MitoADAPT
QUICK USER GUIDE

www.mitoredlight.com

Usage Guidelines

For first time users, we recommend starting out with 2-3 minute treatments per area, and slowly working up to a 10-minute session over the course of 2-3 weeks as your body acclimates to the therapy.

Modes

We recommend starting with Mode 1 as you get acclimated to the light. Then we recommend rotating your sessions through Modes 1-6 (i.e. one day do a session with Mode 1, the next session use Mode 2, etc).

Modes 1 though Mode 6 are various combinations of Red (peak 630nm & 660nm) and NIR (peak 810nm & 850nm) light. See the user manual for a summary of the modes.

Modes 7-10 have only 50% of the LEDs lit and can be used for gentler sessions. Mode 11 is 100% NIR and is available only through the app.

Troubleshooting

If the control panel is not working, make sure you are connected to power and that the power switch on the back of the device is turned on.

When resetting the Default Time on the Settings Screen, after the time is selected hit the 'GO" button then turn the power switch off then back on.

If there is no light coming from the panel when the session is started, confirm that the brightness is not set to 0% (also note that NIR light 830nm/850nm is invisible to the naked eye).

If app will not connect, make sure you are within 5 feet of the panel, close the app on your device and restart. Turn the panel off and on. Make sure your Bluetooth is enabled on your mobile device and your panel.

Quick Start Guide

Congratulations on your new MitoADAPT panel! Below is a quick start-up guide to get you on your way to your red light therapy pronto! If you need more detailed instructions or need more information, check out our main user manual at www.mitoredlight.com/pages/user-manual

Quick set-up without using the Mito Red Light app

Unbox your panel, plug in the power cord, and turn on the power switch.

This is the Home Screen. Using the '+' and '-' buttons you can adjust the time for the current session. If all the other settings look good, press 'GO' to start and stop your session.

From the Home Screen press 'SET' to navigate to the Settings Screen. To adjust the Default Time, Mode, Bluetooth connectivity, and Brightness settings press 'SET'.

Press +/- to change any specific setting.
Press 'SET' to toggle between each setting.

Once you have adjusted these settings, press 'GO' to go back to the Home Screen, and then press 'GO' again to start/stop your session.

Please note, changing the Default Time on the Settings Screen will not affect the current session. The panel must be turned off and back on to display the new Default Time.

Connecting panels

We know you will want to add more MitoADAPT panels to your set-up, so we have you covered.

Important: Prior to starting your session, please connect the panels as explained below.

Use the signal cable to connect each panel. Select which of your panels will be the main panel that controls the others.

Place one end of the cable in the port marked 'OUT' on the main panel and put the other end in the 'IN' port. If you have multiply panels continue this process.

This may sound tricky, so check out the main user manual if you need more guidance!*

Repeat this process with the jumper power cables going from the main panel to the following panels.

Be sure to leave the IN port on the primary device unoccupied.

If the primary device screen reads "SS:SS" double check to make sure there is not a cord plugged into the IN port on that device.

Continue to the next steps to set up the app.

*Check out the main user manual for more assistance at www.mitoredlight.com/pages/user-manual

Quick set-up using the Mito Red Light app

Yes, we have an app so you can control your MitoADAPT from your mobile device.

Unbox your panel, plug in the power cord, and turn on the power switch. If you have multiple devices please make sure the panels are connected before starting the session.

Make sure the Bluetooth function is enabled on your primary device.

Download the Mito Red Light app using the QR codes below! Start the app and fill out the brief onboarding questions. Accept permissions and make sure the Bluetooth on your mobile device is turned on.

Select one of the 11 modes, and follow the prompts.

If you need to stop your session, press 'Stop' on your app or press 'Go' on the main panel.

Note: Modes 9, 10, and 11 are near infrared light only. NIR light is invisible to the naked eye so it may appear that the session is not running. Please rest assured that significant light energy is being emitted from the panel.

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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