



mitoredlight
for business

USER MANUAL

MitoRECHARGE™ Bed



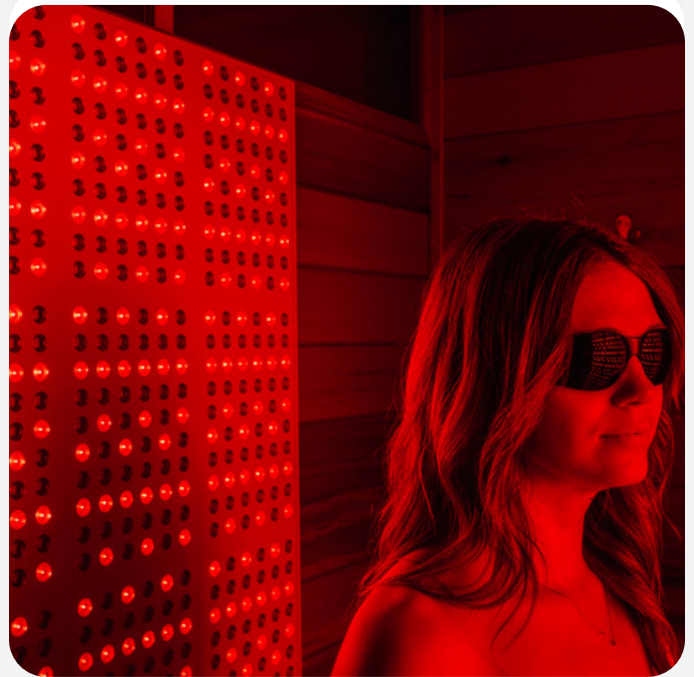
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CONTRAINDICATIONS

CONTRAINDICATIONS FOR RED LIGHT THERAPY

There are no industry-wide accepted contraindications for red light therapy or list of accepted contraindications that is designated or enforced by regulatory agencies. Research in red light therapy is ongoing, and contraindications are derived from existing research and clinical inferences.



POTENTIAL HAZARDS

Heat – Red light therapy will generate thermal energy as light is absorbed. This heat may present a hazard in some conditions.

Light – The electromagnetic radiation used in red light therapy is low in energy, but it may affect tissues that are sensitive to light.

Tissue Stimulation – Red light therapy is intended to stimulate tissues. In some disease states this may be undesirable.

ABSOLUTE CONTRAINDICATIONS

Recent Burns – Recent burns may still contain residual thermal energy that may be increased by heat from red light therapy.

Malignant Cancers – There is a theoretical risk that red light therapy may increase cell proliferation in malignant cancers.

Hyperthyroidism (Neck & Upper Chest) – Red light therapy on the neck and upper chest may increase thyroid activity in those with hyperthyroidism.

Pregnancy (Abdomen) – The effects of red light therapy that reaches a developing fetus are not fully understood and may potentially have a negative effect.

Eye Disease (Eyes) – Red light therapy's effects on various eye conditions is not fully understood and light sensitive cells in the eyes may respond unfavorably to intense red light.



Light Sensitivity – Individuals with rare conditions causing extreme sensitivity to light or who have previously reacted to red light therapy should avoid its use.

RELATIVE CONTRAINDICATIONS

Fever or Infection – There is a theoretical risk that the use of red light therapy can worsen existing hyperthermia caused by fever or infection.

Systemic Lupus Erythematosus (SLE) – SLE can cause skin sensitivity, increasing the risk of a reaction to red light therapy.

Severe Bleeding or Blood Loss – Some research suggests that red light therapy may slow the body's ability to stop bleeding.

Use of Photosensitizing Medications – Medications that increase sensitivity to light may increase risks of sensitivity to red light therapy.

Tattoos – Red light therapy may cause cosmetic defects to body art, especially body art that uses red inks may be prone to fading when exposed to intense red light. The tattoo ink may also cause uneven absorption of red light, causing therapy to be less uniform.

Dark skin pigmentation – The effect of skin pigmentation on red light therapy is still being studied. Those with darker skin tones may find that their skin absorbs more light, making it warmer than those with lighter skin tones would experience. A smaller amount of red light may actually reach deeper tissues, however, this effect is not likely to be large.



Dark hair – Darker colors of hair may absorb more light, causing increased warmth and decreased penetration of red light. This effect is not likely to be large.

Melasma / Hyperpigmentation – Our own product study showed improvement from red and NIR light on hyperpigmentation, particularly when paired with a high antioxidant serum. However, in rare instances users can experience the opposite effect. We suggest starting slowly and using red light only if this is a concern.

A detailed discussion of this can be found in our article: [Red Light Therapy & Hyperpigmentation](#).

Anyone with a contraindication to red light therapy (or any health condition at all) should consult with their physician before using red light therapy.



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.

DO I NEED SAFETY GLASSES WITH THIS LIGHT?

While there is a growing body of scientific research suggesting that modest amounts of red and NIR LED light may benefit certain eye conditions, this bed is very bright! As such, eye protection is provided and should be worn when facing the lights, particularly when NIR mode is active.

WHEN USING, DO NOT STARE DIRECTLY INTO THE LIGHT EMITTING DIODES (LEDs).

Again, the lights are very bright and if you have any eye problems, or any other health conditions at all, please consult with a licensed healthcare professional before using this device.



ARE THE NIR LEDS NOT WORKING?

NIR (Near Infra-red) 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.

WILL LIGHT THERAPY TREATMENTS CAUSE DETOX SYMPTOMS?

