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NINSI LR-19

NINSI Portable Handheld Red Light Therapy Device LR-19 Instruction Manual

Model: LR-19

1. Introduction

Thank you for choosing the NINSI Portable Handheld Red Light Therapy Device. This manual provides essential information for the safe and effective operation of your device. Please read it thoroughly before use and retain it for future reference.



Figure 1: NINSI Portable Handheld Red Light Therapy Device.

2. Important Safety Information

- Always wear the provided protective eyewear when using the device, especially during facial applications, to protect your eyes from direct light exposure.
- Do not look directly into the LED lights during operation.
- Keep the device out of reach of children and pets.
- Consult a healthcare professional before use if you have any medical conditions, are pregnant, or are taking photosensitizing medications.
- Do not use the device on broken, irritated, or infected skin.
- Avoid using the device in wet environments or near water.

- If you experience any discomfort or adverse reactions, discontinue use immediately.
- The device is designed for personal use. Do not attempt to modify or repair it.

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.

3. Package Contents

Verify that all items are present in the package:

- NINSI Portable Handheld Red Light Therapy Device (Model LR-19)
- USB Charging Cable
- Protective Eyewear (Sunglasses)
- Instruction Manual



Figure 2: Device, USB cable, protective eyewear, and manual included in the package.

4. Product Features

- **3 Modes, 3 Wavelength Combinations:**
  - Mode 1: 630/660/850 nm wavelengths all lights up in steady-on.
  - Mode 2: 630 nm lights up and pulses.
  - Mode 3: 660 nm and 850 nm lights up and pulses.

  Light therapy with pulse mode provides a brief buffer for enhanced energy absorption and promotes natural recovery.
- **Targeted Wavelength Benefits:**
  - **630 nm Red Light:** Promotes skin metabolism, collagen production, fights wrinkles, and enhances skin elasticity.
  - **660 nm Red Light:** Stimulates collagen proliferation, cellular repair, improves facial skin, reduces rough texture, and refines pores for smoother, more resilient skin.
  - **850 nm Infrared Light (Invisible):** Promotes blood circulation, relieves inflammation, alleviates joint and muscle pain, and repairs damaged skin for faster healing.
- **Multifunctional and Versatile:** Suitable for various body parts including arms, wrists, fingers, legs, knees, ankles, neck, shoulders, back, waist, abdomen, and hips. Also suitable for pets (consult a veterinarian for guidelines).
- **Simple Operation & Portability:** One-click mode switching, USB charging, compact size for use at home, office, or while traveling. Ideal for outdoor sports recovery.



Figure 3: Illustration of red light penetrating the epidermis, dermis, and muscle layers.

