

GENERAL WELLNESS DEVICE DISCLAIMER:

RedRush 720 is a general wellness/fitness device and is not intended to diagnose, treat, cure, or prevent any disease.

The statements in this guide have not been evaluated by the FDA (U.S. Food & Drug Administration). This product is not intended to diagnose, treat, cure, or prevent any disease.

Information provided by Red Therapy Company LLC should **not** be taken as individual medical advice. Please always consult your physician for such advice.

Please consult your physician before using a light therapy device.

HEALTH ISSUES?

To error on the side of caution please start with $\frac{1}{4}$ of the recommended application times listed in this guide and as mentioned above **always** consult your physician before using a light therapy device. Be sure to specifically ask if any of your medications or conditions increase light sensitivity as this will also increase your sensitivity to RED/NIR light.

WARNINGS:

DO NOT USE Red Light Therapy Devices if you are pregnant, may be pregnant, or nursing as the risks are unknown and have not been established.

Electrocution Danger! Do not use near water. Do not get water or liquid on or inside of any part of your RedRush 720.

Do not use if the device is visibly damaged, and never attempt to open or repair the device.

Do not expose yourself to more than 20 minutes per day of light from this device. It does not increase the effectiveness, and may put you at unknown risk since high doses have not been thoroughly tested.

THANK YOU FOR PURCHASING REDRUSH 720!!

Visit <http://redtherapy.co/quickstart> for updated info.

Our mission is to help YOU look better, feel better, and perform at your best. Let us know if we can help in any way. team@redtherapy.co



RedRush 720 Basics

GET RESULTS – Most studies show results in 6- 8 weeks of consistent use. Be sure to use at least 5 days a week for best results.

RED – switches on 120 RED (660nm) LEDs. These are great for skin, mouth, ears, nose or any other surface area you'd like to treat.

NIR – switches on 120 Near-Infrared (850nm) LEDs. These penetrate deeper into the body to treat tissues, joints, muscles & more.

NAKED SKIN – To have any effect the skin you are pointing the light at must be exposed. It will not work through clothing. On the other hand, if you want to block light from certain areas you can use dark colored / thick clothing covering those areas.

HOW TO USE REDRUSH 720

Simple! Set up the device on the back of any standard door, plug it in, and turn it on! (instructions on hanging kit included in this manual).

TREATMENT GUIDE – *Only do 1 of these per day.*

For Youthful Skin, Overall Health, & Energy:

IF IN DOUBT, USE THIS PROTOCOL FOR ALL USES NOT OTHERWISE OUTLINED

RED Switch: **ON**

NIR Switch: **ON**

Position Yourself: **24" (2ft) away.**

Total Time: **5 mins full body front. 5 mins full body back. (10 mins for whole body)**

At 24" away, the light will cover about 95-100% of your body.

Repeat daily. *Pro Tip:* Treat for 5 days, then take 2 days off, then repeat this cycle for maximum results.

For a Specific Deep Tissue / Muscle / Joint:

RED Switch: **ON**

NIR Switch: **ON**

Position Yourself: **6" (0.5ft) away.**

Total Time: **8 mins**

This is **HIGH INTENSITY for deep tissues**. Be sure to cover the areas not being treated with dark / thick clothing to block the light (example usage: Wrap a dark colored towel around your body and open the towel to expose a certain area to the high intensity light from 6" away. Low back, knee, or shoulder for example). Use this only on specific areas that need special attention NOT your whole body. For joints, use on both sides with ½ the time (4 mins) on each side. Repeat daily as desired.

Super Gentle Skin Treatment:

RED Switch: **ON**

NIR Switch: **ON**

Position Yourself: **36" (3ft) away.**

Total Time: **7 mins full body front. 7 mins full body back. (14 mins for whole body)**

This will cover your entire body in light. Just do 7 minutes on the front of your body and 7 mins on the back. Repeat daily.

For many more "treatment recipes" please download our RedRush App from:

<http://redtherapy.co/quickstart>

DOOR HANGING KIT INSTRUCTIONS – *REQUIRES 2 PEOPLE!*

STEP 1: Hang door hook over door of your choice.



STEP 2: Attach metal carabiners (at ends of cable) to both side mounts.

(1 on each side, leave attached to cable)



STEP 3: Clip final carabiner over door hook to hang the RedRush 720. (Get help holding light for this step)



QUESTIONS & ANSWERS

How does red light therapy work?

