

User Manual



RED LIGHT THERAPY User Guider

Content

Red light Therapy Family.....	2
Benefits Of Red Light Therapy.....	3-4
Product Details	5-6
Parameters	7-8
Operate Instruction	9-10

Red Light Therapy Family!

We are excited to have you join us, and we can't wait to see how you benefit from the power of Red & Near Infrared Light Therapy. It delivers irradiance at both 660 nm (visible red light), 850 nm (invisible near infrared light), or a combination of both. These light wavelengths have been scientifically proven to provide therapeutic effects.

What Is Red light Therapy?

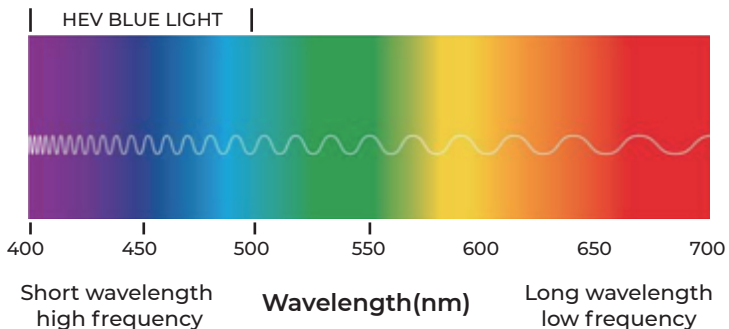
Red light therapy (RLT) is a controversial therapeutic technique that uses red low-level wavelengths of light to therapy skin issues, such as wrinkles, scars, and persistent wounds.

How Does Red Light Therapy Work?

Red light is thought to work by producing a biochemical effect in cells that strengthens the mitochondria. The mitochondria are the powerhouse of the cell — it's where the cell's energy is created. The energy-carrying molecule found in the cells of all living things is called ATP (adenosine triphosphate).

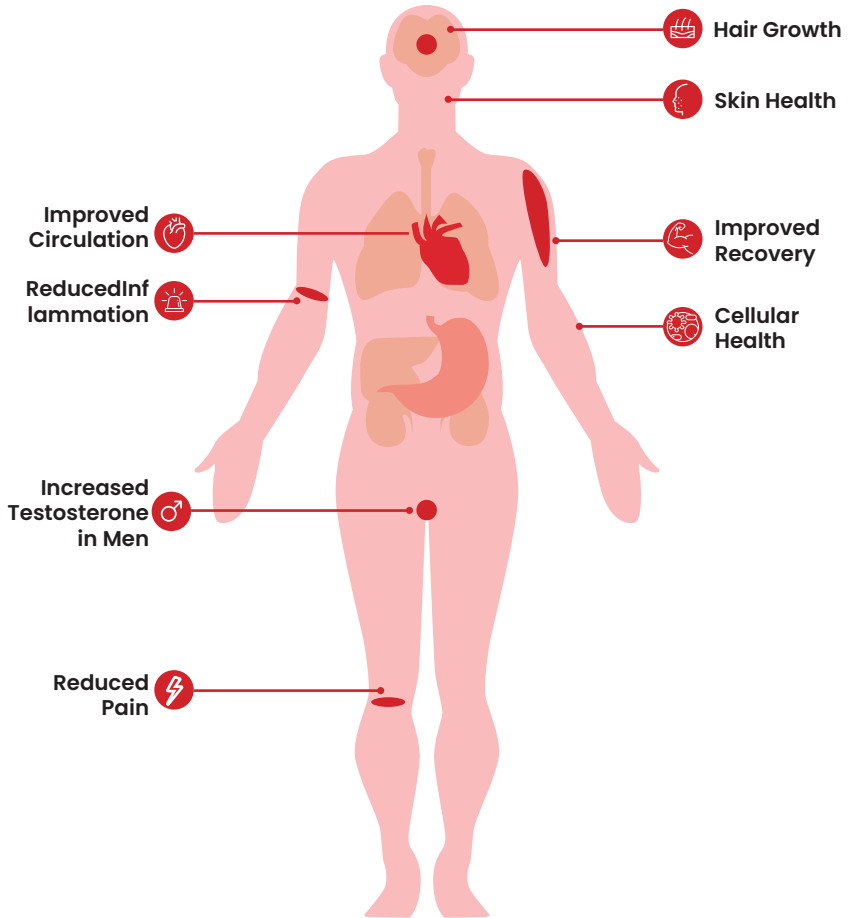
By increasing the function of the mitochondria using RLT, a cell can make more ATP. With more energy, cells can function more efficiently, rejuvenate themselves, and repair damage. RLT is different from laser or intense pulsed light (IPL) therapies because it doesn't cause damage to the skin surface. Laser and pulsed light therapies work by causing controlled damage to the outer layer of the skin, which then induces tissue repair. RLT bypasses this harsh step by directly stimulating regeneration of the skin. The light emitted by RLT penetrates roughly 5 millimeters below the skin's surface.

