

TABREAK B0GYWHZV6W

TABREAK Red Light Therapy Device for Neck and Shoulder with Heat & Massage

Model: B0GYWHZV6W

1. INTRODUCTION

This manual provides instructions for the safe and effective use of your TABREAK Red Light Therapy Device for Neck and Shoulder. This device combines 660nm red light and 850nm near-infrared light therapy with adjustable heat and vibration massage functions. It is designed for personal use to provide comfort and relaxation to the neck and shoulder areas.



Image: The device in use, highlighting its red light therapy function.

2. SAFETY INFORMATION

Please read all safety warnings and instructions before using this product. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- Do not use the device if you have a pacemaker, are pregnant, or have any serious medical conditions without

consulting a physician.

- Avoid direct eye exposure to the LED lights.
- Do not use on broken, irritated, or sensitive skin.
- Keep out of reach of children.
- Do not immerse the device in water or other liquids.
- Unplug the device from the charger when not in use or before cleaning.
- 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:

- TABREAK Red Light Therapy Device (Neck and Shoulder Wrap)
- Integrated Controller with 5000mAh Rechargeable Battery
- USB Charging Cable
- User Manual

4. SETUP

4.1 Charging the Device

1. Connect the provided USB charging cable to the charging port on the controller.
2. Plug the other end of the USB cable into a compatible USB power adapter (not included) or a computer USB port.
3. The battery indicator on the controller will show charging status. Ensure the device is fully charged before first use.

4.2 Wearing the Device

The device features an ergonomic design and an adjustable Velcro strap for a secure and comfortable fit.

1. Place the device over your neck and shoulders, ensuring the LED side faces your skin.
2. Adjust the Velcro strap to achieve a snug yet comfortable fit. The wrap should feel secure without being overly tight.

Full

360°

Neck Stabilization

660nm Red + 850nm Near-Infrared Dual Light



After



Before

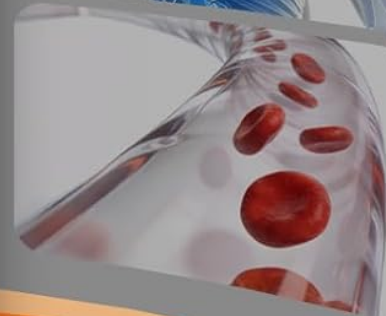


Image: Proper placement and ergonomic fit of the device.

5. OPERATING INSTRUCTIONS

The device is controlled via an integrated button panel. Refer to the diagram below for button functions.



Image: Controller layout and button functions.

5.1 Power On/Off

- Press and hold the **Power On/Off** button to turn the device on or off.

5.2 Red Light & Infrared Therapy

The device features 118 high-intensity LEDs blending 660nm red light and 850nm near-infrared light.

- Press the **Brightness Button (P0-P3)** to cycle through different light intensity levels.

5.3 Heat Function

Choose from three precise warmth levels:

- **P1:** Low (approximately 100°F / 37.8°C)
- **P2:** Medium (approximately 109°F / 42.8°C)
- **P3:** High (approximately 122°F / 50°C)

The heat level is typically adjusted in conjunction with the light intensity using the **Brightness Button (P0-P3)**.



Image: Temperature levels and light wavelengths.

5.4 Vibration Massage

The device offers gentle vibration massage with three comfort levels:

- **L1:** Gentle
- **L2:** Soothing
- **L3:** Strong
- Press the **Massage Button (L0-L3)** to select your desired vibration intensity.

5.5 Pulse Mode

- Press the **Pulse Button (10/40 Hz/Breath)** to activate and cycle through different pulse modes for the light therapy.

5.6 Automatic Shut-off Timer

The device includes an auto-shutoff timer for convenience and safety.

- Press the **Timer Button (10/20/30 Min)** to set the session duration to 10, 20, or 30 minutes.
- The device will automatically turn off once the selected time has elapsed.

WHY CHOOSE TABREAK?

The image compares the TABREAK device (right, highlighted in red) with a competitor (left, in grey). The competitor's features are marked with red 'X' icons, while TABREAK's features are marked with green checkmarks.

Competitor (Left)	TABREAK (Right)
5 Min timer	10, 20, 30 Min timer
90Pcs LED	118Pcs LED
1 Chip	3-in-1 Chip
Only Heat	660nm&850nm Infrared Light Therapy Heat & Massage

Image: Device in use with timer function highlighted.

6. MAINTENANCE

6.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the surface of the device with a soft, damp cloth. Do not use abrasive cleaners or harsh chemicals.
- Allow the device to air dry completely before storing or next use.

6.2 Storage

- Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- Keep the device in its original packaging or a protective bag to prevent damage.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided USB cable.

Problem	Possible Cause	Solution
No heat or light.	Incorrect settings selected.	Ensure the device is powered on and the appropriate brightness/heat level (P1-P3) is selected.
Vibration massage is weak or not working.	Incorrect massage level selected or low battery.	Adjust the massage level (L1-L3) using the Massage Button. Ensure the device is sufficiently charged. Note that the massage function is designed for gentle vibration, not deep tissue massage.
Battery life is shorter than expected.	High heat/vibration settings consume more power.	Using higher heat or vibration settings will reduce battery duration. Ensure the device is fully charged before each session.

8. SPECIFICATIONS

- **Model:** B0GYWHZV6W
- **LEDs:** 118 (660nm Red Light & 850nm Near-Infrared Light)
- **Heat Levels:** Low (100°F), Medium (109°F), High (122°F)
- **Massage Modes:** 3 Vibration Levels (L1, L2, L3)
- **Pulse Modes:** 10/40 Hz/Breath
- **Battery:** 5000mAh Lithium Ion (included)
- **Timer Settings:** 10, 20, 30 minutes (auto-shutoff)
- **Package Dimensions:** 11.34 x 10 x 2.72 inches
- **Weight:** 1.63 pounds
- **Manufacturer:** TABREAK

9. WARRANTY AND SUPPORT

Your purchase is backed by our commitment to your satisfaction.

- **Warranty:** This product includes a comprehensive 1-year warranty.
- **Customer Service:** For technical support or customer service inquiries, please contact our 24/7 online support team. Refer to the product packaging or official TABREAK website for contact details.

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

you@example.com

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