Pretty simple actually. It helps your cells do their jobs better! It does this by knocking out stuck nitric oxide in the mitochondria of the cell so oxygen can get back in there and boom, you've got increased ATP production = more energy for the cell to do it's job.

For more science on this please visit: <http://redtherapy.co/quickstart>

When should I use it?

Any time is fine *except* just before bed. Being around very bright lights before bed can make it harder to sleep. Also true of TV, cell phones etc.

Can I do too much red light therapy?

Yes. If you do too much the positive effects go away because you are actually adding more stress to the cells. Just stick to less than 15 mins per area per day and you'll be good.

It's worth noting that red light therapy is considered very safe and there are no known long term negative side effects after over 4,000 clinical studies.

How long does it take to see/feel a difference?

Great question. Most people feel at least some difference in energy and a nice "glow" to their skin right away. 6-8 weeks of daily use is the rule of thumb to see more dramatic effects. Why 6-8 weeks? This is the length of most skin benefit studies. For other uses like acute muscle soreness and joints some feel a difference right away. Beyond that for the more systemic whole body health benefits (like muscle growth during strength training) it can take the full 6-8 weeks of using once per day in order to feel a difference. For best results we recommend treating for 5 days, then taking 2 days off, then repeating this cycle.

Are the lenses moving when I tilt the device?

Yes! We use a very special secondary focusing lenses to direct light. You may hear them move when you tilt the device. This is perfectly normal.

(continued next page)

Do I need safety glasses with this light?

To error on the side of caution we do recommend wearing darkened safety glasses. All of our products come with these glasses for free. Our RedRush lights are very bright and if you have any eye issues (or any other health conditions at all) you should always talk to your doctor before using a device like RedRush.

These wavelengths (660nm & 850nm) have been shown in multiple studies to be beneficial for the eyes and are currently being studied for treatment of certain eye diseases. However, due to the level of brightness it's a good idea to wear darkened safety glasses, turn on the light away from you, and let your eyes adjust before shining on your face / eyes.

Why are only ½ of the lights on?

If you turned on both switches then all 240 LEDs are brightly shining! It's just that our human eyes can't see the near-infrared (NIR) wavelengths. This is actually very useful because if you don't want to light the entire room up red while someone is watching TV you can simply turn on the NIR lights only. Then you get your treatment invisibly!

Pro tip: RED has certain positive effects on the skin that NIR does not. So be sure to use both when you can.

Does this work with clothes on?

To have any effect the skin you are pointing the light at must be exposed. It will not work through clothing. One of the benefits of red light therapy is that you can get light into "private" areas that never get any sun or other exposure to light.

I feel overly fatigued or have a headache after use. What does this mean?

You are likely one of the few in the population (only a small percent are) that is highly responsive to Red Light Therapy. This means you need much less light to get the same effects. Simply take a few days off to let your body reset, then divide all recommended times by 4.

Tech Specs

- Treatment Area: up to 24" x 84"
- Treatment Time Per Area: 5-10 Minutes
- Irradiance:
 - 105 mw/cm² at 6"
 - 75 mw/cm² at 12"
 - 45 mw/cm² at 18"
 - 30 mw/cm² at 24"
 - 15 mw/cm² at 36"
- Power: 720 Watts
- LEDs: 240 x 3 watt LEDs (120 x 660nm | 120 x 850nm)
- Input Voltage: AC100-240V 50/60Hz
- Lifespan: 50,000 hours

DEVICE SAFETY INFORMATION

Indoor use only. Not water-proof. Keep away from water.

Repairing. Do not attempt to repair this yourself. If your device needs servicing please contact us directly. Opening the device will void warranty.

Cleaning. When cleaning be sure to turn off and unplug your device. Then dampen a clean, soft, lint-free cloth to wipe the device.

WARRANTY

1. We offer 2 years (24 months) warranty against manufacturing defects, from the date of purchase.
2. The warranty does not cover damage due to high moisture levels, water, power surges, improper use, falling, dust build-up, or user modifications.
3. Within 60 days of purchase for any reason except those in #2, you can choose:
 - a. Exchange for a new unit
 - b. Return for money back to original purchase method
 - c. Send unit in for Repairs
4. For warranty service other than those not covered (see #2) after 60 days our company reserves the right to choose between:
 - a. Exchange for a new unit
 - b. Have unit sent in for Repairs