



USER MANUAL

MitoCHIRO™

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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.

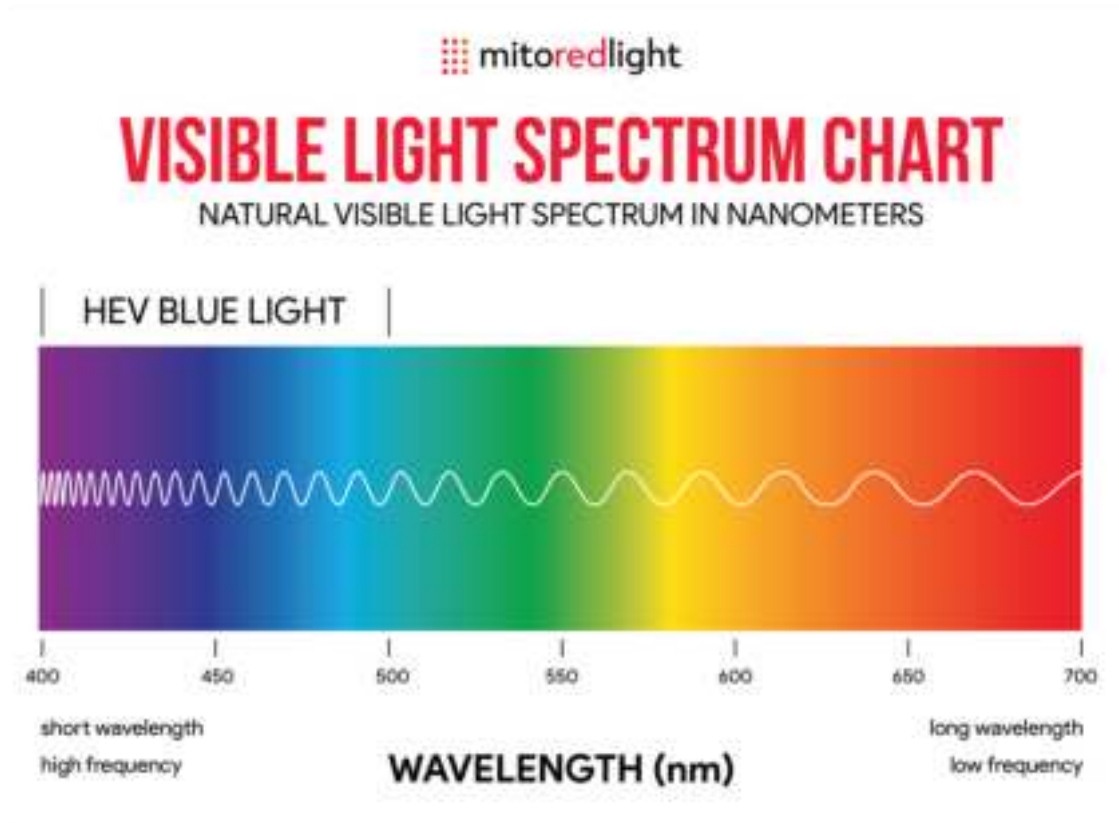
If you have any further questions, please feel free to contact us at: **info@mitoredlight.com**

You can also call our phone number
Monday - Friday 9am - 5pm MST
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Mail correspondence can be sent to:

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HOW DOES RED LIGHT THERAPY WORK?



Red and near-infrared 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!

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, 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 10 to 15 minute sessions. Additional 10 minute sessions may be beneficial but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better. The maximum timer duration is 20 minutes.

For this reason, we recommend you allow at least 6 hours between treatments of the same area. We recommend no more than 30 minutes to the same area in any one day. We recommend using the device 4 to 10 times per week. 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 Mobile device directly into the face.

MITOCHIRO

PACKAGE CONTENTS

THIS PACKAGE INCLUDES

- A - 1 x MitoCHIRO neck wedge
- B - 1 x Mobile Device
- C - 1 x Remote Control
- D - 1 x Eye Goggles
- E - 1 x USB Cable

A



B



C



D



E



Charging: To charge your device use the provided USB cable (provided) and plug into a USB charger (not provided). The mobile device will indicate a green light to show the percentage of battery that remains (from 25% to 100%).

MITOCHIRO INSTRUCTIONS

Step 1: Remove all items from packaging. Then remove the plastic protective sheet from the wedge.

Step 2: Add the mobile device by pushing the end of the neck wedge where the charger port is. This will pop out the drawer. Insert the mobile device face up with the control buttons closest to the charging port.



Step 3: Once charged it is time to turn on your device. Tap the power button (lower right) to turn on.

