



MitoGREEN

USER MANUAL

www.mitoredlight.com

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TABLE OF CONTENTS

About us	03
How does red light therapy work	04
Getting started	06
Package contents	07
MitoGREEN instructions	08
Cautions and disclaimer	12
Specifications	14

ABOUT US

Located in Scottsdale, Arizona, **Mito Red Light®** is dedicated to bringing the highest powered, highest quality red light therapy lights to market at the best possible value.

Having extensively studied and realized the benefits of red light therapy firsthand, Mito Red Light was brought into existence in order to provide consumers truly affordable, yet highly effective red light therapy options.

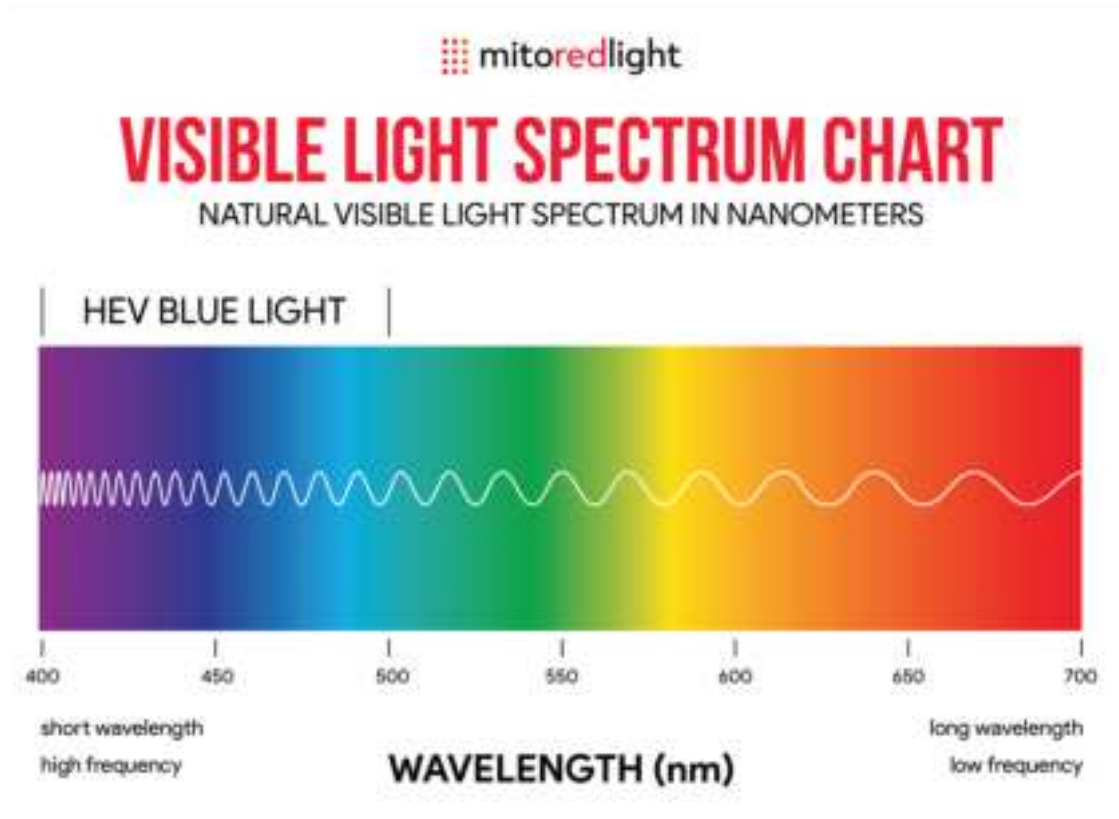
If you have any further questions, please feel free to contact us at: **info@mitoredlight.com**

You can also call our phone number
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Mail correspondence can be sent to:

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HOW DOES RED LIGHT THERAPY WORK?



Red, near-infrared, and green light are part of the electromagnetic spectrum, and more specifically, part of the spectrum of light emitted by the sun. These wavelengths of light are “bioactive” in humans.

