

# Red Light Therapy Panel

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User Manual





## Technical Specification

Product model	RH300	RH1000	RH1500	RH2400	RH3600
Dimensions	322*220*71	880*220*71	880*280*71	1159*419*71	1717*419*71
Power Consumption	91W	273W	390W	728W	1092W
LEDs	70	210	300	560	840
Lens Beam Angle	30 Degree				
Cooling Fans	1	2	2	4	8
Weight	4.2	8.6	11.8	18.5	32
Warranty	3 years				
Lifespan	50000 Hours				
Best For	Half body	Full body	Full body	Full body	Full body
Pulse	73Hz-146Hz-293Hz-587Hz				
EMF	0 ut. at 3 inches				

## Irradiance

Product model	RH300	RH1000	RH1500	RH2400	RH3600
6in	136mw/cm <sup>2</sup>	146mw/cm <sup>2</sup>	156mw/cm <sup>2</sup>	146mw/cm <sup>2</sup>	156mw/cm <sup>2</sup>
	15.8*12in	37.8*12in	37.8*14.2in	48.78*19.84in	70.7*19.8in
12in	125mw/cm <sup>2</sup>	129mw/cm <sup>2</sup>	140mw/cm <sup>2</sup>	129mw/cm <sup>2</sup>	140mw/cm <sup>2</sup>
	19*15in	41*15in	41*17.3in	52*22.84in	74*22.84in
18in	110mw/cm <sup>2</sup>	116mw/cm <sup>2</sup>	132mw/cm <sup>2</sup>	116mw/cm <sup>2</sup>	132mw/cm <sup>2</sup>
	22.1*18.2in	44.1*18.2in	44.1*20.5in	55.1*26in	77.1*26in
24in	92mw/cm <sup>2</sup>	98mw/cm <sup>2</sup>	103mw/cm <sup>2</sup>	98mw/cm <sup>2</sup>	103mw/cm <sup>2</sup>
	25.2*21.3in	47.2*21.3in	47.2*23.6in	58.2*29.1in	80.2*29.1in

## Timer Control:

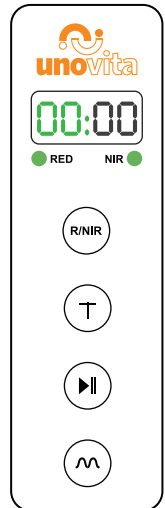
### Step1

Press the "R/NIR" button, both red light and nir light are working. Both light indicator of RED and NIR light will light up to be green.

Press the "R/NIR" button again to use red light only. The light indicator of RED will up to be green only.

Press the "R/NIR" button one more time to use NIR light only. The light indicator of NIR will up to be green only. But you can't see any light cause NIR is invisible to naked human eyes.

Press the "R/NIR" button one more time to turn off the device.



⚠ ( Note: NIR is invisible to naked human eyes. )

The remote control function is enabled by default if you want to disable the remote control function press and hold the "R/NIR" button for 6 seconds.

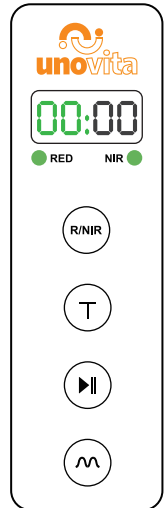
The available battery for the remote control is 23A 12V.

## Step2

Timing is not set by default.

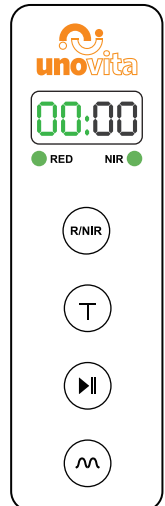
To set a specific treatment time press the "T" button on the control panel. Press the button once, the device will work according to the 5-minute timing, each time the button is pressed the device will increase the timing by 5 minutes, up to 30 minutes.

If you need to leave temporarily during treatment press and hold the " T " button for two seconds to pause the device and then press and hold the button for two seconds the device will continue to work according to the set time.




