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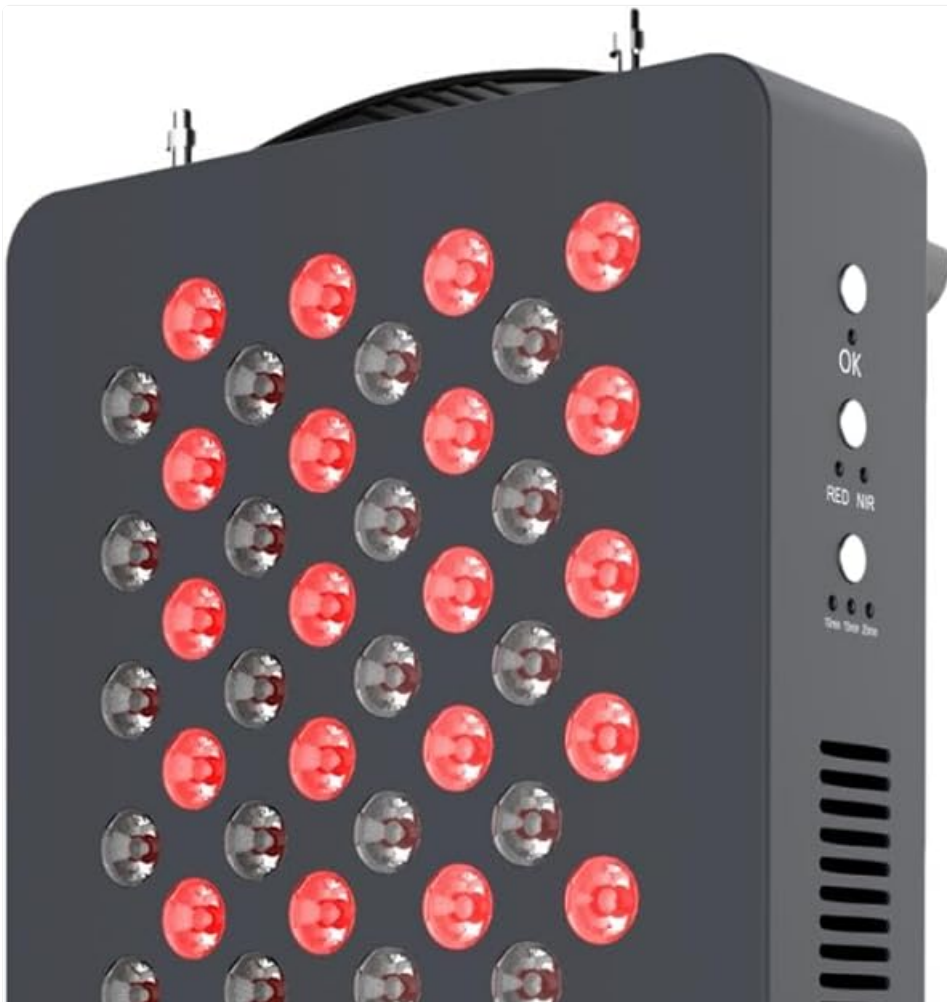
hooga HG500

Hooga HG500 Red Light Therapy Device User Manual

Model: HG500

1. INTRODUCTION TO RED LIGHT THERAPY

Red light therapy, also known as photobiomodulation, is a non-invasive method that uses specific wavelengths of natural light delivered by LED lights to interact with cells. The Hooga HG500 Red Light Therapy panel delivers red (660nm) and near-infrared (850nm) wavelengths. This device is designed for home use to provide the benefits of red and near-infrared light therapy.



