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Mito Red Light MITOMOBILE-1

Mito Mobile Red Light Panel

User Instruction Manual

1. INTRODUCTION

The Mito Mobile Red Light Panel is a portable device designed to deliver red and near-infrared light therapy. It utilizes advanced LED technology to provide specific wavelengths for various wellness applications. This manual provides essential information for the safe and effective use of your device.



Figure 1: Mito Mobile Red Light Panel and included accessories.

2. PRODUCT BENEFITS

The Mito Mobile Red Light Panel offers a range of potential benefits through its red (660 nm) and near-infrared (850 nm) LED wavelengths:

- **Improved Skin Health:** Supports youthful-looking skin, reduces wrinkles, and promotes collagen production.
- **Reduced Inflammation:** Helps ease pain and inflammation in the body.
- **Accelerated Muscle Recovery:** Aids in quicker recovery and improved muscle strength and endurance.
- **Enhanced Sleep:** May contribute to improved sleep quality and increased energy levels.

THE POWER OF RED LIGHT

Health and Wellness Benefits of Mito Red Light Therapy.



Supports muscle recovery, performance and strength.



Enhances sleep, increases energy levels and beats fatigue.



Boosted circulation, optimizes brain function and mood.



Promotes tissue repair, and a healthy inflammatory response.



Figure 2: Illustrative use of the Mito Mobile for health and wellness benefits.



ENHANCED MUSCLE RECOVERY

Experience quicker recovery and improved muscle strength & endurance with the help of red light therapy.

Figure 3: Targeted application for enhanced muscle recovery.

3. SAFETY INFORMATION

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Always use the provided eye protection (goggles or sunglasses) when operating the device, especially when directing light towards the face or eyes. Avoid direct eye exposure to the LEDs. Consult a qualified health professional before using the product if you have any medical conditions or concerns.

4. SETUP

- 1. Unpack:** Carefully remove the Mito Mobile Red Light Panel and all accessories from its packaging.
- 2. Charge:** Before first use, fully charge the device using the provided USB-A/C charging cable and power brick. The device features 12 LED diodes and lasts up to 3 hours on a single charge.
- 3. Placement:** The device is conveniently sized for travel and can be used handheld or placed on a flat surface. It can also be mounted on the back of a door using an appropriate mount (sold separately) for full-body coverage.

The Same Powerful Red and Near-infrared LEDs

TAKE WITH YOU ON THE GO!



Figure 4: Device dimensions and portability.

5. OPERATING INSTRUCTIONS

- 1. Power On:** Hold down the power button to turn on the device.
- 2. Select Mode:** Use the 'MODE' button to cycle through the light modes: Red light only, Near-Infrared (NIR) light only, or both Red and NIR lights combined.
- 3. Set Timer:** Press the 'TIME' button to select your desired session duration: 5, 10, 15, or 20 minutes. The device will automatically shut off when the time is complete.
- 4. Start Session:** Press the 'OK' button to begin the light therapy session.
- 5. Remote Control:** The device comes with a remote control for convenient hands-free operation, allowing you to adjust power, mode, and timer settings.
- 6. Application:** Position the device 6-12 inches from the targeted area of your body. Initial sessions should be 2-3 minutes per area, gradually increasing to 10 minutes as tolerated. Allow breaks between treatments.

Video 1: Official demonstration of the Mito Mobile Red Light Therapy Device, showing its features and operation.

6. MAINTENANCE

To ensure the longevity and optimal performance of your Mito Mobile Red Light Panel:

- Keep the device clean by wiping it with a soft, dry cloth.
- Avoid using abrasive cleaners or solvents.
- Store the device in its protective carrying case when not in use to prevent damage.
- Ensure proper ventilation during operation; do not block the vents.

7. TROUBLESHOOTING

If you experience any issues with your Mito Mobile Red Light Panel, please consider the following:

- **Device not turning on:** Ensure the device is fully charged or connected to a power source. Check the power switch.
- **Lights not illuminating:** Verify the correct mode (Red, NIR, or both) is selected.
- **Remote not working:** Check the remote's battery and ensure there are no obstructions between the remote and the device.

For persistent issues, please contact Mito Red Light customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	MITOMOBILE-1
LED Wavelengths	660 nm (Red) and 850 nm (Near Infrared)
LED Diodes	12
Battery Life	Up to 3 hours on a single charge
Dimensions	6" x 4" x 1.5"
Weight	2.51 Pounds
Manufacturer	Mito Red Light

9. WARRANTY AND SUPPORT

Specific warranty details and comprehensive support information are typically provided with your product purchase or can be found on the official Mito Red Light website. Please refer to those resources for the most up-to-date information regarding your device's warranty coverage and how to obtain customer support.

