

nutrilight

The Red Deer

User Guide



● Light therapy with Nutrilight

Welcome to the future in wellness and wellness! Nutrilight can give your health a boost in a number of different areas. Nutrilight consists of LED lamps that emit red light and light in the near-infrared spectrum. The light's wavelengths and Nutrilight's effect are perfectly matched to give the most and best effects on health without the risk of damage or other negative effects. The form of treatment is called red light therapy, which is abbreviated as RLT. The concept of photobiomodulation is also used in scientific contexts, and research has been conducted since the 1960s.

● Why red light therapy?

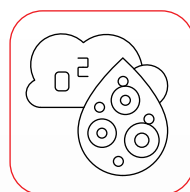
The combination of red light and near-infrared light affects the body in a very potent way, as the red light reaches a small distance into the skin, while the near-infrared light can reach the body deeply. Together, they provide a therapeutic effect that only one type of light cannot do on its own. Nutrilight emits two wavelengths, one with red light and one with near-infrared light. The light from Nutrilight affects so-called photoacceptors inside the body's cells. This leads to a series of beneficial health effects. Currently, there are thousands of scientific studies that show beneficial effects in a number of areas. These are common uses for RLT:



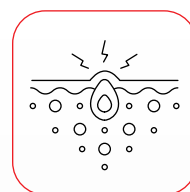
Physical performance



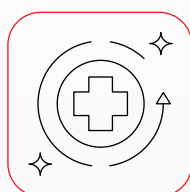
Mental performance



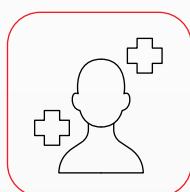
Increased oxygenation of tissues



Reduction of inflammations



Improved recovery After workout



Improved healing of injuries



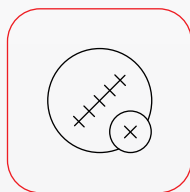
Rehabilitation after surgery



Increased production of collagen and elastin



Reduced pore size in the skin



Pain relief



Improved mitochondrial functions

● How do I use Nutrilight?

It is easy and straightforward to use Nutrilight and there are good basic rules for how you should use the lamp. The optimum is a moment every day if you have not been in direct sunlight and received your dose of RLT naturally. Here is the advice we stand behind for the other days.

- Use the lamp at a distance of 10-20 cm
- Expose the skin for 15 minutes per session
- In case of pain, it can be good to divide the exposure into two sessions, as the treatment has a direct pain-relieving effect for many
- Use the lamp every day and, if time is short, at least every other day
- Nutrilight does not emit harmful radiation and normal use is therefore completely risk-free
- Safety glasses are not necessary to use when using Nutrilight. However, it can be uncomfortable to look directly into the Nutrilight, so closing your eyes or using the supplied eye shields can be good for comfort.
- For the best effect, you should expose as much skin as possible, so the less clothing the better. Dress like a day at the beach!

● Teknisk specifikation

Modell	The Red Deer
Nominal power	1500W
Electricity consumption	0,4 kWh
Dimensions	15 cm (height) x 9 cm (width) x 4 cm (depth)
Weight	10 kg
Wavelengths	660 nm (red light) och 850 nm (near infrared light)
Material	aluminum
Floorstand	available as an accessory



● Frequently asked questions about red light therapy

◦ How does red light therapy work?

RLT works by activating photoreceptors in the body's cells. This leads to a series of effects that are positive for health such as increased ATP production in the mitochondria, activation of the building of tissues such as collagen, stimulation of the immune system, etc.

◦ Is it possible/suitable to run multiple sessions of RLT per day?

Yes it is. It is about the total dosage over the day being sufficient. We recommend about 15 minutes of exposure to your Nutrilight per day. If you are pressed for time, or feel that you get a better effect from dividing the treatment, it will of course go well, and then perhaps two sessions of 10 minutes are appropriate. You choose what feels best for you and your body.

◦ Does it make sense to use RLT in the summer?