The specific photons found in red and near infrared light interact with a photoreceptor within our cells called cytochrome c oxidase. This interacts on mutates the mitochondria in our cells to use oxygen more efficiently, which allows the mitochondria to produce more ATP (adenosine triphosphate). Adenosine triphosphate is a complex organic chemical that provides energy to drive many processes in living cells, e.g. muscle contract on, nerve impulse propagate on, and chemical synthesis. Found in all forms of life, ATP is even referred to as the "molecular unit of currency" of intracellular energy transfer. When our cells have more energy, they simply perform better and the body follows suit!

LIGHT THERAPY OVERVIEW

Red light:

Visible to the human eye, red light has wavelengths between 600–700 nanometers (nm) and is most effective on the skin's surface. Red light can improve skin health, collagen production, as well as help with hair growth.

Near-infrared Light (NIR):

Invisible to the human eye, near-infrared light has wavelengths between 700–1200 nm and can penetrate deeper into the body, acting on the muscles, joints and bone.

Green Light:

There have been studies exploring the use of 520nm green light (green wavelength) for its potential relief for headache disorders, particularly migraines.

FAQs

Why is there a mode that uses both Green and Near Infrared?

The studies using green light, showing benefits for migraines, use ONLY narrowband green light at 520nm (Mode 1).

However, because near infrared is invisible and may have anti-inflammatory properties as well as supporting cellular function, it is theoretically possible the green + NIR help some people better than green alone. Hence, we have included this combination (Mode 2), so that you have the option to try it.

Do I need eye protection when using the device?

Green light only mode (Mode 1) and Green + NIR mode (Mode 2) can be used through closed eyes.

For Red + NIR mode, we recommend using the included eye protection.

GETTING STARTED

INDICATIONS FOR USE

Mito Red Lights are general wellness devices and are not intended to cure or diagnose any medical conditions. Use of this device is designed to help promote overall health and wellness by supporting cellular function. Mito Red Lights should only be operated based on the user guidelines, as outlined in this user manual.

FIRST TIME USERS

For first time users, we recommend starting out with 4 to 5 minute sessions, at a distance of 6 inches away, and slowly working up to a 10 minute session over the course of 2 to 3 weeks as your body acclimates to the light.

STANDARD USE

We recommend the following usage times for each mode at a distance of 6 inches away:

- Mode 1 - 520nm Green Light only: As needed up to 30 minutes, through closed eyes.
- Mode 2 - Green plus Near Infrared: As needed up to 10 minutes, through closed eyes.
- Mode 3 - Red + Near Infrared: 10 minutes (max 20 minutes) - eye protection recommended when using into the face.

For Mode 3 we recommend you allow at least 6 hours between sessions of the same area. We recommend taking at least one day off per week.

PROTECTIVE EYEWEAR

When using, do not stare directly into the light emitting diodes (LEDs). We recommend wearing protective goggles (included) when using the Mode 3 (Red and NIR) directly onto the face.

When using Mode 1 or Mode 2 for a migraine / headache shine the light through closed eyes.

MITO**GREEN**

PACKAGE CONTENTS

THIS PACKAGE INCLUDES

- A - 1 x MitoGREEN device
- B - 1 x Travel bag
- C - 1 x Portable desk stand
- D - 1 x Eye Goggles
- E - 1 x USB charger and cable
- F - 1 x Dust pouch
- G - 1 x handle
- H - 2 x Handle screws



MITOGREEN INSTRUCTIONS

Step 1: Remove all items from packaging.

Step 2 (optional): If you would like to use the handle on the back of the device, use the two provided screws to attach the handle.

Step 3: Your device should be mostly charged. If you prefer to charge to 100%, use the provided USB cable and plug into the USB charger. The device will indicate a flashing light to show the percentage of battery that remains (from 25% to 100%). See the 'brightness' section below.

Step 4: Once charged it is time to turn on your device. Press the power once button (lower right) to turn on. (To turn off press the power button twice).



MITOGREEN INSTRUCTIONS

Step 5: Next select your set up using the following buttons:

Brightness:

Press the 'brightness' button to select 25%, 50%, 75% or 100% brightness. While charging this indicator light will flash to show the level of battery.



MITOGREEN INSTRUCTIONS

Mode:

Press the 'mode' button to choose between the following modes. When the mode is turned on, the corresponding wavelengths indicator will illuminate on the bottom left corner of the device.