It is possible that a Red Light Therapy session can cause some detox related symptoms while your body acclimates. If you experience these types of issues, we recommend stopping use until the symptoms go away. Then start out at 2-3 minutes per session and work up



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.

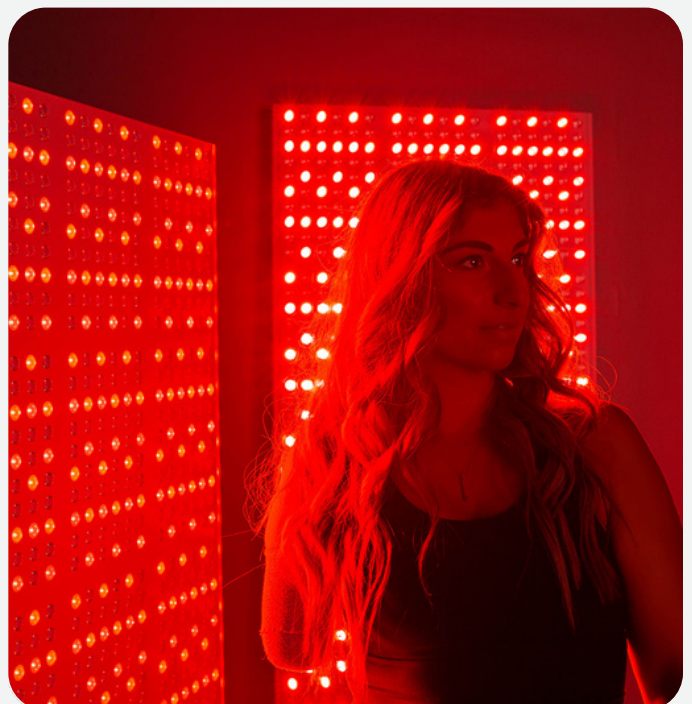
We recommend consulting with your doctor, physician, surgeon, or healthcare professional with any questions about light therapy's effects on specific procedures, conditions, or other health concerns you may have

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.





WHAT IF MY SKIN IS BURNED OR DAMAGED?

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

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.

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

Mito Red Light devices are classified as a general 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.

CAN CHILDREN USE RLT?

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. All treatments with children should be done under adult supervision.

SAFETY INSTRUCTIONS, WARNINGS, AND DISCLAIMER

To preserve the life and functionality of the device, 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 under the age 18 use the device

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.

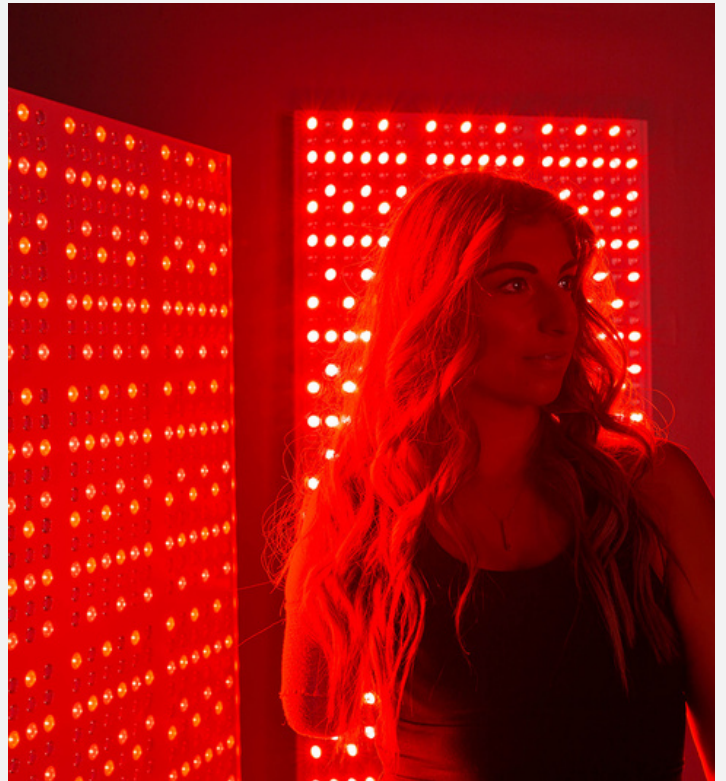
DO NOT use in combination with liniments, salves, ointments, or balms that contain heat producing ingredients. A skin burn could be the result of doing so.

DO NOT modify or attempt to repair this equipment. There are no parts that are serviceable by the user.

This is an electrical device. To avoid electric shock and other electrical dangers, adhere to the following instructions:

Minimize moisture exposure. Avoid spraying ventilation holes and cooling fans when cleaning. Keep operation inside of the recommended temperature range of 20-40 degrees Celsius (68-104 degrees Fahrenheit) and humidity range of 45-75% RH

If your bed 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 pull, or lift the device by its cord. If the cord is damaged, don't use the device.

DO NOT use on or near heated surfaces.

DO NOT operate this device 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 device 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.

