

## GEMBARED LIGHTS GUIDELINES AND INSTRUCTIONS

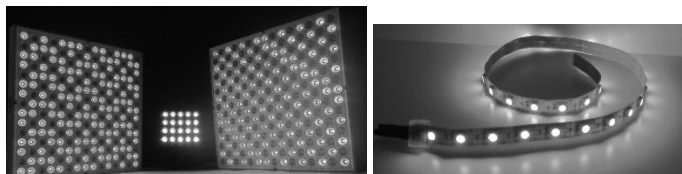
©GembaRed LLC 2017-2019

Contact: [gembared@gmail.com](mailto:gembared@gmail.com) or visit [gembared.com](http://gembared.com)

### Products Covered in this Documentation:

Model	Type	IP Rating	Voltage/Freq
Groove	45W Panel	20	85-264 – 50/60hz
Gravy	45W Panel	20	85-264 – 50/60hz
Rex	45W Panel	20	85-264 – 50/60hz
Rave	USB Strip	20	5V DC
Wheel	12V Strip	20	12V DC
Crane	USB 3W	20	5V DC
Beam	20W Panel	66	85-265 – 50/60hz

All products above are Made in China with FCC & RoHS compliance.



### General Setup:

Upon receiving your product, please open it carefully and inspect for any visible damages, particularly on the wiring and enclosures. Please report any visible defects to us immediately.

Plug in the device to the appropriate outlet. At this time all GembaRed panels require a grounded 3-prong outlet to operate optimally and safely. We recommend keeping the product unplugged while not in use, or have it on a surge-protected power supply.

For the USB connected devices, ensure it is plugged into a modern 5-volt, 2 Amp adapter. Most charging 5V adapters and charging USB ports will work. Be cautious that older adapters will not provide enough power.

For the GembaRed Wheel strip, it must be connected to the appropriate wiring and adapter to work – which are not included. To power the entire 5-meter strip requires 60 Watts of power, or 12V DC, 5 Amps minimum.

After plugging in and powering on your device, please take note that all of the appropriate LED lights are illuminated. Note that some LEDs use invisible near-infrared wavelengths, which will appear to be “off” or non-functioning. Refer to the patterns seen on the GembaRed website or email us a picture of your panel if you are unsure which LEDs are supposed to be visible or invisible.

### Safety:

All of these devices are electrically powered and operated and must exercise caution during usage. Disassembly of the product without permission could cause a malfunction or unsafe situation and void the warranty coverage. Please follow the guidelines below to ensure the product operates safely and minimize premature malfunction or failure:

1. Do not use in or around high heat, extreme cold, heat sources, high humidity, hot steam, or corrosive environments.
2. Unplug the unit during thunderstorms to avoid product failure due to power surge. Use surge protectors where possible.
3. Do not disassemble the unit.
4. Do not subject the unit to impact or drop from a distance.
5. Do not stand or sit on the unit, or apply excessive force to it.
6. Children should have adult supervision if they are to use the unit.
7. Do not leave on unattended, unsupervised, or overnight.
8. Allow good airflow around the unit and do not insulate.

#### For IP20 Rated Products:

1. Do not use in or around wet or watery environments.
2. Keep out of dusty environments, cover when not in use

#### For IP66 Rated Products:

1. This product can resist some dust and water jets.
2. Do not place the product in standing water, do not submerge all or part of it in water.
3. Routinely inspect for damage or ingress if placed in a high moisture environment.

### Typical Usage:

Usage may vary based on individual needs and circumstances. Always review the device with your doctor before starting any new holistic wellness tool, including red light therapy. Read the full disclaimers on the website.

Follow the irradiance and distance listed on the website to help find your desired dosages or follow the general recommendations below.

#### Groove, Gravy, and Rex Panels:

Use within 0-6 inches from bare skin, for 15-30 minutes per session on the desired area.

#### Beam Panel:

Use within 6-18 inches from bare skin, for 15-30 minutes per session on the desired area.

Any questions please review our FAQ, Product Pages, and Blog at [gembared.com](http://gembared.com) for more details. For specific questions contact us at [gembared@gmail.com](mailto:gembared@gmail.com)