This product delivers medical-grade irradiance via red light and infrared light. The 660nm and 850nm (invisible) wavelengths have been proven to be effective in pain relief, wound healing, joint inflammation reduction, etc.





Consistency is the key.  
For the best results, we recommend using 30 minutes per time, 3-4 times per week. If you're new to RLT, please start with a 5-minute treatment, and slowly work up to a 10-minute session for 2 weeks as your body adapts to the therapy.  
The positive effects of light therapy have been well documented in hundreds of clinical studies, so trust that your body is benefiting from every therapy session. Some people might see results within days, but improvements in health issues generally take 8-12 weeks of consistent use.  
If you have any concerns, please consult your trusted healthcare doctor.

## r. What's Included

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1. Red light therapy pad
  2. Power cord
  3. 12V4A DC Adapter
  4. Controller
  5. Velcro Straps
  6. Red Light Therapy Glasses

*\*Accessories are subject to the actual item received.*

## r. How to Use

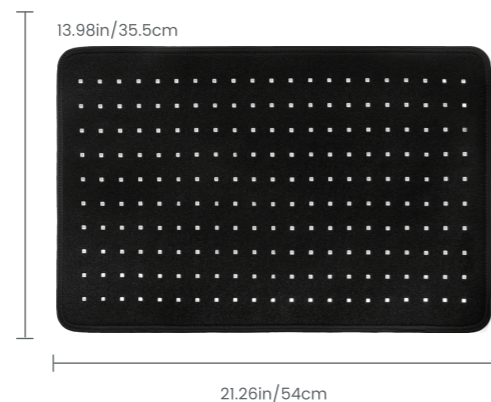
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- Step 1**  
Connect the red light belt to the controller.
  - Step 2**  
Connect the controller to the provided USB-C power cord and charger.
  - Step 3**  
Cover the red light therapy pad on the desired area to be treated.
  - Step 4**  
Press the power button on the controller, and the 'OFF' will change to 'ALL'.  
Select your preferred therapeutic modes, intensity levels, and auto-timer settings based on your treatment needs.

## r. Controller Operation Guide



- ⏻ On/Off button
- M **RLT+NIR Mode: 3 Settings**  
660nm/850nm/ALL: 660+850
- 📊 **5 Brightness Levels**  
L1-L2-L3-L4-L5
- 🕒 **7 Timing Settings**  
5/10/15/20/25/30mins/  
ALL: 60mins  
*\*Default 30-minute auto shutdown.*
- 🌊 **Pluse Mode**  
40HZ  
10HZ  
Breathing  
Constant

## r. Technical Specifications



<b>Model:</b>	RLT-C210
<b>LED Qty:</b>	210
<b>Wavelengths:</b>	660nm, 850nm (invisible)
<b>Weight:</b>	340g
<b>Functions:</b>	5-60mins Timer Settings

## r. Warning

1. Do not use this device on infants.
  2. The device is not waterproof, please keep it away from liquid or essential oils.
  3. Only use the provided power cable.
  4. Consult your doctor prior to use if you are: pregnant; photosensitive; taking drugs known to cause photosensitive; recently injected steroids or use topical steroids.
- To check if you are photosensitive, expose your arm 6 inches from the product for 3 minutes. If redness or discomfort occurs, you may be photosensitive. In this case, please consult a doctor prior to using the device.

## r. Warranty

Scienlodic offers a 60-day full refund and 2-year warranty for this product, which covers parts missing and quality issues.  
The warranty shall not apply to damage caused by other factors, including without limitation:

1. Abnormal wear or tear
2. Abuse, mishandling, or failure to follow operating instructions
3. Exposure to liquid
4. Modification of the product other than by Scienlodic

To obtain warranty service, please reach out to [official@scienlodic.com](mailto:official@scienlodic.com)

## r. Maintenance

Make sure to turn off the device by pressing the power button and unplugging the power adapter. Clean the surface of the device with a dry cloth. Store it in a dry area from moisture, heat, and dust when out of use.

## r. Customer Service

- 😊 **Happy**  
We are honored that you are happy with our product. It will be much appreciated if you could share your new-found experience.
  - 👤 Tell your friends and family about Scienlodic.
  - ★ Share your experience on Amazon.
  - 😞 **Unhappy**  
We are so sorry for the unpleasant experience of this purchase. A full refund or replacement can be offered as long as the unit is under a 2-year warranty. We'll work hard to put a smile back on your face!
- To contact us:  
✉ [official@scienlodic.com](mailto:official@scienlodic.com)  
📍 Select Contact Seller on Amazon on your order page.

Please drop your order ID for a quick response while contacting us.



Join Facebook group to get an extra 1-year warranty



Scan to get 24/7 live support on WhatsApp

[official@scienlodic.com](mailto:official@scienlodic.com)  
[www.scienlodic.com](http://www.scienlodic.com)