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### Mito Red Light MitoMIN 2.0

# Mito Red Light MitoMIN 2.0 Red Light Panel Instruction Manual

Model: MitoMIN 2.0

## 1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using your MitoMIN 2.0 Red Light Panel. Keep this manual for future reference.

- Keep out of reach of children.
- Do not use if the device is damaged.
- 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.
- Consult a qualified health professional before using this product, especially if you have pre-existing medical conditions or are taking medications.
- Always use the provided eye protection during operation to shield your eyes from the intense light.
- Do not stare directly into the LED lights.
- Ensure proper ventilation around the device during use.

## 2. PRODUCT OVERVIEW

The MitoMIN 2.0 Red Light Panel is an advanced red light therapy device designed for at-home use. It features a combination of red (660 nm) and near-infrared (850 nm) wavelengths to support various wellness benefits.



Figure 1: MitoMIN 2.0 Red Light Panel with adjustable stand.

### Key Features:

- **Advanced LED Technology:** Utilizes precise 660 nm (Red) and 850 nm (NIR) wavelengths.
- **High-Powered Diodes:** Equipped with 60 high-powered LED diodes for effective light delivery.
- **Digital Control Panel:** Features an intuitive digital control panel with a timer.
- **Whisper-Quiet Fans:** Integrated fans ensure quiet operation during sessions.
- **Multiple Modes:** Select between Red Only, Near Infrared Only, or Both wavelengths.
- **Targeted Coverage:** Measures 12" x 9" x 3", ideal for targeted application on face, neck, or specific body areas.
- **Third-Party Tested:** Diagnostic testing ensures power and spectral output.
- **FSA/HSA Eligible:** May be eligible for Flexible Spending Account or Health Savings Account reimbursement.

### 3. SETUP INSTRUCTIONS

Follow these steps to set up your MitoMIN 2.0 Red Light Panel:

- 1. Unpack the Device:** Carefully remove the MitoMIN 2.0 panel and all accessories from its packaging.
- 2. Position the Panel:** The device can be used in several ways:
  - **Using the Integrated Stand:** Extend the adjustable bracket on the back of the panel to prop it up on a flat surface.
  - **Hanging the Panel:** Utilize the suspension kit (if included) to hang the panel from a door or wall at your desired height. Ensure it is securely mounted.
- 3. Connect Power:** Locate the power input on the back of the device. Connect the provided power cord to the panel and then plug the other end into a standard electrical outlet.
- 4. Power On Main Switch:** Flip the red power switch on the back of the device to the 'ON' position. The digital display on the side panel should illuminate.



Figure 2: Visual guide for connecting the power cable and positioning the MitoMIN 2.0.

### 4. OPERATING INSTRUCTIONS

Once set up, operate your MitoMIN 2.0 as follows:

- 1. Wear Eye Protection:** Always put on the provided protective eyewear before activating the device.
- 2. Set Treatment Time:** Use the '+' and '-' buttons on the digital control panel to adjust the session duration. The timer can be set from 1 to 30 minutes.

3. **Select Mode:** Press the 'MODE' button to cycle through the available light modes:
  - **Red Only:** Activates only the 660 nm red light LEDs.
  - **NIR Only:** Activates only the 850 nm near-infrared light LEDs.
  - **Both:** Activates both red and near-infrared LEDs simultaneously.
4. **Start Session:** Press the 'ON/OFF' button (power symbol) on the control panel to begin your therapy session. The selected lights will illuminate.
5. **Position Yourself:** Sit or stand comfortably in front of the panel, ensuring the target area of your body is exposed to the light. Maintain a distance of approximately 6-12 inches from the device.
6. **End Session:** The device will automatically turn off once the set time has elapsed. You can also manually end the session at any time by pressing the 'ON/OFF' button again.
7. **Turn Off Main Switch:** After your session, flip the red power switch on the back of the device to the 'OFF' position.



Figure 3: Digital control panel with timer and mode selection buttons.

## Recommended Usage:

For optimal results, follow the manufacturer's recommended treatment plans. Typical sessions range from 10-20 minutes, 3-5 times per week, depending on individual needs and desired outcomes.

