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› iTHERAU Red Light Therapy Pad (Model ITU-RL01) User Manual

I-THERA-U ITU-RL01

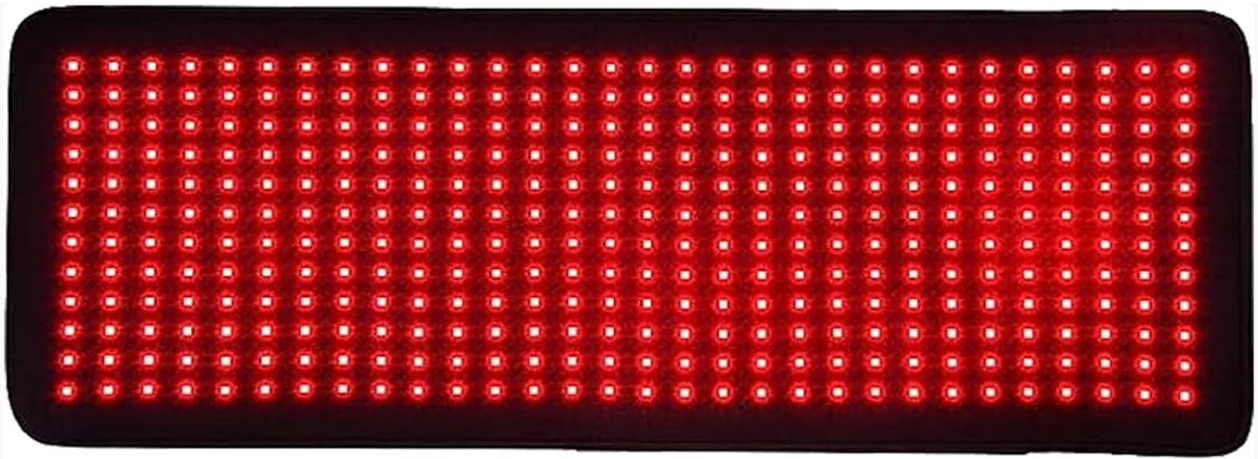
iTHERAU Red Light Therapy Pad (Model ITU-RL01) User Manual

Comprehensive instructions for your iTHERAU Red Light Therapy Pad.

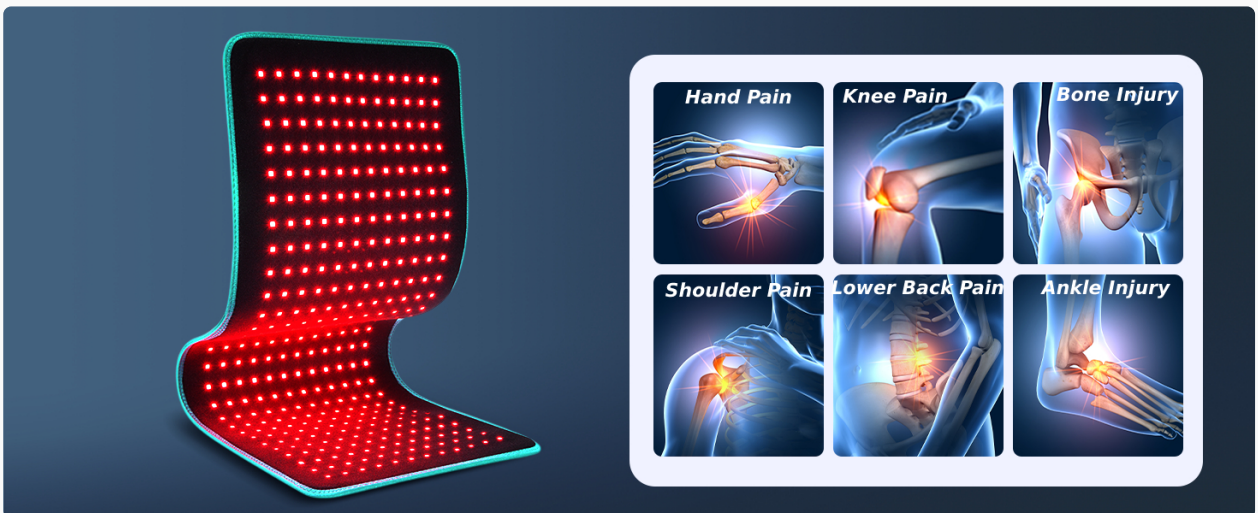
1. INTRODUCTION

Thank you for choosing the iTHERAU Red Light Therapy Pad. This device is designed to provide targeted red light and near-infrared light therapy for various body areas. It features a large coverage area and adjustable settings for a personalized experience.