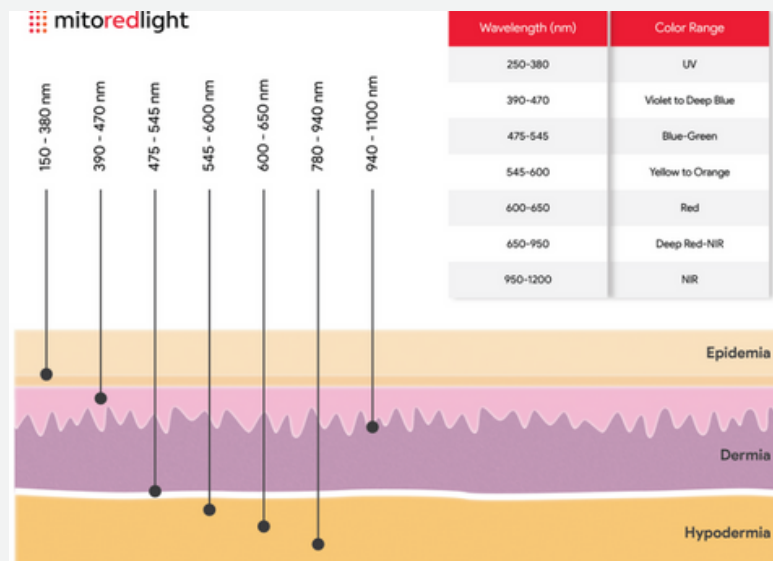
DO NOT unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.

DO NOT cover the cooling fans while operating the device.

LIGHT THERAPY OVERVIEW

The benefits of Red light: Red light between 600–700nm acts on the outer layers of the body, offering benefits for skin health by promoting collagen production and generally rejuvenating the appearance of skin. Other benefits such as improved scalp health, hair growth, and improved sleep have been also extensively studied

The benefits of Near-Infrared light: Near-infrared light (NIR) 700nm – 1100nm. penetrates deeper into the tissues to assist with wound healing, muscle recovery, nerve injury, and joint health, brain health, and inflammation reduction



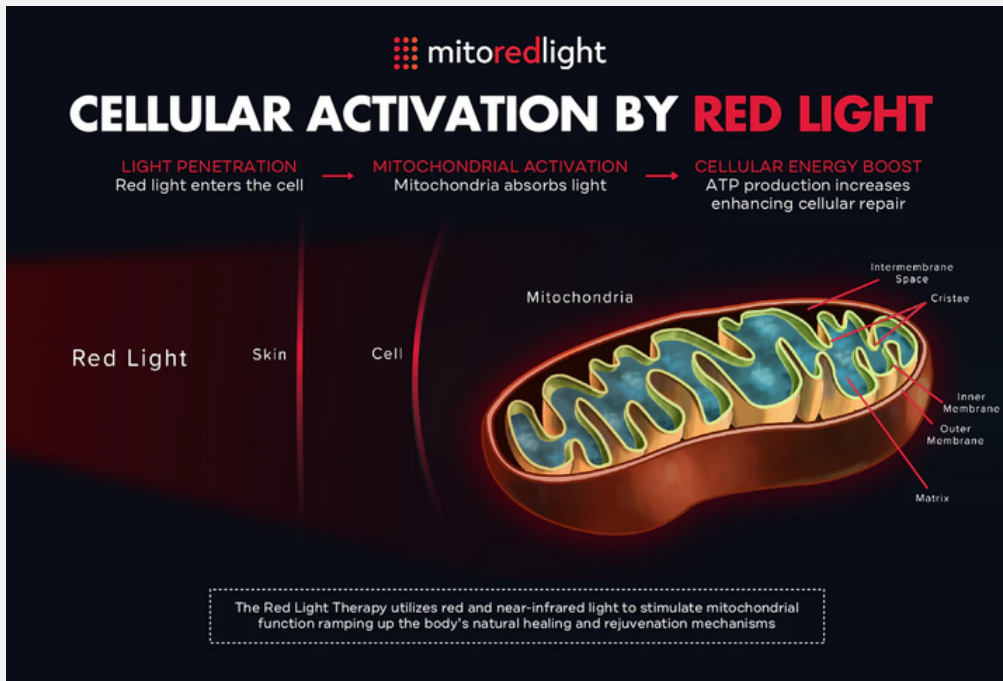
RED LIGHT BOOSTS CELLULAR ENERGY PRODUCTION

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.

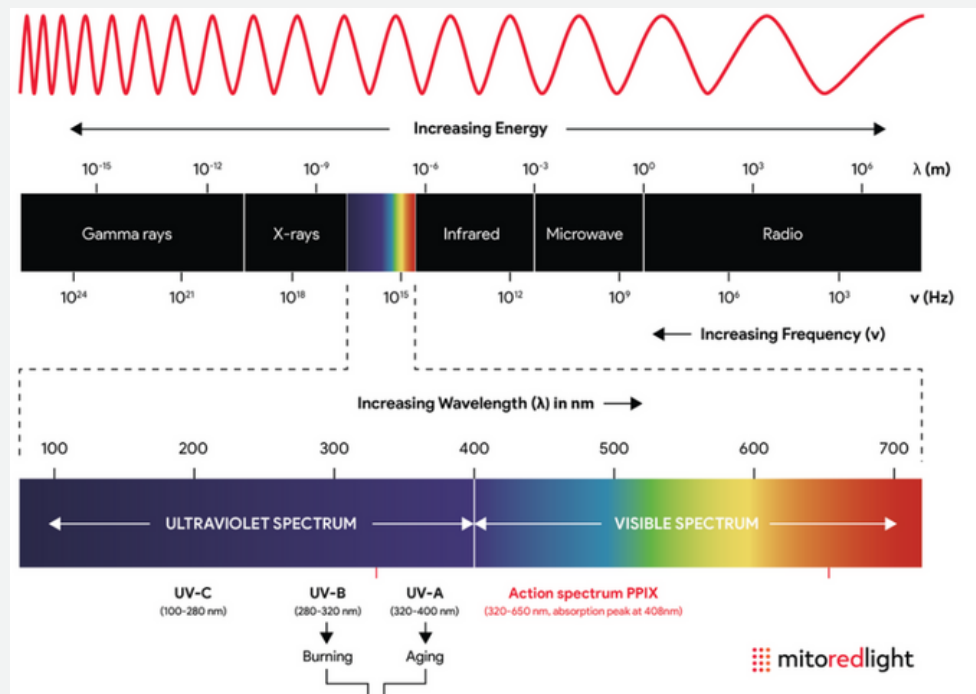
The specific photons found in red and near infrared light interact with a photoreceptor within our cells called

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!