## Step3

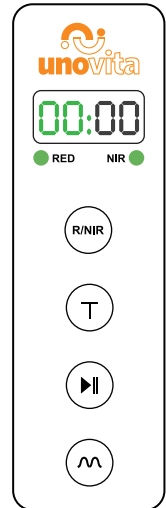
Start working/ pause/, after you preset time, click the "▶||" button to start countdown/stop countdown.



## Step4

Pulse is not activated by default.

If pulses are to be used, press the  button to enable pulse mode. Each time the button is pressed, it will switch according to the following pulse modes.  
73/146/293/587Hz



### 73Hz

Hormone Balance : Resonates with the sub-cortical or lower regions of the brain, including the thalamus and hypothalamus, two major control centers for body functions. May also help with muscle spasms, facial pain, headaches and depression. Has been used for non-healing bone fractures and to help balance hormones. Veterinary experience: Improves circulation.

### 146Hz

Brain activation intelligent tissue : Used for memory, psychological disorders, nervousness and worry. Resonates with the cerebral cortex of the brain involved with thinking, imagining and creating. Veterinary experience: Reduces inflammation and scar tissue on tendons and ligaments, reduces edema and improves gums.

### 293Hz

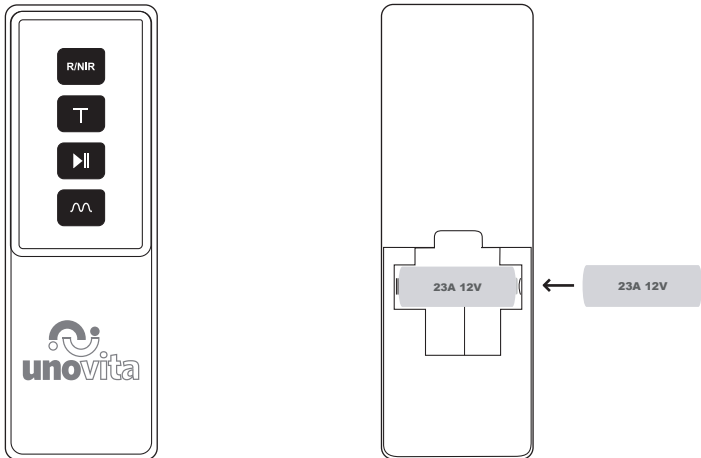
It has a stimulating effect on the tissue of ectodermal origin, the central and the peripheral nervous system, the sensory epithelium of the epidermis with hair, nails, cutaneous glands, the pituitary gland, the epiphysis. It facilitates recovery following surgical procedures, restores the skin and the mucous membrane (wounds, wrinkles, ulcers). Helps with migraines. This frequency is used as the universal frequency for acupuncture points. Assists wound healing, skin and nerve repair, and reduces scar tissue, inflammation, and tumors.

587Hz

Autonomic nerve balance : Resonates with Endoderm (innermost tissue) that forms the lining of the intestinal tract, the lungs, the bladder, the urethra, and the auditory tube. It also forms the thyroid, thymus, liver, gall bladder and pancreas. Improves nutritional assimilation, allergy problems and balances the parasympathetic nervous system. Used for circulatory problems, edema, and lymph problems.

## Remote control

The remote control fits for 23A 12V battery;



## Product features

### Introduction

Thank you for purchasing light therapy device! You've chosen the only device that was purposefully designed to provide the most optimal light therapy experience possible.

The device delivers clinical-grade irradiance at both 630nm 660 nm visible red light 810nm 830nm 850 nm nonvisible near infrared light or a combination of both. These light wavelengths have been scientifically proven to provide therapeutic effects.

### How Works

works by emitting red and near infrared light within a certain range of therapeutic wavelengths and intensity these treatments penetrate your body to generate a number of health benefits following.