Generally speaking, it is the dose of red light and near infrared light that is important, how you then get it is secondary. Staying outside for a few hours on a sunny summer day will do the job without a doubt, but many people spend the sunniest hours of the day indoors. In addition, the sun does not shine all summer and there are many days with gray rain-heavy clouds. It also depends on where on earth you live and how much sunlight you get. In addition, we usually cover large parts of the body with clothes, something you can of course influence a lot yourself. All in all, it can be said that most people feel good about using RLT even in the summer, although the lamp can rest on days when the skin has really had a round of sun.

◦ Can the light from an RLT panel damage my vision?

A human eye perceives light that has a wavelength of 400-700 nm. Nutrilight emits visible red light and invisible infrared light. The light does not harm, but is rather positive for the eye.

◦ Can you look straight into the lamp?

The red and near-infrared light itself has no harmful effect on the eyes, but looking directly into the lamp should be avoided as it is, after all, a very bright light. If you feel discomfort, you can also use safety glasses. It is not dangerous to stay in the same room as a bright lamp, but again you should not look directly into the light if it feels uncomfortable.

◦ Are there any side effects from RLT?

Getting side effects from RLT is very unusual and then it is always about excessive treatment time. Anyone who uses a panel many times over the recommended time may lose some of the health effects. In addition, you may feel a little dizzy and generally unwell for a while after the excessive treatment, much like when you are exposed to too intense sunlight. However, the problems are temporary.

- **Can the lamp also be used at night?**

Yes, RLT provides light of such wavelengths that falling asleep is rather facilitated.

- **Can children use red light therapy?**

Yes, there are no differences between children and adults as far as research has shown.

- **Can you use red light therapy when you are pregnant?**

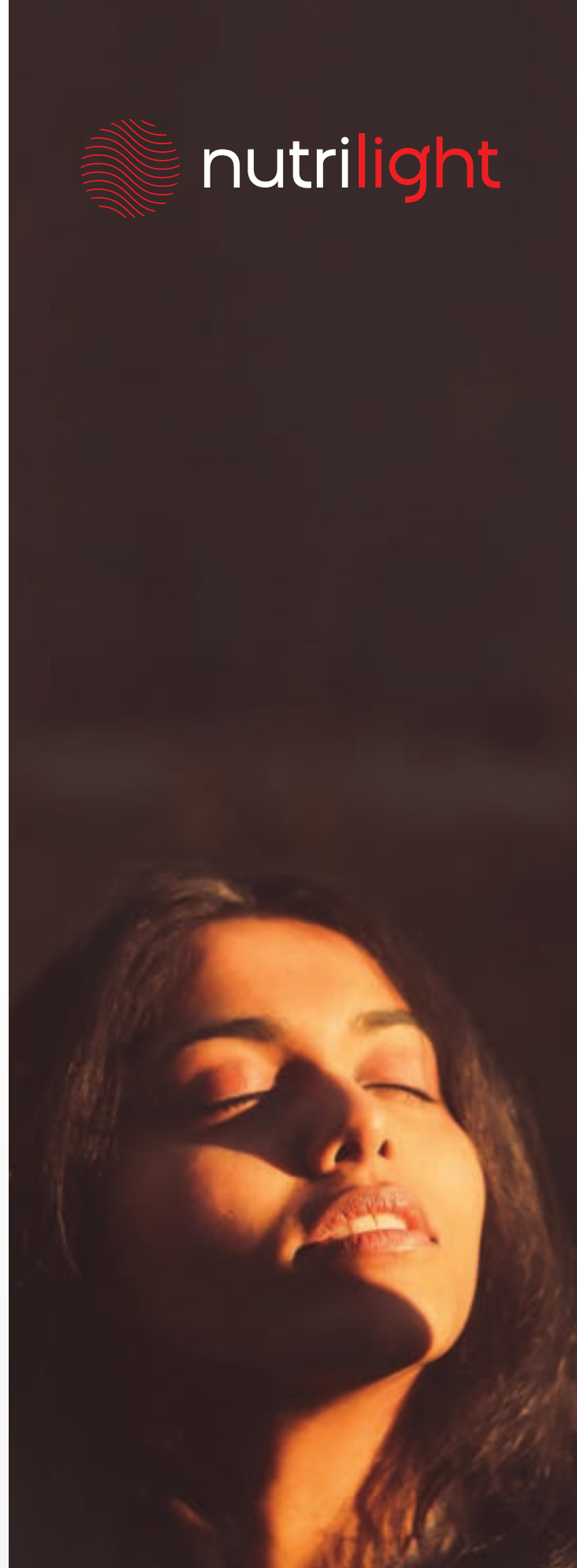
There is nothing to indicate negative effects, and many use it, for example, against the skin changes that are sometimes experienced in connection with pregnancy. However, it is probably not suitable to illuminate the abdomen or back as the light can actually reach the fetus and appear disturbing. However, no research has shown that it is harmful to the fetus, but one can imagine that light can affect its circadian rhythm if it is performed at times when it is not normally possible to get sun exposure.