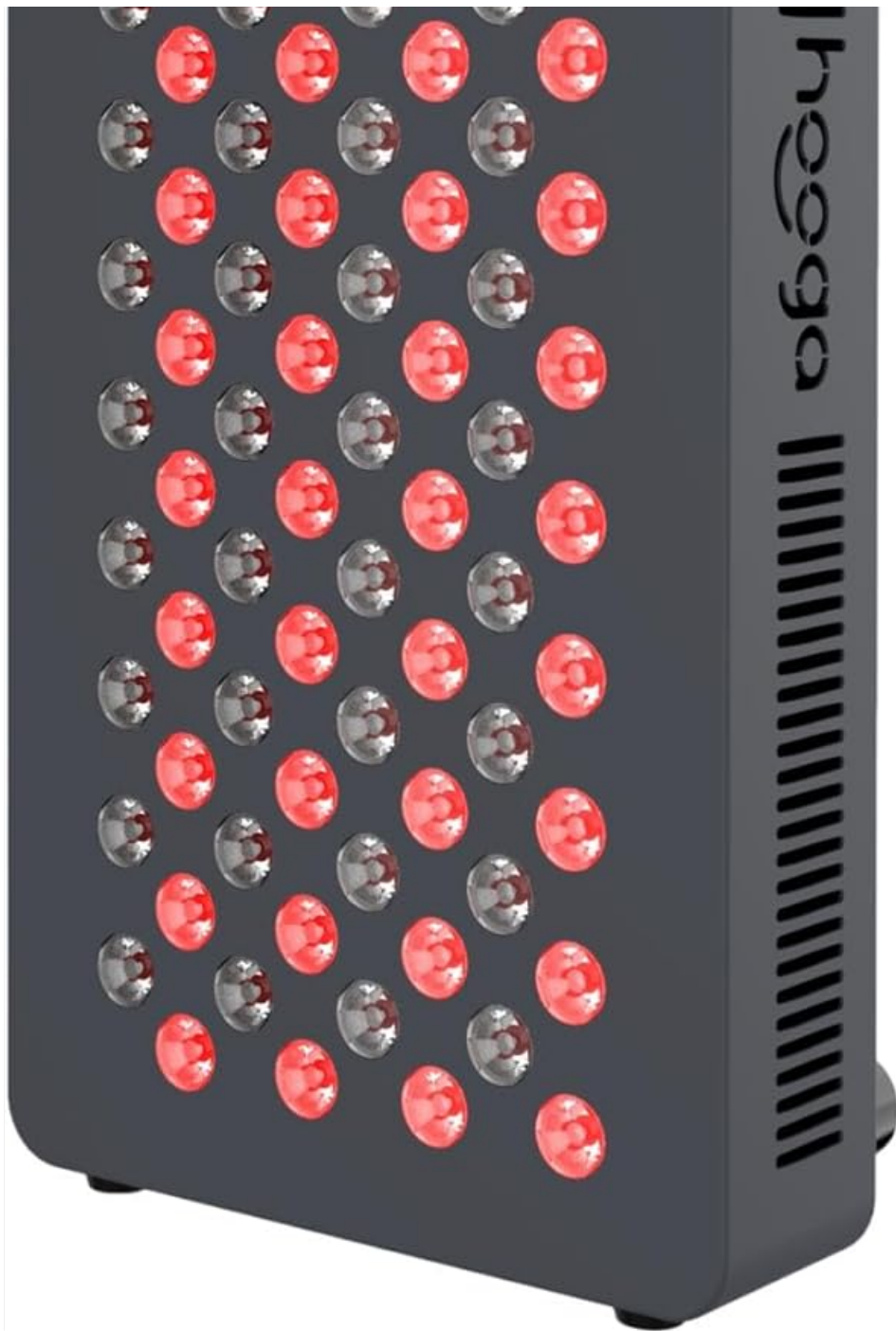


Image 1: Hooga HG500 Red Light Therapy Device. This image shows the front view of the rectangular panel with numerous red and near-infrared LEDs.

2. SAFETY INFORMATION

Please read all safety instructions before using the Hooga HG500 device. Failure to follow these instructions may result in injury or device damage.

- **Eye Protection:** Always wear the provided eye protection goggles during use to shield your eyes from intense light.
- **Consult a Physician:** If you have any medical conditions, are pregnant, or are taking medications, consult your physician before using this device.
- **Skin Sensitivity:** Discontinue use if you experience any discomfort, excessive heat, or adverse skin reactions.
- **Distance:** Maintain the recommended treatment distance from the device to avoid excessive heat exposure.
- **Ventilation:** Ensure the device is used in a well-ventilated area. Do not block the cooling fans.
- **Water Exposure:** Do not use the device near water or in damp environments.

- **Children and Pets:** Keep the device out of reach of children and pets.
- **Power Supply:** Use only the provided power adapter. Unplug the device when not in use or during cleaning.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Hooga HG500 Red Light Therapy Device
- Power Cord
- Hanging Kit (includes cables and door mount)
- Eye Protection Goggles
- User Manual (this document)



HARNESS **THE LIGHT POWER** OF HG SERIES

Hooga HG Series deliver clinically proven wavelengths of red and near infrared light in perfect combination to **energize and rejuvenate** the cells of your body.

-  Built in **Timer**
-  **Powerful irradiance** for efficient, effective treatments
-  Carrying **Handle**
-  **Low flicker & low EMF** output
-  **Included** hanging kit, door mount, and eye protection

Image 2: Hooga HG500 features and included accessories. This image highlights the built-in timer, powerful irradiance, carrying handle, low EMF, and included hanging kit, door mount, and eye protection.

4. SETUP INSTRUCTIONS

The Hooga HG500 can be used in various positions. Choose a stable location for your therapy sessions.

1. **Unpack:** Carefully remove the device and all accessories from the packaging.
2. **Placement Options:**
 - **Hanging:** Attach the provided hanging kit cables to the designated points on the device. Securely hang the device from a sturdy hook or door mount. Ensure the device is stable and cannot fall.
 - **Standing:** The device can be placed on a flat, stable surface. Ensure the cooling fans are not obstructed.
3. **Power Connection:** Insert the power cord into the device's power input and then plug it into a standard electrical outlet.
4. **Eye Protection:** Always have the eye protection goggles readily available before starting a session.



Image 3: Hooga HG500 dimensions and features. This image illustrates the device's measurements (18.8" x 8.2" x 2.7"), weight (12.1 lbs), and total number of LEDs (100).

5. OPERATING INSTRUCTIONS

The Hooga HG500 is designed for ease of use. Follow these steps for an effective therapy session.