Mode 1: Green (520nm) only

Mode 2: Green (520nm) and Near-Infrared (850nm)

Mode 3: Red (660nm) and Near-Infrared (850nm)



MITOGREEN INSTRUCTIONS

Time:

Use the 'timer' button to select how long you would like your session to last. Each mode has a different session length to choose from:

Mode 1: Green (520nm) has a choice of 30 mins or 60 mins

Mode 2: Green (520nm) + Near-Infrared (850nm) has a set time of 10 mins

Mode 3: Red (660nm) and Near-Infrared (850nm) has a choice of 10 mins or 20 mins



CAUTIONS & DISCLAIMER

Mito Red Light recommends consulting with your healthcare provider prior to use if you believe that you are sensitive to light. Some cold and allergy medications, pain medications, and medications used to treat infection may cause light sensitivity.

We also recommend consulting with your healthcare provider prior to using the light if you are pregnant, have any suspicious or cancerous lesions, or have recently had a steroid injection or use topical steroids.

If you experience discomfort or have a concern about the light, stop use immediately and contact your healthcare provider.

Unplug from outlet when not in use to avoid tripping hazards.

DISCLAIMER

The statements in this manual have not been evaluated by the Food and Drug Administration (FDA). The information provided is not intended to diagnose, treat, cure, or prevent any disease and should not be construed as medical advice. Our products are low-risk, general wellness / fitness products that do not require FDA clearance, in accordance with the "General Wellness: Policy on Low Risk Devices" draft released January 20, 2015.

Mito Red Light makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical or mental conditions. A qualified health professional should always be consulted prior to using this product in regards to any condition that may require medical attention.

CAUTIONS & DISCLAIMER

To preserve the life and functionality of the light, always store in a cool, dry place when possible. For proper use and safety, please be sure to read this manual and follow all instructions and do not do any of the following:

DO NOT let children use the device without adult supervision.

DO NOT use this on infants.

DO NOT let sleeping, disabled, or unconscious persons use the device.

DO NOT exceed 60 min in mode 1, 10 min mode 2, and 20 minutes in mode 3.

DO NOT use on open, fresh wounds.

DO NOT use in combination with liniments, salves, ointments, or balms that contain heat producing ingredients. A skin burn could be the result of doing so.

DO NOT modify or attempt to repair this equipment. There are no parts that are serviceable by the user. The Mito Red Light is an electrical device. To avoid electric shock and other electricity-related dangers, adhere to the following instructions:

DO NOT wash electrical parts with water or other liquids.

DO NOT drop your device or other components, such as the battery, in water or other liquids or place it where it may fall into water or other liquids.

DO NOT expose to running water. If your light comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet. If it is to be used in the vicinity of water, we recommend using an electrical outlet protected by Ground Fault Circuit Interrupter (GFCI) while charging the device.

DO NOT directly touch the light or touch the plugs or switches with wet hands.

DO NOT apply or touch the light to, or with, wet or damp skin.

DO NOT pull, carry, or lift the light by its cord. If the cord is damaged, don't use the light.

DO NOT use on or near heated surfaces.

CAUTIONS & DISCLAIMER

DO NOT operate this light in areas where it could be exposed to flammable or combustible products or vapors. Explosion or fire may occur.

DO NOT store or use your device in hot temperatures exceeding 120 degrees Fahrenheit.

DO NOT use your light if it is damaged. Continuous use of a damaged light may result in electric shock or injury.

DO NOT use extension cords unless they are designed to carry the total wattage of the light being powered.

DO NOT unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.

SPECIFICATIONS

Size: 6.5 inches x 3.6 inches x 1.2 inches

LED quantity: 15pcs

Wavelength: 660:850:520nm = 9:9:6, dual-chip & dual-wavelength

Modes:

- M1: 520nm only (30/60 mins, default 30mins)
- M2: 520nm+ 850nm (default 10mins)
- M3: 660nm+850nm (10/20 mins, default 10mins)

