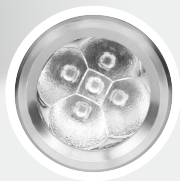



User Manual

Efficient Cells Can Enhance Health



5 Chip 5Wavelength



Local treatment
to enjoy a healthy life

Instruction Manual



Congratulations on taking control of your pain !
Now you can use the LED Red Light Therapy to
provide direct, non-addictive, drug free pain relief.

Efficient Cells Can Enhance Health

Please read the instructional manual to get the
most out of your device.

Uses a combo of red 630nm 660nm and Infrared 710nm 850nm 900nm LEDs which is chosen to give the ideal light intensity for biological effects anywhere on the body.

1. Included With This Package

1 * Red Light Therapy Torch

1 * Carry Bag

2* Rechargeable Battery18650

(Notice: Some Express limits battery shipping, when you receive only 1pc battery with the parcel, please contact us for further checking.)

1 * Battery Charger

1 * USB Cable

1 * Protective glasses

1 * User Manual

2. Benefits

Temporary relief of minor muscle and joints pain , arthritis and muscle spasm, relieving stiffness , promoting relaxation of muscle tissue.

3.Directions

1) Commit to a 3-week Treatment Plan. While many people achieve pain relief from Red Light Therapy almost immediately, others see measurable pain relief incrementally over time. Depending upon injury type severity and different pain pathways involved, people vary in therapy response time.

This is why we recommend committing to a 3-week Treatment Plan. If you see results right away, great, continue treating as needed. However, if you do not feel relief as quickly, know that this is also normal, so try not to get frustrated Simply treat your pain consistently with 3 quick treatments per day with the , For up to 3 minutes each time per treatment spot. After 3 weeks of consistent red light therapy, most people experience a diminishing of their pain.

2) Do not suddenly stop your other treatments upon beginning red light therapy. Although you may not be satisfied with current treatments, they may be having a partial effect on the level of your pain. While continuing with your current treatments, start your red light therapy, giving your red device time to provide optima pain relief. After you have achieved maximum pain relief from your red device, you may then consider 4 slowly weaning yourself off of other medications or treatments. If you plan to reduce or stop a prescription medication, first consult with your physician.

For many people, Works so well that they are able to come off pain pills completely. Others are able to reduce the amount of pain medications they are on, reducing the risk of drug side effects.

Hold the unit over the painful area at a distance anywhere from touching the skin to 1 inch away from the skin , Depending on the depth of treatment desired . The Red light penetrates up to 1 inch into your tissues or joints.

Use the Dosage Chart below to find the best Dosage to treat your injury.
Dosage Chart

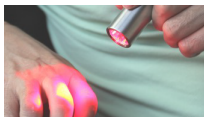
Pain Level	Light Pain	Average pain	Deep pain
DOSAGE	1 DOSE Per treatment spot (1 minute treatment) Once a day	2 DOSES Per treatment spot (2 minutes treatment) Twice or 3x a day	3 DOSES Per treatment spot (3 minutes treatment) 3 times a day

Do not keep the device on for more than 5 minutes at a time. If you want to treat several parts of your body consecutively, turn off the device for at least 1 minute, after every 5 minutes on . This will keep the unit from overheating.

The treatment spot is an area covered by the red light beam.A small joint i.e. knuckle of a finger, should have only one treatment spot, because the light shines over the entire affected joint.



For wrist treatment



For finger treatment



For knee treatment

How to install batteries?

Insert the Battery provided on the battery compartment .

-Positive Pole against the TOP.

-Negative Pole against the BOTTOM.

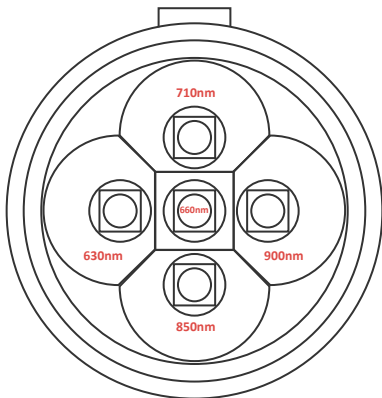
*Please only use 18650 batteries .

*18650 batteries can be charged for 2-3 hours.



4. Product Specification

Product Size	126x30mm	Net Weight	0.2 kg
Material	Stainless Steel	Wavelength	630: 660 nm 710: 850: 900 nm
Irradiance	>250mw/cm ² @surface	Irradiance	3inch:68mw/cm ²
Illuminance	180 lux at 15cm	Battery	18650
Warranty	24-Month	Lifespan	50,000 Hours



Function Instruction

1. Wavelength: 630nm, 660 nm, 710 nm, 850nm, 900nm
2. Timer: 5minutes default
3. Three modes:
 - (a) Mode1(All LEDs working): 630nm, 660 nm, 710 nm, 850nm, 900nm
 - (b) Mode2(Only red working): 630nm, 660 nm;
 - (c) Mode3(Only Near infrared working): 710 nm, 850nm, 900nm;
4. Support pulsing function.
5. Button operation:
 - (a) Press first time: Mode1;
 - (b) Press second time: Mode2;
 - (c) Press third time: Mode3;
 - (d) Press fourth time: Mode1 +10Hz Pulsing;
 - (e) Press fifth time: Mode2 +10Hz Pulsing;
 - (f) Press sixth time: Mode3 +10Hz Pulsing;
 - (g) Press seventh time: off.

Research points to a brief “quench period” that takes place in the cells when NIR light is pulsed. Although it lasts only a few milliseconds, this short pause makes a big difference, allowing cells that are under oxidative stress to respond even better to light. Then it is much better for cells stimulation and recovery with pulsing therapy.

5. Caution

- *Don't use the light around water
- *Don't stare directly at the light use protective glasses while using the device
- *Don't treat near the eyes

6. Equipment Maintenance

Cleaning And Disinfecting:

Use only a soft dry cloth to clean the exterior. Never use an abrasive cleanser or submerge in water or any other liquid. This device cannot be sterilized by any liquid or autoclave method.

Storage: Store the unit in a cool, dry place, away from direct light and extreme heat.

*Warning: Do not allow moisture to come in contact with the case or light of the unit. Do not immerse the unit in water.

*Warning: If unit will not be used for an extended period of time(1 month +) remove the batteries from the unit to avoid their Corrosion.