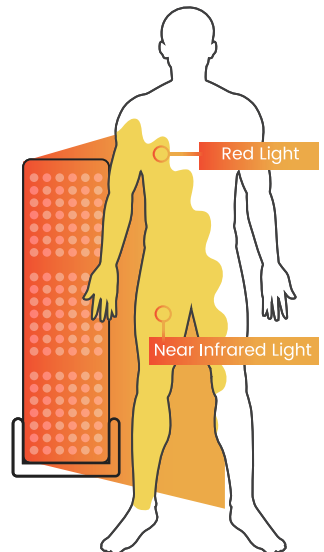
Many of these benefits happen because red and near infrared light activates various metabolic pathways, leading to increased production of ATP (adenosine triphosphate) enhanced cellular signaling, and elevated protein synthesis. Red and near infrared light therapy has been proven to be effective for a wide range of health issues including but not limited to the following.

#### Red Light at 630nm 660nm

Most of red light absorbed by your skin, leading to increase collagen production and optimal skin health

#### Near Infrared light at 810nm 830nm 850nm

Near Infrared light penetrates deeper within your body enhancing muscle recovery and reducing joint pain





The light energy emitted by Uno Vita should be used on bare skin for best results.

## FDA Indication

Uno Vita is indicated for the relief of muscle spasms minor muscle & joint aches, as well as pain&stiffness associated with arthritis

## Getting Started with Uno Vita

Your Uno Vita comes with everything you need to access the amazing health benefits of light therapy. For the best results, please read this manual completely before using the device.

## Light Sensitivity

Prior to using your Uno Vita please check for photosensitivity. To do this, expose an area of your forearm 6 inches away from the device for 3 minutes. If you experience any redness or discomfort you might be photosensitive and we recommend consulting with your doctor or healthcare provider prior to using your Uno Vita.

## Treatment Instructions

Uno Vita delivers medical-grade power also called irradiance of red and near infrared light. For optimal results we recommend positioning your unovita approximately 4 to 6 inches from the area on your body you intend to treat. The recommended default treatment time is 10 minutes per area which will result in a clinically proven dose of energy for both superficial and deep tissues.

## Consistency Key

It's important to be consistent with your light therapy treatments. That's why we recommend using your Uno Vita every day or at least 5 times per week. For additional health benefits, including pain relief from aches and strains, up to 3 treatments per day can be helpful. Photobiomodulation (PBM), or light therapy, is like food for your cells. Unfortunately, most people do not get the proper amount of healthy light their bodies need for optimal wellbeing. Because of this their bodies may respond with detox-like symptoms. So if you're experiencing these types of effects we recommend starting out with 1-2 minute treatments per area slowly working up to a 10 minute sessions over the course of 2-3 weeks as your body acclimates to the therapy. As always, if you have any concerns regarding the use of photobiomodulation, we recommend consulting with your trusted healthcare provider.

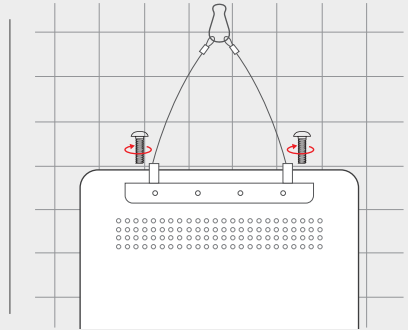
## Results and Expectations

The amount of time required to see benefits and improvements depends on your health goals. The cellular health benefits of light therapy have been thoroughly proven across hundreds of clinical studies, so trust that your body is benefiting from every therapy session. But there are many factors that may affect how quickly you experience improvements in your symptoms. Some people will see benefits within a matter of days. But overall improvements in health or skin related issues can take 8-12 weeks of consistent use. By using your Uno Vita on a daily basis, you can maximize your body's rate of healing.

# Door Mounted Setup Guides

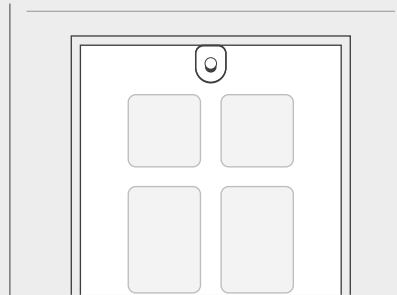
## Step1

Place the RH1000 or RH 1500 face down on a scratch-free surface. Install the accessories on the back of the panel with four screws as shown in the picture.