VISIBLE LIGHT SPECTRUM CHART
NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



Benefits Of Red Light Therapy

What are the health benefits of light therapy? We'll cover some of the main ones below.





Enhanced Cellular Function

One of the potential benefits of light therapy is a significant increase in blood circulation. This indicates tissues are receiving more oxygen and other nutrients that are important for healing. At the same time, light helps the body and circulatory system rid itself of toxic byproducts.



Improved Blood Flow

In conjunction with a healthy lifestyle, light therapy can have systemic benefits because they work by improving cellular health across the entire body.



Recovery, Healing, and Performance

Light therapy is widely used by trainers and pro athletes to improve fitness, boost physical performance, and support the recovery process. Muscle cells require a great deal of energy, and grow and strengthen through a process of tears and repairs. Light therapy helps your body produce and use energy more efficiently.



Sleep Optimization

Healthy light intake is essential for sleep and maintaining natural circadian rhythms. Our brains interpret light as a sign of when to be awake and asleep, and when to make crucial sleep hormones like melatonin. Bright blue light at night can knock your sleep cycle out of whack, but red light is a lower-intensity alternative that can help support longer, more restful sleep.



Skin Health and Beauty:

Taking in healthy light is crucial for skin cells, skin health, and beauty. Red and NIR light promotes balance across the body and skin by enhancing cellular respiration, making energy production more efficient, with less oxidative stress. When your cells are in greater balance, your skin will look and feel softer and more invigorated.



Inflammation and Pain Relief

Light therapy help your body's natural inflammation process as you recover from illness or injury. Red light therapy also supports arthritis and joint pain relief by improving blood flow to damaged tissues.

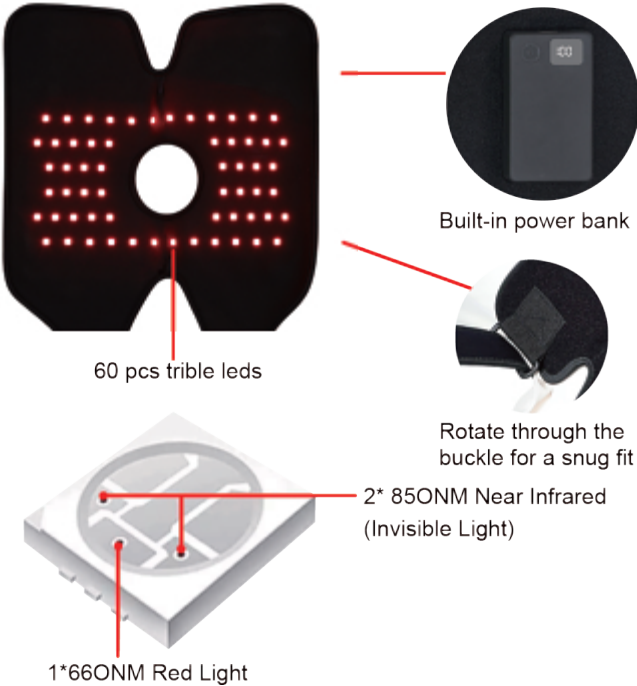


Mental Acuity

Mental acuity is a measure of how well your brain processes and responds in the moment. When shined on the head, NIR wavelengths of light can reach brain cells and stimulate the mitochondria in the body's main processing center. This can improve cellular energy production, enhance blood flow, and support better mental acuity.