LIGHT THERAPY OVERVIEW



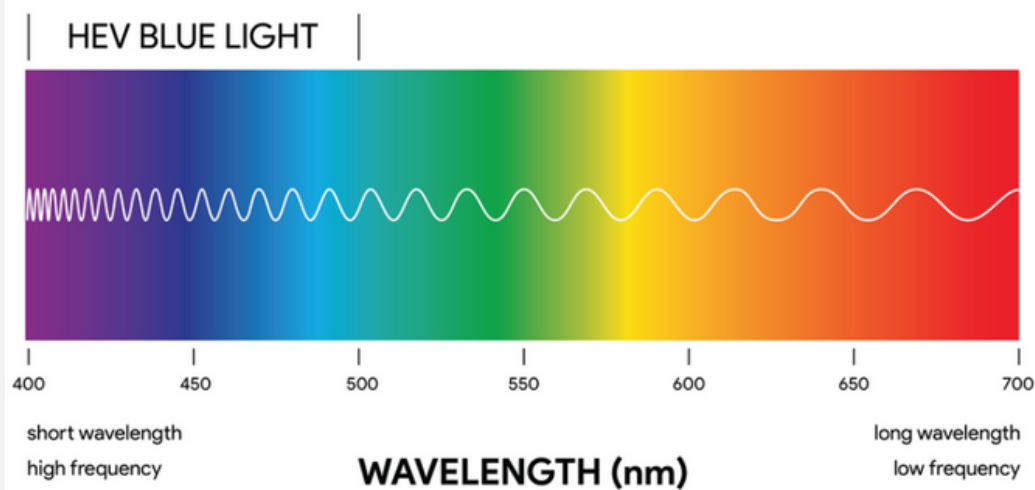
Below is a chart outlining the electromagnetic spectrum:



If you remember high school physics, when you pass white light through a prism it separates out the different colors based on their wavelengths (ROYGBIV). Only a tiny part of this spectrum (roughly 400nm to 700nm) is actually visible to the human eye.

VISIBLE LIGHT SPECTRUM CHART

NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



At the highest end of the visible light spectrum is red light, which goes from a little over 600nm to approximately 700nm. Above the visible light spectrum is near-infrared (NIR) from about 700nm to a little over 1,100nm.

It is specifically these red and near-infrared wavelengths that have amazing effects on our bodies. Most research showing benefits of red light and near-infrared light have used wavelengths in the ranges of 620-680nm and 800-880nm.

There have now been literally thousands of studies done in both animals and humans. Overall, red and near infrared light has been repeatedly shown to have positive effects on cell

function in animal and human studies and aid in improving a wide range of conditions.

It's all about PENETRATION.

Most wavelengths of light (UV, blue, green, yellow, etc.) are unable to penetrate into the body - instead they stay in the layers of the skin.

However, as the picture above shows, red and near-infrared light are able to penetrate deeper into the human body and are able to reach the cells, tissues, blood, nerves, into the bones and even into the brain!

GETTING STARTED

INDICATIONS FOR USE

The MitoRECHARGE™ Bed is a general wellness device and is not intended to cure, treat, or diagnose any medical conditions. Use of this device is designed to help promote overall health and wellness lifestyle by supporting cellular function. This device should only be operated based on the user guidelines, as outlined in this user manual.

FIRST TIME USERS

To slowly acclimate the body to the therapy, we suggest starting with 2-3 minute sessions and slowly work up to a 10-minute session by adding a minute to each or every other session.

This again will help your body adapt. If experience detox-related symptoms and have any concerns regarding the use of red light therapy, we recommend stopping use and consulting with your healthcare provider.

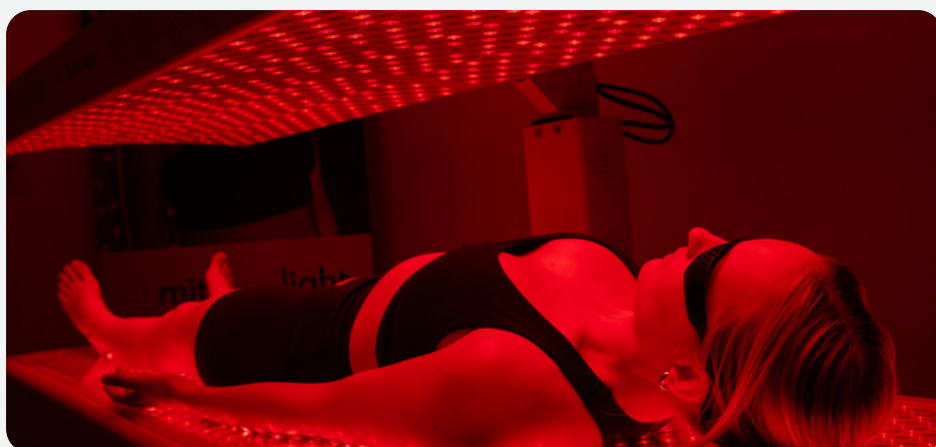
STANDARD USE

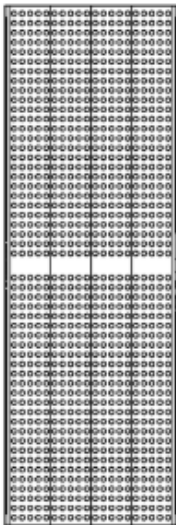
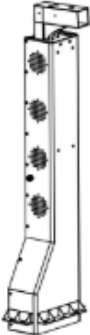
MitoRECHARGE Bed: We recommend 10- minute sessions for full body coverage.