## 5. MAINTENANCE

Proper care ensures the longevity and performance of your MitoMIN 2.0:

- **Cleaning:** Ensure the device is unplugged and completely cool before cleaning. Use a soft, dry cloth to wipe the surface of the panel. 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. Keep it in its original packaging or a protective cover when not in use.

- **Handling:** Handle the device with care to avoid dropping or impacting it, which could damage the LEDs or internal components.

## 6. TROUBLESHOOTING

If you encounter any issues with your MitoMIN 2.0, refer to the following:

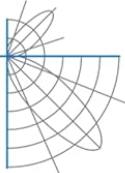
Problem	Possible Cause	Solution
Device does not power on.	Power cord not properly connected or main switch is off.	Ensure the power cord is securely plugged into the device and the outlet. Check that the main power switch on the back is in the 'ON' position.
Lights are dim or not all LEDs are lit.	Incorrect mode selected or device malfunction.	Cycle through the 'MODE' options to ensure the desired lights are activated. If the issue persists, contact customer support.
Device overheats.	Blocked ventilation or prolonged use.	Ensure the ventilation vents are clear and not obstructed. Allow the device to cool down between sessions.

If troubleshooting steps do not resolve the issue, please contact Mito Red Light customer support.

## 7. SPECIFICATIONS

Detailed specifications for the MitoMIN 2.0 Red Light Panel:

Feature	Detail
Model Number	MINWHT
LED Wavelengths	660 nm (Red), 850 nm (Near Infrared)
Number of LEDs	60 high-powered LED diodes
Dimensions	12" x 9" x 3" (approximate)
Weight	7 Pounds (approximate)
Power Source	Standard electrical outlet
Energy Output	21,720 joules in a 10-minute session (as per third-party testing)
Item Model Number	MINWHT



**LightLab**  
INTERNATIONAL  
ALLENTOWN LLC

**NVLAP**<sup>®</sup>  
TESTING  
Lab Code: 201079-0



## Report of Test

LLIA002102-001A

Distribution Radiometry Test Report

Catalog Number: Mito MIN 2.0

Portable, formed steel housing, aluminum heatsinks mounted to 1

aluminum LED board mounting plate with fan above heatsink.

60 LEDs - 30 red & 30 infrared with clear conical plastic optics

2 Model TBW-LFA501-T LED drivers, 1 HS-12-FAN fan power supply.



Prepared For:

Mito Red Light

9319 N 94th Way #400

Scottsdale, AZ 85258, USA

### Performance Summary

Input Voltage	120.0 V	Radiant Power	36257 mW
Input Current	0.8169 A	Radiant Efficiency	0.373 $W_{rad}/W_{elec}$
Input Power	97.27 W	Downward	36257 mW
Frequency	60.00 Hz	Upward	0.0 mW
Power Factor	0.992		
Current THD	6.7 %		

This test report was issued by LightLab International Allentown, LLC without alterations or erasures.

Test date: 05/10/2023  
Report date: 05/17/2023

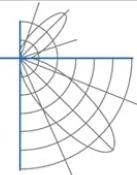
Signed: Michael L. Grather  
Digitally signed by  
Michael L. Grather  
Date: 2023.05.18  
14:06:49 -04'00'

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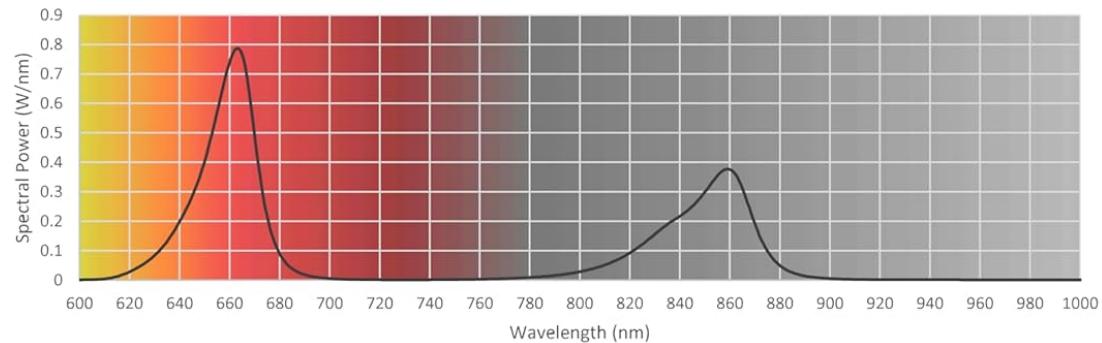
Figure 4: Excerpt from LightLab International Test Report (Page 1 of 12).