Product Details

Red light therapy Knee Brace with Non-detachable Power Bank 1.0



Red light therapy Knee Brace with Detachable Power Bank 2.0



Red light therapy Knee Brace 1.0

Demension:	30.32" (77cm)*10.44" (26.5cm)
LED Qty:	60pcs
Wavelength:	660nm 850nm & customized
Irradiance Data:	>200mw/cm ² at surface
Power Bank Capacity:	6000mAh
Net Weight:	0.35kg
Actual Power:	6W
Material:	Neoprene
Timer:	0-30mins, quickly double-click to set
Dimmable:	L1-L4
Frequency:	F0(Null) F1(10Hz) F2(40Hz)
Vibration:	S0 (no vibration)/S1 (1st gear vibration)/S2 (2nd gear vibration)
Run Time:	140mins
Charging voltage:	5V2.1A
Application:	Eibows and knees (Pain relief, wound healing, Muscle recovery, etc)
Customize:	Logo/shape/wavelength/color/box
Warranty:	1 year

Packing list



Red light therapy Knee Brace



1*Plug



1*Data Cable



1*User Manual

Red light therapy Knee Brace 2.0

Demension:	30.32" (77cm)*10.44" (26.5cm)
LED Qty:	60pcs
Wavelength:	660nm 850nm & customized
Irradiance Data:	>200mw/cm ² at surface
Power Bank Capacity:	6000mAh
Net Weight:	0.35kg
Actual Power:	6W
Material:	Neoprene
Timer:	0-30mins, quickly double-click to set
Dimmable:	L1-L4
Frequency:	F0(Null) F1(10Hz) F2(40Hz)
Vibration:	S0 (no vibration)/S1 (1st gear vibration)/S2 (2nd gear vibration)
Run Time:	140mins
Charging voltage:	5V2.1A
Application:	Elbows and knees (Pain relief, wound healing, Muscle recovery, etc)
Customize:	Logo/shape/wavelength/color/box
Warranty:	1 year

Packing list



Red light therapy Knee Brace



1*Plug



1*Removable Battery



1*Data Cable



1*User Manual

Operate Instruction:

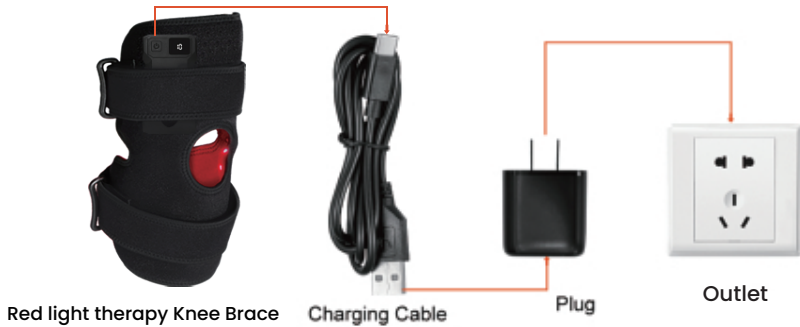


- ①. Long press the power button for 2-3 seconds. The pad will turn on and the display will light up showing the default time. You can double-click the button to adjust time from 1-30 minutes, click once to add one minute.
- ②. After you set the time, wait until the display time stops flashing. Now you have the option of pulsing the light. Click once and you will see the light flashing at 10Hz Press again to restore the default 0hz.
- ③. To turn off the pad prior to the time expiring, long press the power button. The display will show battery power remaining and then shut off.

How to recharge for the Red light therapy Knee Brace

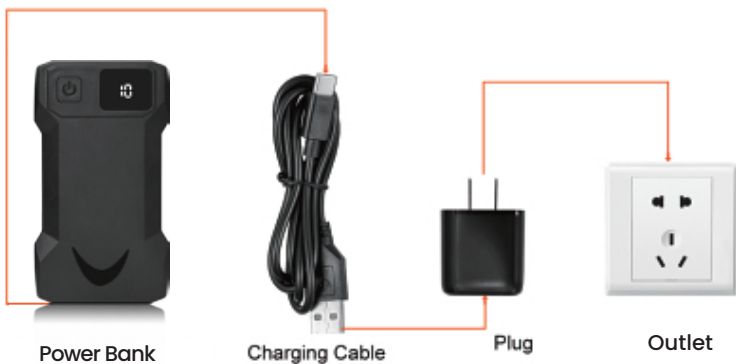
1 Power plug charging

Connect the USB cable out from plug to battery pack, 100% full charged after 2 hours and 30 mins.



2 Power plug charging

Connect the USB cable out from plug to battery pack, 100% full charged after 2 hours and 30 mins.



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.