Additional 10-minute sessions within the same day may be beneficial, but the scientific evidence points to diminishing returns beyond a certain point. More is not always better. For this reason, we recommend that you allow at least 6 hours between sessions. We recommend no more than 20 minutes in any one session. We recommend using the device 4-10 times per week.

We recommend taking at least one day off per week.

Because the LEDs are very bright, eye protection should be worn when looking directly towards the light, particularly when NIR is active.



Parts list				
F*1 	M*1 		H*1 	
			K*4 	
G*1 			L*16  M10*16MM	
A*3  M8*65MM	B*10  M8*12MM	C*4  PMW4*8MM	D*1  6*55*135MM	E*1  8*40*155MM

MITORECHARGE Bed

ASSEMBLY: TOP PIECE

Step 1:

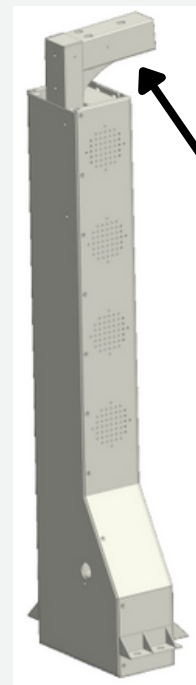
Lay the stand base upside down to get access to the four holes for the caster wheels. Install and hand tighten using the included allen wrench.



1

Step 2:

After the wheels have been installed, turn the stand base back over. Grab your lift assembly shown in image 2 and set it into the slot in the stand base with the neck of the assembly facing forward. (see image 3)



2

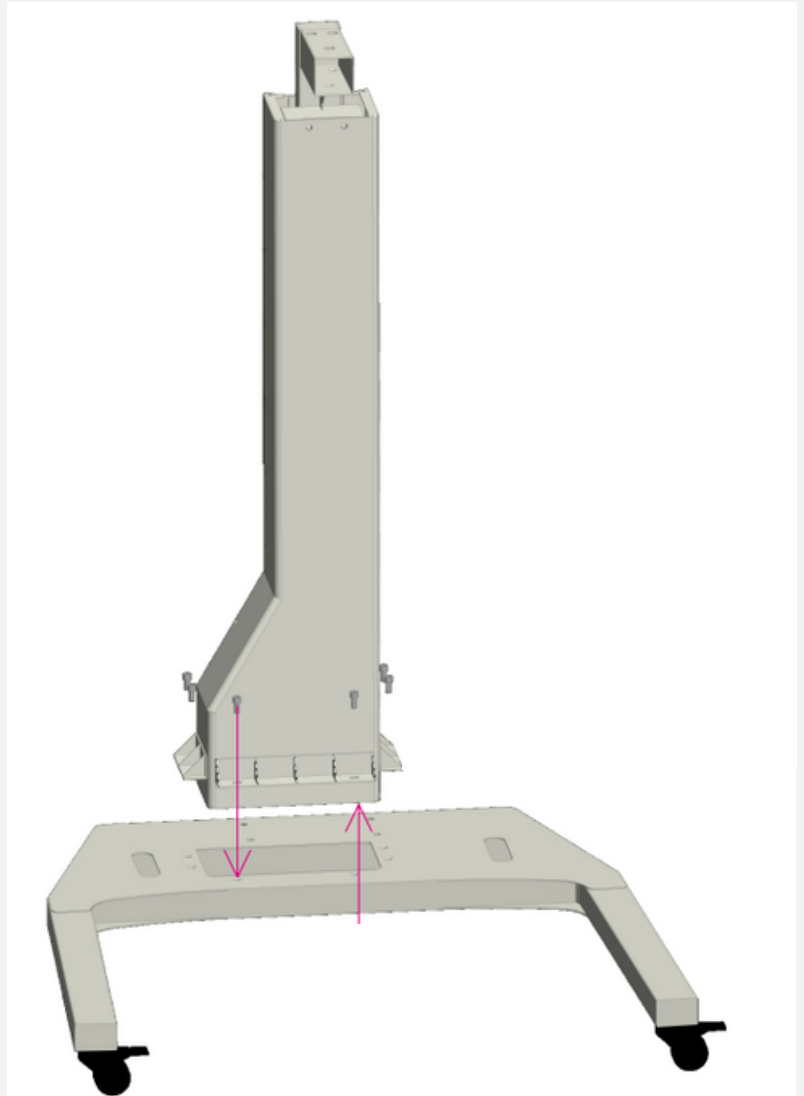
MITORECHARGE Bed

ASSEMBLY: TOP PIECE

Step 3:

Secure the lift assembly to the stand base with 6 of the short allen head screws provided.