The therapy pad incorporates 360 dual-chip LEDs, emitting both 660nm red light and 850nm near-infrared light. The 660nm red light is visible and helps with surface-level applications, while the 850nm near-infrared light is invisible to the naked eye and penetrates deeper into tissues.



The iTHERAU Red Light Therapy Pad, showcasing its size and included accessories like the remote control and protective eyewear. A person is shown using the pad during a yoga session, demonstrating its flexibility and application for full-body use.



This image illustrates the versatility of the therapy pad, highlighting its applicability to various body areas such as hands, knees, shoulders, lower back, and ankles for targeted support.

2. SETUP INSTRUCTIONS

Follow these steps to set up your iTHERAU Red Light Therapy Pad:

1. **Unpack Components:** Carefully remove the therapy pad, power adapter, and remote control from the packaging.
2. **Connect Power Cord:** Connect one end of the power cord to the adapter.
3. **Connect Adapter to Remote:** Connect the other end of the adapter to the remote control unit.
4. **Connect Remote to Pad:** Plug the remote control's output cable into the designated port on the therapy pad.
5. **Plug into Power Outlet:** Insert the power cord into a standard electrical outlet.

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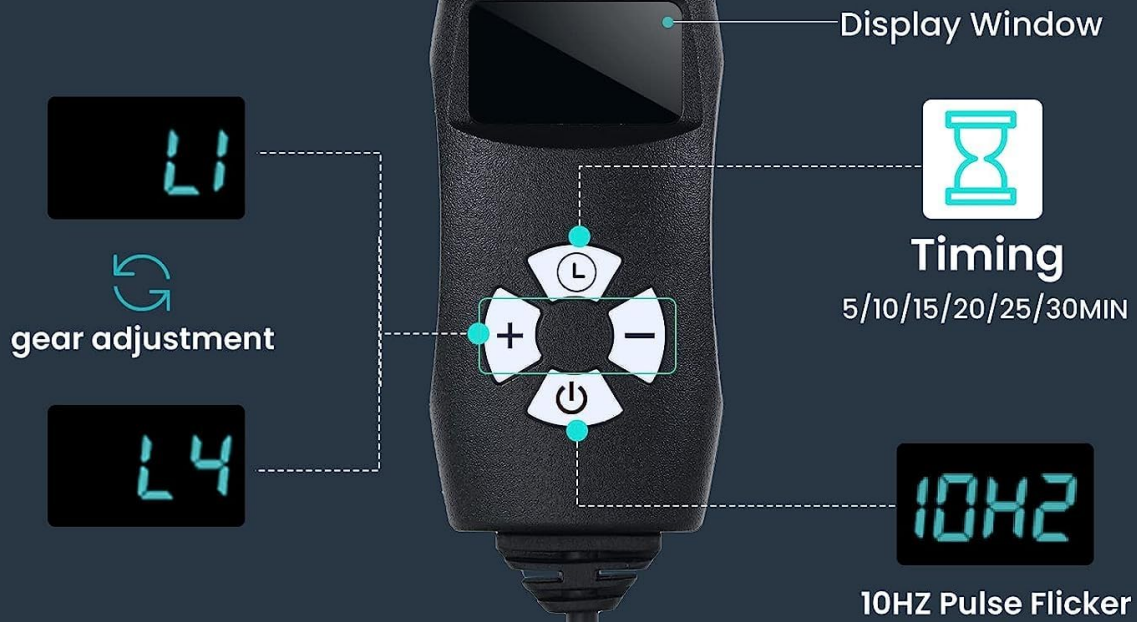
This video demonstrates the unboxing and initial connection steps for the iTHERAU Red Light Therapy Pad, showing how to connect the power adapter and remote control to the pad.