1. **Prepare:** Ensure the device is securely set up and plugged in. Put on your eye protection goggles.
2. **Power On:** Locate the power switch on the device and turn it on. The LEDs will illuminate.
3. **Select Mode (if applicable):** The HG500 delivers both 660nm (red) and 850nm (near-infrared) wavelengths simultaneously in a 1:1 ratio. There are no separate mode selections for these wavelengths.
4. **Positioning:** Position yourself so the target area of your body is facing the device. The recommended distance is typically 6 to 12 inches from the device for optimal irradiance.
5. **Session Duration:** A typical session lasts 10-20 minutes per target area. Refer to specific therapy protocols for detailed guidance. The device may include a built-in timer for convenience.
6. **Power Off:** After your session, turn off the device using the power switch and unplug it from the outlet.

Recommended Usage

- **Skin Health:** May contribute to smoother skin, reduced appearance of wrinkles, scars, and sun spots, and alleviation of certain skin conditions.
- **Muscle Recovery:** Can enhance muscle performance, strength, and recovery after physical activity.
- **General Well-being:** May support improved energy levels, mood, and reduced inflammation.

RECHARGE THE HUMAN BATTERY

Red light therapy is proven in thousands of studies to stimulate the mitochondria in our cells to produce more energy so our cells can function optimally.



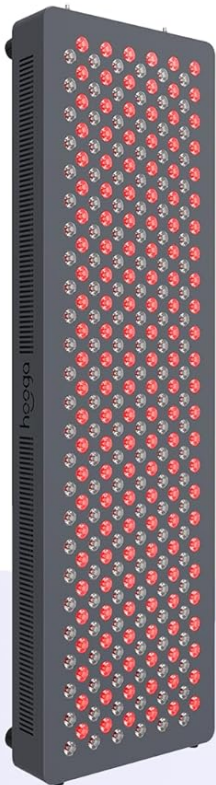
The HG Series can:

- **Improve** skin health & appearance
- **Optimize** brain function & mood
- **Improve** energy levels and beat fatigue
- **Increase** muscle performance, strength & recovery
- **Reduce** inflammation & relieve pain

Image 4: Hooga HG500 benefits for energy and cellular function. This image illustrates how red light therapy stimulates mitochondria to produce more energy, leading to improved skin health, optimized brain function, enhanced energy, increased muscle performance, and reduced inflammation.

REJUVENATE YOUR SKIN

Red and NIR light enhances **collagen & elastin** production which results in:



- **smoother, more youthful** looking skin
- **reduced appearance** of wrinkles, scars, and sun spots
- **alleviation of skin conditions** such as eczema and psoriasis and more!



Image 5: Hooga HG500 benefits for skin rejuvenation. This image explains that red and NIR light enhance collagen and elastin production, resulting in smoother, more youthful-looking skin, reduced appearance of wrinkles, scars, and sun spots, and alleviation of skin conditions like eczema and psoriasis.



ENHANCE MUSCLE PERFORMANCE & RECOVERY

Recover and repair from workouts faster than ever. Red light therapy has been shown to enhance **muscle strength, endurance and recovery!**

Image 6: Hooga HG500 benefits for muscle performance and recovery. This image highlights how red light therapy can enhance muscle strength, endurance, and recovery, allowing for faster recovery from workouts.

6. MAINTENANCE

Proper care ensures the longevity and optimal performance of your Hooga HG500 device.

- **Cleaning:** Ensure the device is unplugged before cleaning. Use a soft, dry cloth to wipe the surface of the device. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and moisture when not in use.
- **Inspection:** Periodically inspect the power cord and device for any signs of damage. If damage is found, discontinue use and contact customer support.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Power cord not properly connected. Power outlet not functioning. Device switch is off.	Ensure power cord is securely plugged into the device and outlet. Test the outlet with another appliance. Flip the power switch to the 'ON' position.
Lights are dim or flickering.	Power supply issue. Device malfunction.	Check power connections. If the issue persists, contact customer support.
Device feels too hot.	Blocked ventilation. Prolonged use.	Ensure cooling fans are not obstructed. Allow the device to cool down between sessions. If overheating persists, discontinue use and contact customer support.

8. SPECIFICATIONS

- **Model:** Hooga HG500
- **LEDs:** 100 x 5W LEDs
- **Wavelengths:** 660nm (Red) and 850nm (Near-Infrared) in a 1:1 ratio
- **Beam Angle:** 60 degrees
- **Irradiance:** >100mW/cm² at surface, >73mW/cm² at 6 inches
- **Dimensions:** 18.8" x 8.2" x 2.7" (47.75 cm x 20.83 cm x 6.86 cm)
- **Weight:** Approximately 12.2 lbs (5.53 kg)
- **Cooling:** Built-in cooling fan
- **EMF:** Low EMF levels
- **Power Input:** Standard electrical outlet (specific voltage not provided, assuming standard US 120V)

9. WARRANTY AND SUPPORT

For warranty information, technical support, or any questions regarding your Hooga HG500 device, please contact Hooga Health customer service.

Manufacturer: Hooga Health

Please refer to the product packaging or the official Hooga Health website for the most current contact information.