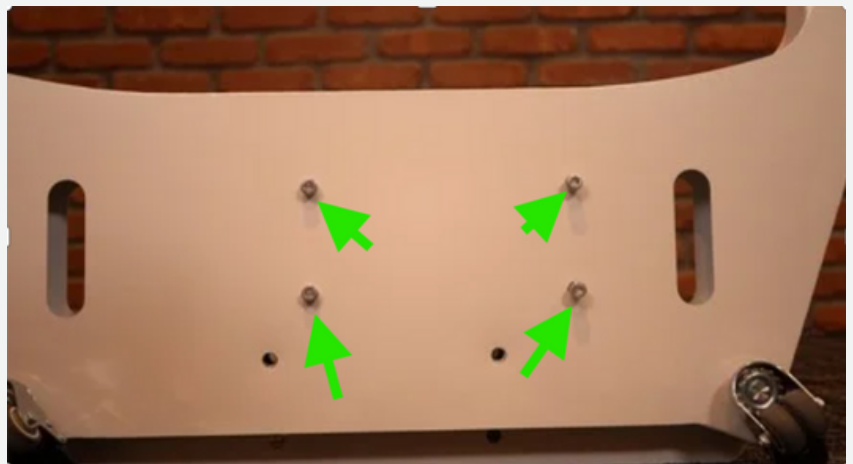
3



Step 4:

Then lay the stand on its back and install four more of the short allen screws in the holes shown below and tighten with included wrench

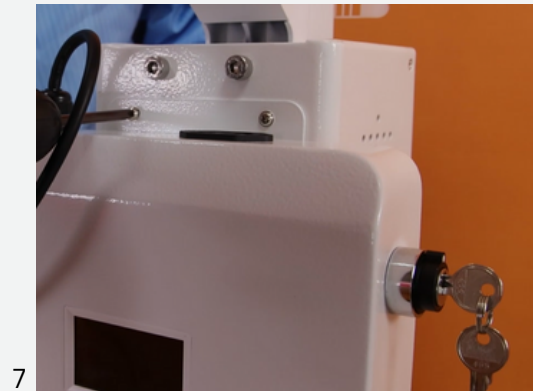
4



MITORECHARGE Bed

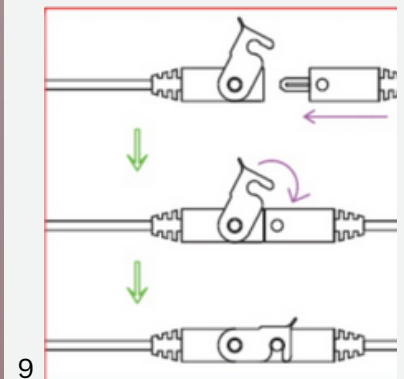
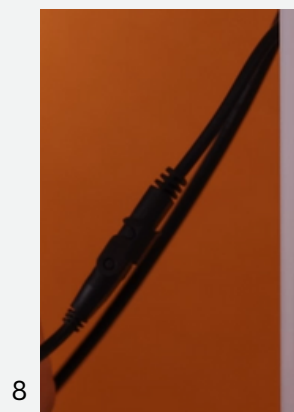
ASSEMBLY: Installing the control box

Step 5: Locate the control box and 4 short Philips head screws. Lift the control box onto the lift assembly as shown and install and tighten using the 4 screws.



Step 6:

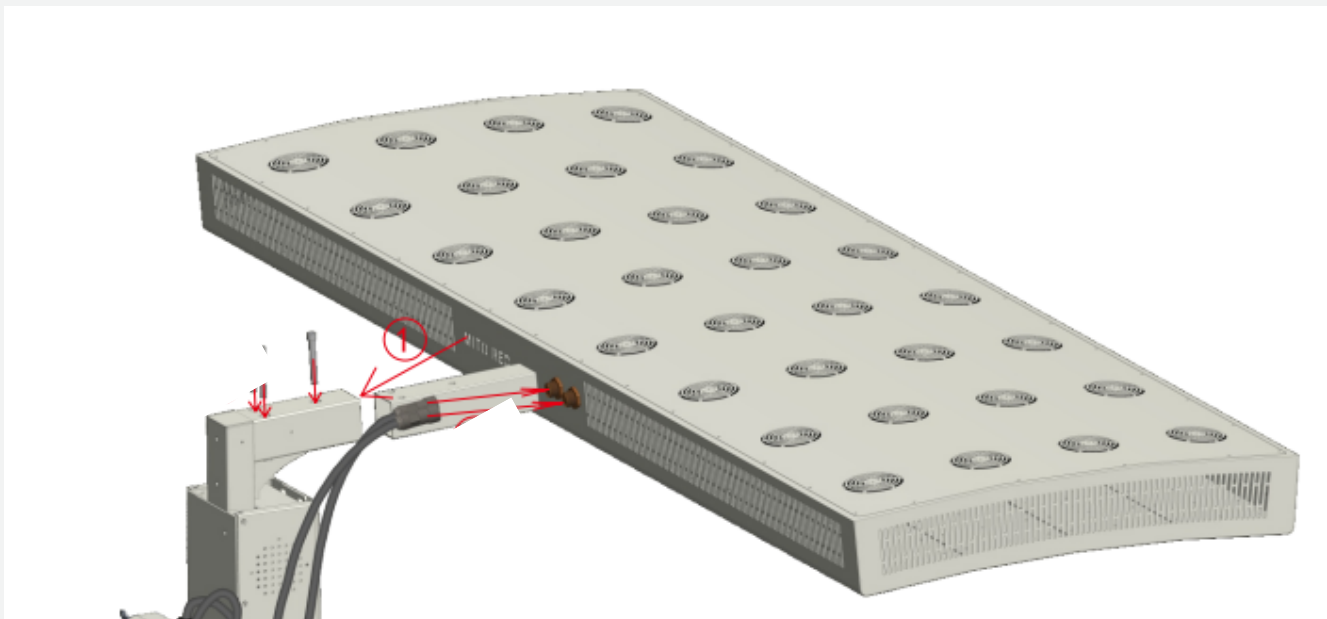
Once mounted, start by connecting the cord coming from the bottom of the control box going to the lift assembly.