- **What should I think about after an RLT treatment?**

You don't need to take anything into account, just live your life as usual. One theory is that fat burning gets slightly better after a treatment, and if you believe that, maybe it's the right time for a walk or run, if weight balance is the goal.

- **Can I wear make-up during the treatment?**

Yes, it's going well. However, make-up can theoretically prevent the light from getting through the skin, which can be compensated for with a slightly longer treatment time. It is mainly a factor if the face is to be treated specifically and applies to make-up containing particles such as powder and foundation. Products that lack particles but contain UV protection have no effect, as they only stop the shorter-wave UV rays and not red light.



- Can red light therapy have an effect on me given the medication I am taking?

No, there are no known interactions between RLT and drugs.

- Do I need sun protection factor when exposed to red light therapy?

No, sunscreens with a protection factor block the harmful UV rays which are not present in red light therapy. This means that they do not affect how much red and near-infrared light reaches your tissues, if there is no comprehensive sun protection, for example zinc paste, which can block light of all wavelengths. However, it is on such a small body surface that it does not matter in practice.

- How hot does a red light therapy panel get?

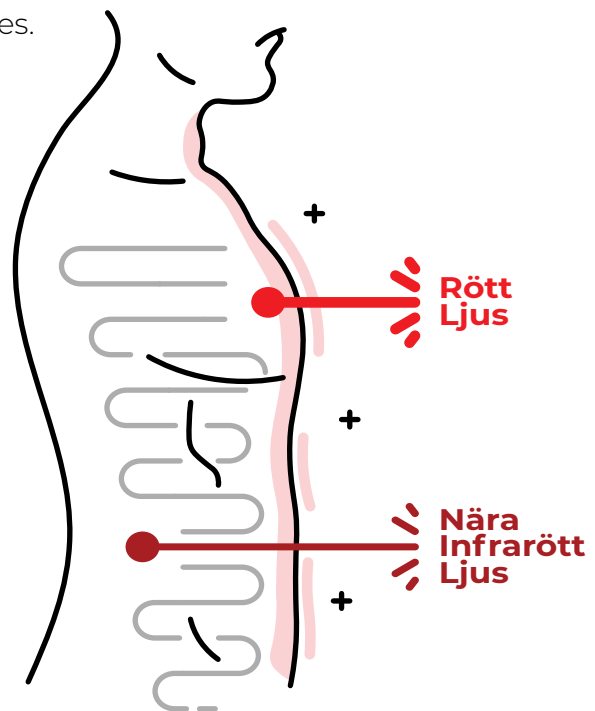
The panel never gets hotter than about 40 degrees Celsius, so there is no risk of burns.

- How does red light therapy affect my sleep?

Unlike blue light, RLT does not have invigorating effects and, according to some findings, can improve sleep. One theory is that RLT can be invigorating in the morning and calming in the evening, because that's how the sun's natural rays work with a greater proportion of red light at dawn and dusk. Anyway, it doesn't seem to disturb sleep.

- Can red light therapy be harmful?

No, there are no findings to suggest that it can be harmful despite thousands conducted animal, human and test tube studies.