3. OPERATING INSTRUCTIONS

Once the device is set up, you can begin your therapy session:

1. **Power On:** Press the on/off button on the remote control to activate the red light therapy pad.
2. **Adjust Intensity:** The remote control allows you to select from 1 to 5 levels of adjustable intensity. Higher intensity levels provide a more pronounced phototherapy effect.
3. **Set Timer:** Utilize the timing function to set your session duration. Available intervals typically include 5, 10, 15, 20, 25, or 30 minutes.
4. **Select Mode:** The pad supports different light therapy modes: 660nm Red Light only, 850nm Near Infrared Light only, or a combination of both (660nm + 850nm). Choose the mode appropriate for your needs.
5. **Pulse Function:** Activate the pulse function if desired. This mode provides intermittent light exposure, which can be beneficial for individuals sensitive to continuous light and heat.
6. **Session Duration:** For optimal results, use the therapy pad 1-2 times a day for 20-30 minutes per session.

4-OPERATING MODES



The remote control unit, displaying its interface for adjusting intensity levels and setting the session timer.



660NM RED LIGHT

850NM NEAR INFRARED LIGHT
(INVISIBLE BY NAKED EYES)



3 Light Therapy Modes

660nm Red Light	850nm Invisible Infrared	650+850nm Red Light+Invisible Infrared
For alleviating muscle & joint pain	For deep tissue repair & inflammation relief	For combined benefits

An illustration detailing the three available light therapy modes: 660nm for muscle and joint pain, 850nm for deep tissue repair, and a combined mode for enhanced benefits.

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This video demonstrates the various features of the 360 LED Red Light Therapy Pad, including its adjustable brightness settings, pulse mode, and timing function.

4. MAINTENANCE

To ensure the longevity and optimal performance of your therapy pad:

- **Cleaning:** Gently wipe the surface of the pad with a soft, dry cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the device is unplugged before cleaning.
- **Storage:** Store the pad in a cool, dry place away from direct sunlight and moisture. Avoid folding or creasing the pad excessively to prevent damage to the internal components.
- **Inspection:** Periodically inspect the power cord and connections for any signs of wear or damage. If any

damage is found, discontinue use and contact customer support.

5. TROUBLESHOOTING

If you encounter issues with your iTHERAU Red Light Therapy Pad, refer to the following common solutions:

- **Device Not Turning On:**
 - Ensure all power connections (power cord to adapter, adapter to remote, remote to pad) are secure.
 - Verify that the power outlet is functional by plugging in another device.
 - Press the on/off button firmly on the remote control.
- **Lights Not Emitting:**
 - Some LEDs (850nm near-infrared) are invisible to the naked eye. This is normal.
 - Check if the correct mode is selected on the remote control.
- **Remote Control Not Responding:**
 - Ensure the remote control is properly connected to the adapter and the pad.
 - If the issue persists, try unplugging and re-plugging the device to reset it.

If these steps do not resolve the issue, please contact iTHERAU customer support for further assistance.

6. SPECIFICATIONS

Feature	Detail
Model Number	ITU-RL01
Dimensions	31 x 11 x 1 inches
Weight	3.42 Pounds
LED Count	360 Dual-Chip LEDs
Wavelengths	660nm (Red Light), 850nm (Near Infrared Light)
Intensity Levels	1-5 Adjustable Levels
Timing Function	Yes (Adjustable intervals: 5, 10, 15, 20, 25, 30 minutes)
Pulse Function	Yes
Manufacturer	I-THERA-U

7. SAFETY INFORMATION

Important Safety Warnings:

- This device is **not waterproof**. Do not use it in water or wet places.
- Not intended for use by children or pregnant women.
- Do not exceed 30 minutes on the same treatment area per session.
- Do not use with essential oils.
- Do not stare directly at the light during operation. Protective eyewear is recommended.
- It is not recommended to use the device while sleeping.
- Store the device away from children.
- Always unplug the device after use.

8. WARRANTY AND SUPPORT

iTHERAU is committed to providing quality products and customer satisfaction.

- **Warranty:** Please refer to your purchase documentation for specific warranty details. iTHERAU offers hassle-free replacement or return for eligible products.
- **Customer Support:** For any questions, concerns, or technical assistance, please contact iTHERAU Red Light Care customer support. They offer 7*24H professional customer support.