

User Manual



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.

Parameter Datas

Size:	8.46"(21.5cm)*1.18"(3cm)
Net Weight:	0.186kg
Gross Weight:	0.78kg
Material:	Aluminum
LED Qty:	5Pcs*3w
Wavelength:	630nm,660nm,710nm,850nm,900nm
Input Voltage:	3.7V
Battery:	2 Rechargeable 18650 Batteries
Power:	15W
Switch:	R, NIR, R+NIR
Pulse:	10HZ
Timer:	5Minutes
Lifespan:	50000 Hours

What's Included

A: Zipper Bag*1 B: Glasses*1 C: Portable Rope*1

D: Red Light Therapy Torch*1 E: Light Guide Column*1 F: Battery Charger*1

G: Rechargeable Battery*2(Notice: This product contains batteries, AliExpress requires insulation treatment, and the batteries must be packed into Torch for delivery, so you only receive 1 battery)

H:User Manual*1 I: Cleaning Cloth*1

A



B



C



D



E



F



G



H



I



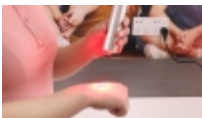
Treatment Way

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

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 minute treatment) Twice or 3x a day	3 DOSES Per treatment spot (3 minute 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.

Hold the unit at 1 inch over target area skin. 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.



Hand



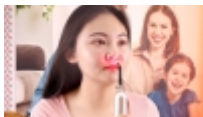
Wrist



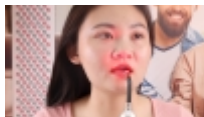
Neck



Ear



Nose



Mouth

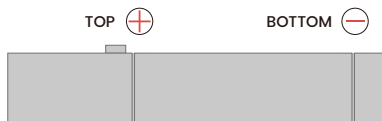
How to install batteries?

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.



Button Operation

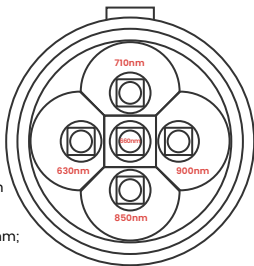
1. Press 1st time: Mode1;
2. Press 2nd time: Mode2;
3. Press 3rd time: Mode3;
4. Press 4th time: Mode1 +10Hz Pulsing;
5. Press 5th time: Mode2 +10Hz Pulsing;
6. Press 6th time: Mode3 +10Hz Pulsing;
7. Press 7th time: Off

Three Modes:

Mode1(All LEDs working): 630, 660, 710, 850, 900nm

Mode2(Only red working): 630, 660nm;

Mode3(Only Near infrared working): 710, 850, 900nm;



Directions

1) 10Hz Pulsing Function: 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.

2) 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.

3) 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 optimal pain relief. After you have achieved maximum pain relief from your red device, you may then consider 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.

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

Equipment Maintenance

- *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

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.