MITORECHARGE Bed

ASSEMBLY: TOP PIECE CONTINUED

Step 7: With two people lift the top panel and slide into the square tube of the vertical lift assembly as shown below. Once all three holes on top are aligned, install and tighten the three long Allen head bolts.



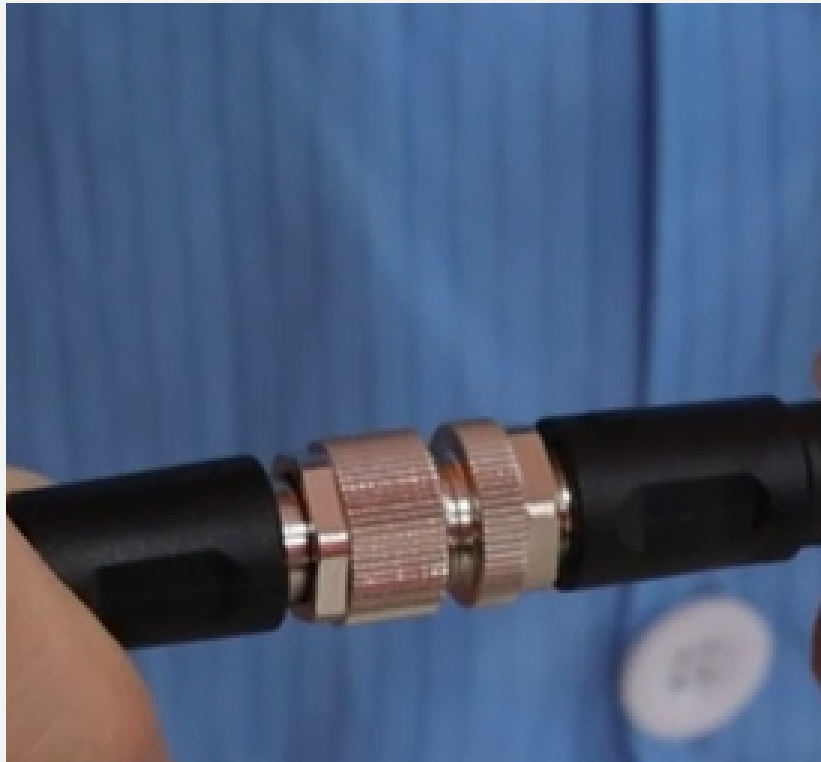
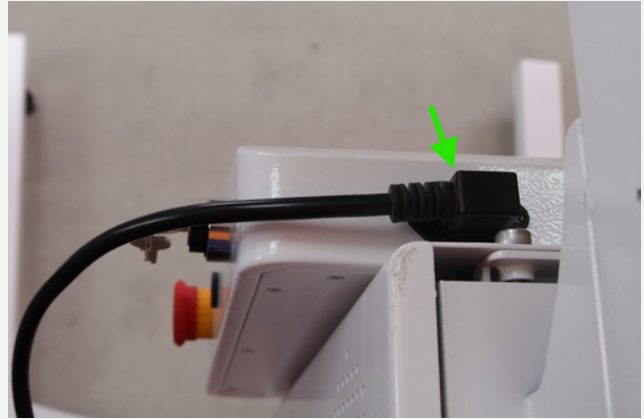
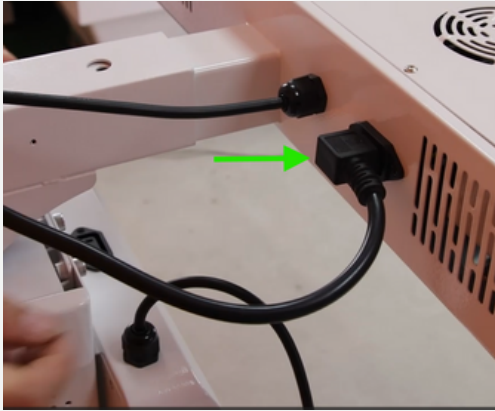
10

Attention!

If using both top and bottom bed pieces, each piece will need to be plugged into outlets on **separate 15 amp** or a single 20 amp circuit due to the amperage draw of each.

MITORECHARGE Bed

ASSEMBLY: TOP PIECE CONTINUED



Step 8:

Locate the two cords coming out of the control box and plug each into the according port on the top panel

NOTE:

Each plug is different so they will only go in one way. Once plugged in screw the locking caps down hand tight and plug your power cord from the wall outlet into the control box.

MITORECHARGE Bed

ASSEMBLY: BOTTOM PIECE

Once your bed arrives, with two people remove the crate and packing materials. Lift the handles and remove the bed from the pallet. Roll the bottom piece into your facility and lock the castor wheels to keep the bed from rolling around. Once secured into place in your home or facility, plug in the power cord and follow the operation instructions on the following page



Attention!

If using both top and bottom bed pieces, each piece will need to be plugged into outlets on **separate 15 amp or one single 20 amp** circuit due to the amperage draw of each.