Battery Capacity: 3.7V / 8000mAh

Battery working time: M1 - 1.5 hours, M2 - 40 mins, M3 - 36 mins

Battery charging time: 3-4 hours

Brightness setting: 25% / 50% / 75% / 100%

Net weight: 1.2 lbs

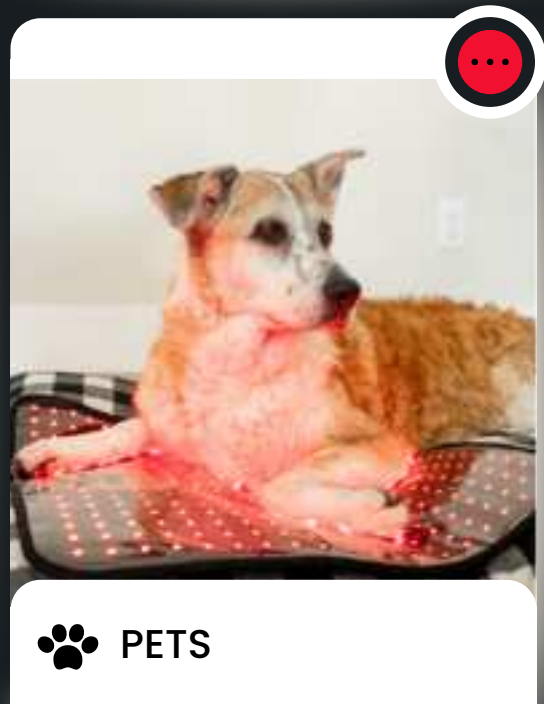
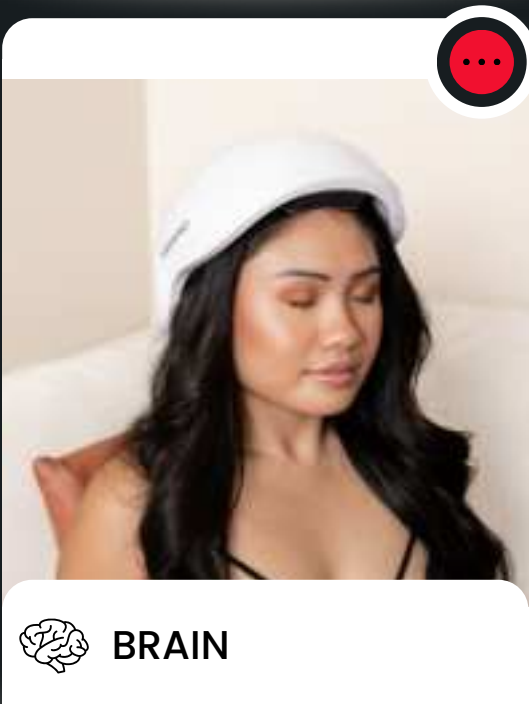
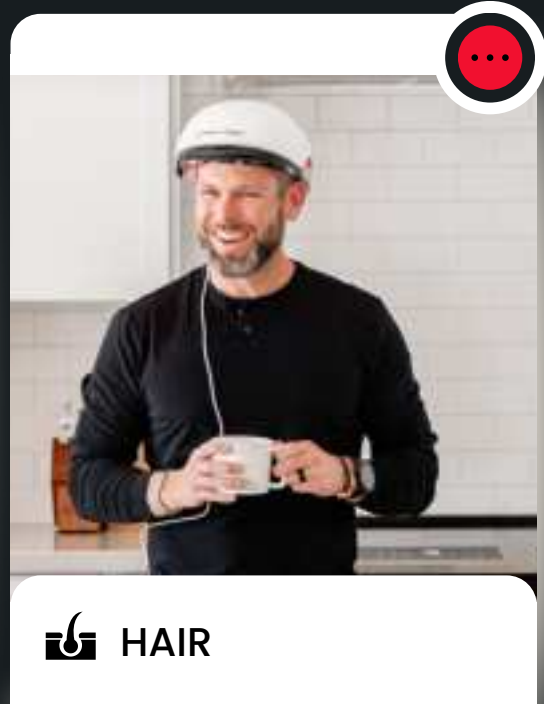
Irradiance at 6 inches 100% Brightness (Spectroradiometer)

M1: 520nm only: 2.5 mw/cm²

M2: 520nm+ 850nm: 17 mw/cm²

M3: 660nm+850nm: 25 mw/cm²

Other collections



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User Manual and Instructional Videos

This user manual and instructional videos can be found here:

<https://mitoredlight.com/pages/user-manual>

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6



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