Next select your set up using the below buttons:

R/NIR:

Choose between Red only, Near Infrared only, or both by tapping the R/NIR button (lower left). The green lights will show which modes are active.

Note: NIR is invisible to the naked eye. If you need reassurance NIR is on, take a photo with your cell phone.



MITOCHIRO INSTRUCTIONS

Pulse:

Tap the 'Pulsing' button to enable 10HZ NIR pulsing. You will be able to see if the pulsing is active by looking at the display screen. You will see a '10' if it is on, and a 'null' when it is off.

Please note: Only NIR (near infrared) which is invisible, will pulse. The visible red light will NOT pulse.

Brightness:

Tap brightness to select 25%, 50%, 75% or 100% brightness. The screen will read b 25, b 50, b 75 or b 100.

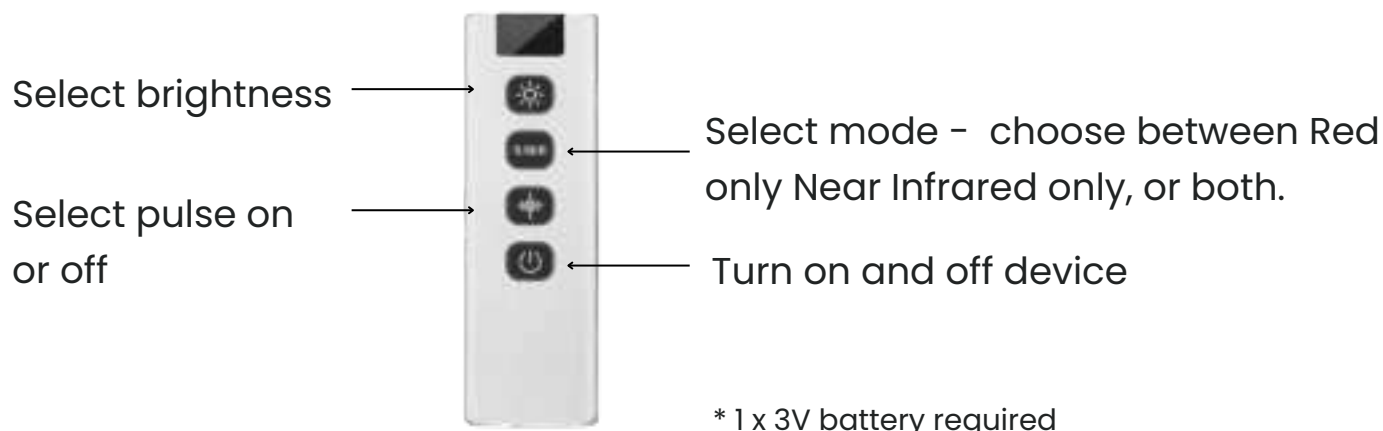
Time:

To change the time, HOLD DOWN the power button once on, and the time will cycle through 1:00 up to 20:00.



MITOCHIRO INSTRUCTIONS

(Optional) Use the included remote control to control the device, except for the time setting.



With the remote you have a few choices on how to use your MitoCHIRO. You can either turn on the device, slide into the neck wedge and then lay on the MitoCHIRO; or you can slide the device into the neck wedge, and then turn the device on with the remote.

Step 5: When you have confirmed your settings, place the MitoCHIRO on a level, flat surface (ie the floor) and under your neck. The idea is to illuminate the neck / upper spine while you are stretching / adjusting the neck on the wedge.



MITOCHIRO INSTRUCTIONS

Using the Mobile without the Wedge: The MitoCHIRO is designed for maximum flexibility and ease of use. To use the mobile device without the wedge, simply push in the drawer and remove the mobile device.

We recommend using the device on specific body areas for 10 to 15 minute sessions at a distance of 6 to 12 inches.

We recommend wearing eye protection when using the device directly on the face.

There is limited data that 10HZ pulsing may increase the biological effect. When using, we recommend trying the pulsing function from time to time.



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 requires 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 20 minutes of use in one therapy session.

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).

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

Dimension of MitoCHIRO Neck Wedge 8 inches x 4 inches x 4.5 inches

Dimension of mobile device 6.5 inches x 3 inches x 1 inch

LEDs: 15 lenses (dual chip = 15 red and 15 NIR)

Weight: 2.1 pounds

Material: Silicone, Plastic, and Aluminum

Wavelengths: 660nm (Red) & 850nm (NIR)

Power Input: 100-240V

Irradiance for Mobile device: 27.mw/cm² at a 6 inch distance

Irradiance for whole Neck Wedge: 23mw/cm² at surface

Unique Function: 10hz NIR pulse function

Battery: 10000Mah

Default timer: 10 minutes

Max Timer: 20 minutes





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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>

Updated February 2025

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