Test Report Number: LLIA002102-001B

Summary Spectral Power Distribution (wavelength - nm, spectral power - W/nm)

600	0.001057	700	0.005438	800	0.028398	900	0.005237
605	0.001776	705	0.003262	805	0.038245	905	0.003536
610	0.004215	710	0.002132	810	0.051465	910	0.002558
615	0.012272	715	0.001528	815	0.068752	915	0.001990
620	0.028203	720	0.001192	820	0.091984	920	0.001608
625	0.050964	725	0.001017	825	0.121469	925	0.001378
630	0.084110	730	0.000957	830	0.155691	930	0.001239
635	0.130600	735	0.001002	835	0.188669	935	0.001283
640	0.198712	740	0.001153	840	0.216728	940	0.001543
645	0.283267	745	0.001416	845	0.250629	945	0.001568
650	0.402347	750	0.001834	850	0.299016	950	0.001287
655	0.571351	755	0.002414	855	0.353510	955	0.001030
660	0.738543	760	0.003118	860	0.375840	960	0.000893
665	0.765637	765	0.003945	865	0.312947	965	0.000823
670	0.491130	770	0.005047	870	0.191838	970	0.000792
675	0.217699	775	0.006628	875	0.098659	975	0.000781
680	0.088914	780	0.008806	880	0.049577	980	0.000816
685	0.039038	785	0.011788	885	0.025665	985	0.000872
690	0.018367	790	0.015879	890	0.014014	990	0.000952
695	0.009514	795	0.021139	895	0.008274	995	0.001042
						1000	0.001138



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Figure 5: Excerpt from LightLab International Test Report (Page 11 of 12) showing spectral power distribution.

## 8. WARRANTY AND SUPPORT

For warranty information, product support, or any questions regarding your MitoMIN 2.0 Red Light Panel, please contact Mito Red Light directly through their official website or the contact information provided with your purchase. Ensure you have your purchase details and model number (MINWHT) available when contacting support.

## Related Documents - MitoMIN 2.0

	<p><a href="#"><u>MitoCHIRO User Manual: Red Light Therapy Device Guide</u></a> Comprehensive user manual for the MitoCHIRO red light therapy device by Mito Red Light. Learn about red and near-infrared light therapy, device operation, safety precautions, and specifications.</p>
	<p><a href="#"><u>MitoADAPT 3.0 User Manual: Comprehensive Guide to Light Therapy Device Operation and Benefits</u></a> This user manual provides detailed instructions for the MitoADAPT 3.0 series of red and near-infrared light therapy devices. It covers setup, operation, mode selection, app integration, troubleshooting, safety guidelines, and an overview of light therapy principles.</p>
	<p><a href="#"><u>MitoPRO Mobile User Manual - Red Light Therapy Device Guide</u></a> Comprehensive user manual for the MitoPRO Mobile red light therapy device by Mito Red Light. Learn about its features, how to use it, safety precautions, and specifications for optimal wellness.</p>
	<p><a href="#"><u>Mito Red Light User Manual: Flexible Devices - Advanced Belt, Quad Belt, Mat, Pod</u></a> Explore the benefits and usage of Mito Red Light's flexible red and near-infrared (NIR) light therapy devices. This comprehensive user manual covers the Advanced Therapy Belt, Quad Belt, Full Body Mat, and Mito Red Pod, detailing how red light therapy works, device operation, package contents, safety precautions, and technical specifications. Ideal for users seeking information on wellness and fitness light therapy.</p>
	<p><a href="#"><u>Mito Mobile Flex User Manual: Red Light Therapy Guide</u></a> Comprehensive user manual for the Mito Mobile Flex red light therapy device. Learn about usage, benefits, safety, warranty, and maintenance for enhanced skin, sleep, performance, and recovery.</p>
	<p><a href="#"><u>MitoADAPT Red Light Therapy Panel Quick User Guide   Mito Red Light</u></a> Get started quickly with the MitoADAPT by Mito Red Light. This quick user guide covers setup, modes, usage, and troubleshooting for your red light therapy device.</p>