MITORECHARGE Bed

OPERATION:

Once your bed is plugged in, insert the key and turn clockwise, then rotate the red safety switch clockwise until it releases.

Pressing the settings button will allow you to change the session time, mode, button volume, and screen brightness.

Pressing the brightness button will allow you to adjust the brightness of the bed itself.

If you are using both top/bottom pieces and you would like to change the brightness, mode or time you will need to repeat this process on the other control screen.

If all the other settings look good, press 'Start/Pause' to start and stop your session.



MITO RED LIGHT BED

BED CONTROLS CONTINUED:

The **'up' and 'down'** buttons are used to adjust the height positioning of the top section of the red light bed.

Once you have the top piece in the desired position, you can proceed with starting your session.



MITO **RED** LIGHT BED

Remote Controller:

The **'up' and 'down'** buttons are used to adjust the height positioning of the top section of the red light bed. Press either button once then release. The bed will then travel in that direction until the stop button is pressed or it reaches its travel limit.

Once you have the top piece in the desired position, you can proceed with starting your session.

Pressing the **'set'** button allows you switch between modes Red only, NIR only, and a combination of all four Red and NIR wavelengths at the same time.

The **'Reset'** button will reset the time, and mode to the default setting.

The **'+' and '-'** buttons allow you to increase or decrease the time of the session .

The **'pause' and 'play'** button starts and stops the session.

Once your settings are selected, simply press the play button and enjoy the therapy!



Product Specifications (Bottom Half)

Product Name	MitoRECHARGE™ Bed
Model	MitoRECHARGE (Bottom)
Power Source	120V,60Hz
Consumption	900W
Dimensions(L*W*H)	75" x 27" x 27"
Weight	200lbs
Max Weight Capacity	500lbs
Wavelengths	630nm, 660nm, 810nm, 850nm
Safety and EMC	ANSI/AAMI/ES 60601-1 IEC62471 ISC 60601-1-2
Biocompatibility	ISO 10993-1, ISO 10993-5, ISO10993-10, ISO 10993-23
Operating Enviroment	Temperature: 32-95F (0-35C) Humidity: 30-80%KH Atmospheric pressure: 700hPa-1060hPa
Warranty	4 Years
Irradiance (mW/cm2)	100 @ 0"



Product Specifications (Top Half)

Product Name	MitoRECHARGE™ Bed
Model	MitoRECHARGE (top)
Power Source	120V,60Hz
Consumption	1400W
Dimensions(L*W*H)	76" x 25" x 45"(lowest) 62" (highest)
Weight	220lbs
Wavelengths	630nm, 660nm, 810nm, 850nm
Safety and EMC	ANSI/AAMI/ES 60601-1 IEC62471 ISC 60601-1-2
Biocompatibility	ISO 10993-1, ISO 10993-5, ISO10993-10, ISO 10993-23
Operating Enviroment	Temperature: 32-95F (0-35C) Humidity: 30-80%KH Atmospheric pressure: 700hPa-1060hPa
Warranty	4 Years
Irradiance (mW/cm2)	95 @ 18"



Symbol	Description
	Manufacturer
	Date of manufacture
	The symbol indicates that the product should not be discarded as unsorted waste but must be sent to separate collection facilities for recovery and recycling.
	CONSULT INSTRUCTIONS FOR USE.
	Batch code
	Serial number
	Temperature limit
	Humidity limitation
	Keep dry
	Keep away from sunlight
	Recyclable
	Class I equipment
	Medical device
	MR Unsafe
	Warning Heat Causes burns
	Lamp classification group in IEC 62471:2006

CAUTIONS & DISCLAIMER

CAUTIONS

Mito Red 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. Please see the contraindication listed on pg. 4,5,6

If you experience discomfort or have a concern about the device, stop use immediately and contact your healthcare provider.

DISCLAIMER

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

Mito Red Professional 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.

Maintenance and Cleaning

Cleaning

After use, clean the device.

- Before cleaning your device(s), make sure the device(s) are powered off and power cords are unplugged from any power source.
- Be careful when wiping around vented slot openings, LED openings, and any input or output openings to avoid moisture intrusion.
- To clean your panel, you can use a damp microfiber rag to clean the body of the device.
- Do not spray or apply any moisture to the device directly.
- Note: Do not use chemical cleaning agents such as alcohol to clean the surface of lamp of the device.

Storing

The device is recommended to be stored in its original packaging.

Store in an environment with a temperature of -20~60°C, a humidity of 30-90%RH, and an atmospheric pressure of 700hPa-1060hPa.

Maintaining

To ensure the best service life, please clean the device occasionally to avoid long-term accumulation of dust.

Before cleaning, the panel must be turned off and unplugged. Wipe the panel with a damp cloth.

If you do not plan to use the device for a long time, please unplug the panel from the wall outlet.

Disposal of Electrical and Electronic Equipment Waste (E-waste)

As each city has its own regulations for the disposal of e-waste, please learn about recycling or disposal programs in your local area by searching "E-waste recycling or disposal" online.

Please recycle your device responsibly.



Located in Scottsdale, Arizona, **Mito Red Professional LLC** is an exclusive retailer of Mito Red Light Commercial products.

Having extensively studied and realized the benefits of red light therapy firsthand, Mito Red Light Commercial products were brought into existence in order to provide business with the best quality commercial RLT products.

If you have any further questions, please feel free to contact us at:
sales@mitoredprofessional.com

You can also call our phone number
Monday – Friday 9am – 5pm MST

(833)477-6758

www.mitoredprofessional.com

Mail correspondence can be sent to:
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