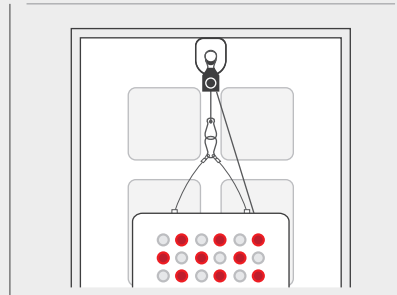
## Step2

Hang the included custom hook on any standardized door.



## Step3

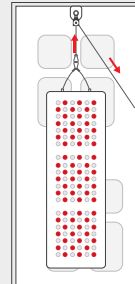
Attach the tripod to the clip attached to the height adjustment pulley. Then connect the snap on the other end directly to the hook.



## Step4

To raise your RH1000 or RH 1500 to your desired height pull down on the loose cable while supporting the device with your opposite hand.

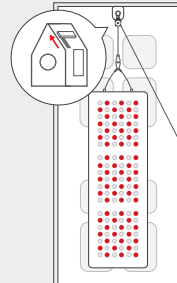
⚠ Be sure to adequately support the device while raising and lowering it with the height-adjusting system.



## Step4

To lower your RH1000 or RH1500, push up on the lever on the height-adjusting pulley while supporting the device with your opposite hand.

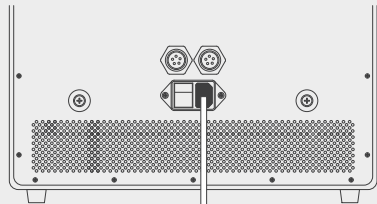
⚠ Be sure to adequately support the device while raising and lowering it with the height-adjusting system.



## Step5

Plug the power cord into the device and plug the other end into a wall outlet. Next turn on the power switch.

The display will appear "OFF" .



# WARNINGS AND CAUTIONS

## Warnings

Do not stare directly into the diodes or its reflection in a mirror because it can cause temporary irritation of the eyes.

Do not let children use the devices unsupervised

This device is an electrical device to avoid electric shock adhere to the following. Do not drop your device in water or liquids because you may get an electric shock.

Do not wash electrical parts with water or liquids.

Do not directly touch the device or touch the plugs or switches with wet hands.

Do not apply or touch the device to wet or damp skin

Do not pull, carry or lift the device by its cord. If the cord is damaged do not use the device because you could get an electric shock

Do not use the device if it has been dropped left outside or has encountered water or liquids.

Do not use on or near heated surfaces

Do not operate this device in areas where it could be exposed to flammable or combustible products or where vapours may be present. Explosion of fire may occur.

This device is not to be used by sleeping or unconscious persons.

Do not use the device on open wounds as heat may increase circulation and cause bleeding.

Do not use this device in combination with liniments and balms that contain heat-producing ingredients as a skin burn could result.

Use of this device in any way other than described in this manual voids the warranty and could result in serious injury.

## MAINTENANCE CLEANING DISPOSAL GUIDELINES

### Maintenance

The Uno Vita does not require maintenance other than routine cleaning.

### Cleaning

Turn off your device by switching off the power switch to the off position on the back of the device.

Unplug the power adaptor at the power wall outlet.

Clean the surface of device with a slightly damp cloth, making sure the device is dry before using

Avoid the use of any harsh cleaners or bleaches as this may damage your device.

## Warranty Regulations

### Warranty:

We warrant this device will function and perform within its specification for 3 years from the date of delivery.

### What does this warranty cover?

This limited warranty covers any defects in material or workmanship under normal use during the warranty period. During the warranty period, our company will repair or replace, at no charge. Products or parts of products that prove defective because of improper material or workmanship under normal use and maintenance.

### What does this not cover?

The limited warranty does not cover any problem that is caused by demand result in a from negligence improper maintenance or modification, demand by natural causes like lightning floods or other natural disasters theft or loss of the product.