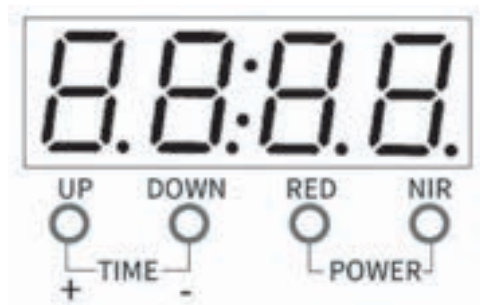
● **There are a number of more medical uses that are also supported in the scientific literature.**

- Acne
- Alopecia (hair loss)
- Alzheimer's disease
- Facial paralysis (Bell's palsy)
- Arthritis
- Autoimmune diseases
- Fracture
- "Burning mouth syndrome"
- Depression
- Erythema caused by UV light
- Fibromyalgia
- "Frozen shoulder"
- Physical performance
- Brain damage
- Skin damage caused by radiation
- Skin aging
- Hypothyroidism (low thyroid hormone production)
- Aching in the teeth
- Inflammation in shoulders
- Inflamed hamstring
- Carpal tunnel syndrome
- Cognitive performance
- CHARCOAL
- Jaw problems (temporomandibular dysfunction)
- Labial herpes
- Joint pain
- Lichen planus (inflammatory skin disease)
- Bedsore
- Lymphedema
- Meniscus problem
- Menstrual disorders
- Dry mouth
- Muscle pain
- Muscle growth
- Neck pain
- Nerve pain after herpes infection
- Neuropathic foot ulcers
- Raynaud's phenomenon (poor blood circulation in, i.e. hands and feet)
- Rheumatism
- Back pain
- Pain in the nipples
- Pain during orthodontic treatment
- Sternotomy (the surgical incision made in open heart surgery)
- Stroke
- Hard-to-heal wounds
- Gingivitis
- Tooth loss
- Tennis elbow
- Vitiligo
- Scars from burns
- Age-related visual impairment

● How does the control panel work?

Green indicator lamp ————— ●

Red indicator lamp ————— ●



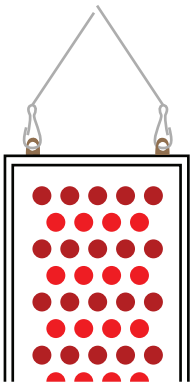
It is very simple to use The Red Deer and can be started and turned off with just a couple of button presses.

1. Put The Red Deer on top of the lamp so you can see the display on the side of the lamp shows "OFF"
2. Press "UP" (+) or "DOWN" (-) to adjust the time for your treatment. You can only increase the treatment time on the panel up to 60 minutes.
3. Press the "RED" button for the RED light to start processing, then the red indicator light next to the display will also light up. Press the "NIR" button for the NEAR INFRARED light to begin treatment. When this is on, the green indicator light next to the display lights up.



● Suspension and assembly of The Red Deer

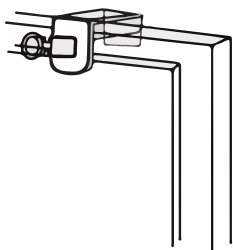
You will need:



Step 1:

Attach Suspension device:

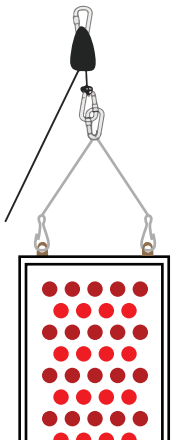
Use two silver wires and attach them to the lamp at the top, this creates a "quick link"



Step 2:

Attach Door hook:

Hang the door hook on your door.

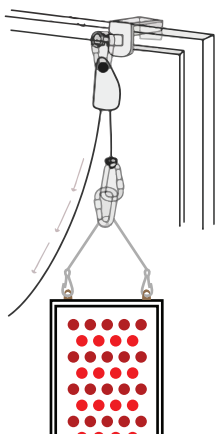


Step 3:

Connect Suspension cables:

Connect the cable supports to the quick link. Then, hang the other end of the cable directly on the door hook.

You can adjust the height of the lamp using the quick link and the cable gripper.



Step 4:

Adjust the height

To raise the lamp, pull the height adjustment cable while supporting the lamp from the bottom with the other hand.

To lower the lamp, press the lever on the cable box. Adjust the height so it feels comfortable for you.



For more information, contact our customer service at hello@nutrilight.se

Our FAQ can be found via the QR code.



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through
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