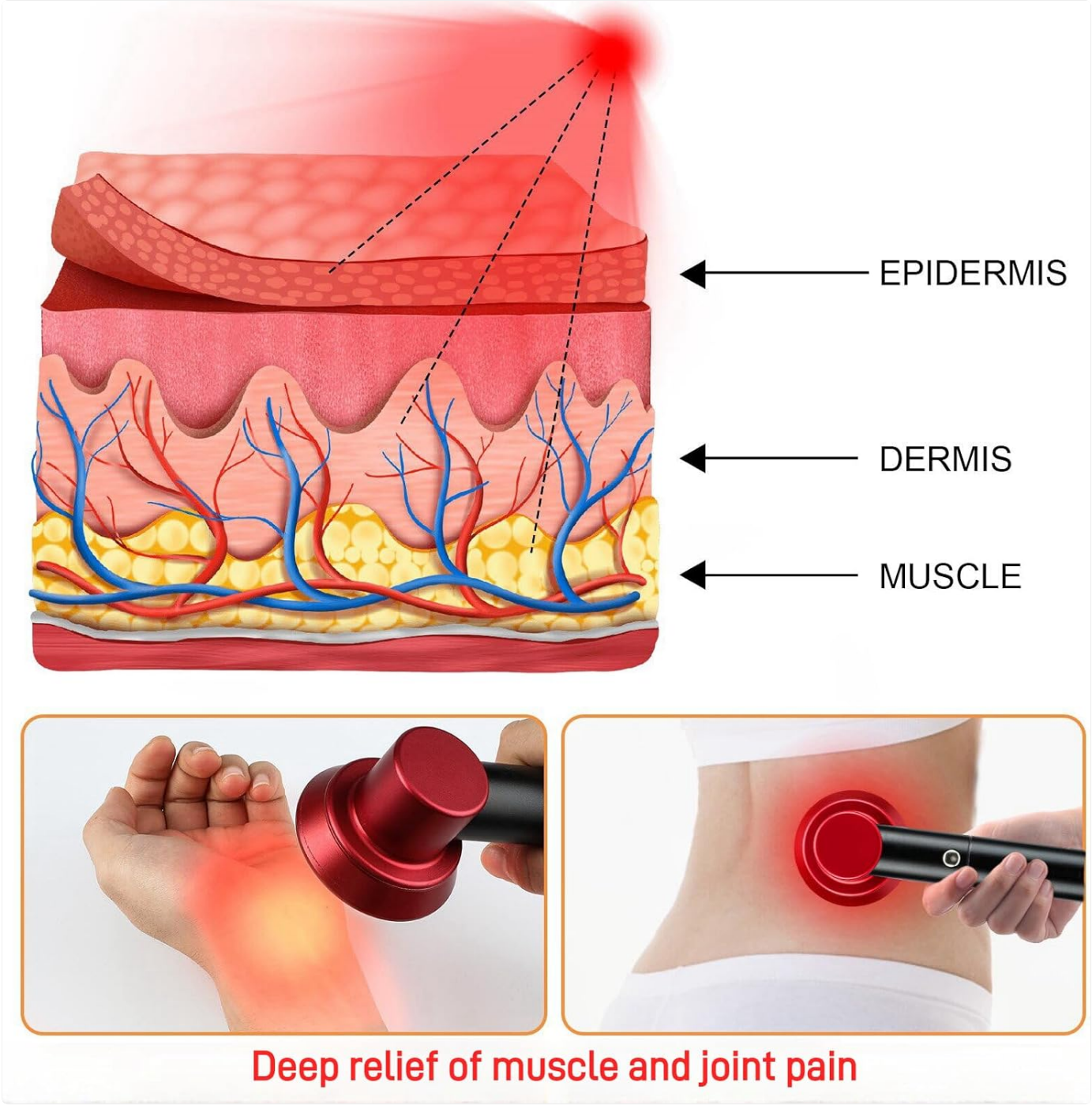


Figure 4: The device applied to the wrist and lower back for deep muscle and joint pain relief.

5. Setup

5.1 Charging the Device

1. Locate the USB charging port on the device.
2. Connect the provided USB charging cable to the device and a compatible USB power source (e.g., computer, wall adapter).
3. The charging indicator light will illuminate to show the device is charging.
4. Once fully charged, the indicator light may change color or turn off. Disconnect the device from the charger.

The device uses 1 Lithium Ion battery (included).

6. Operating Instructions

6.1 Power On/Off

- To power on the device, press and hold the power button for approximately 3 seconds.
- To power off the device, press and hold the power button again for approximately 3 seconds.

6.2 Mode Selection

Once powered on, short press the power button to cycle through the three available modes:

1. **Mode 1 (Steady-on):** All 630/660/850 nm wavelengths are continuously active.
2. **Mode 2 (630 nm Pulse):** Only the 630 nm red light operates in a pulsating pattern.
3. **Mode 3 (660 nm & 850 nm Pulse):** The 660 nm red light and 850 nm infrared light operate in a pulsating pattern.

The device has an automatic timer set for 5 minutes for all modes. After 5 minutes, the device will automatically turn off.

7. Usage Guidelines

- **Frequency:** Use 1-2 times per day.
- **Distance:** Position the light source 0-1 inches (0-2.5 cm) from the target area of the body. Direct contact with the skin is acceptable.
- **Duration:** Apply for 5-20 minutes per area, depending on the distance and individual comfort. The device has a built-in 5-minute auto-timer.
- **Eye Protection:** Always wear the provided sunglasses when using the device, especially for facial treatments, to protect your eyes from the intense light.
- **Application Areas:** The device is suitable for various parts of the face and body, including arms, wrists, fingers, legs, knees, ankles, neck, shoulders, back, waist, abdomen, and hips.
- **Pet Use:** The device can be used on pets. Always consult your veterinarian for appropriate usage guidelines and duration for your specific pet's condition.



Figure 5: The device is portable with a built-in battery, suitable for various body parts, and includes protective eyewear.

8. Maintenance

- **Cleaning:** Wipe the device with a soft, dry cloth after each use. 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 extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in constant use.



Figure 6: The device features a built-in heat dissipation structure to maintain stable lamp bead power and prevent overheating.

9. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device fully.
Lights are dim.	Low battery.	Charge the device fully.
Device turns off unexpectedly.	Auto-timer activated.	This is normal operation (5-minute auto-timer). Restart if needed.

10. Specifications

- **Model:** LR-19

- **Dimensions:** 6.58 x 2.36 x 2.36 inches
- **Weight:** 8.96 ounces
- **Wavelengths:** 630 nm, 660 nm, 850 nm
- **Modes:** 3 (Steady-on, 630nm Pulse, 660nm/850nm Pulse)
- **Battery:** 1 Lithium Ion battery (included)
- **Manufacturer:** NINSI

11. Warranty and Support

For warranty information or technical support, please refer to the product packaging or contact NINSI customer service directly. Keep your purchase receipt as proof of purchase.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question