

PLATINUMLED

THERAPY LIGHTS



BIO & BIOMAX Therapy Light Instruction & Use Manual

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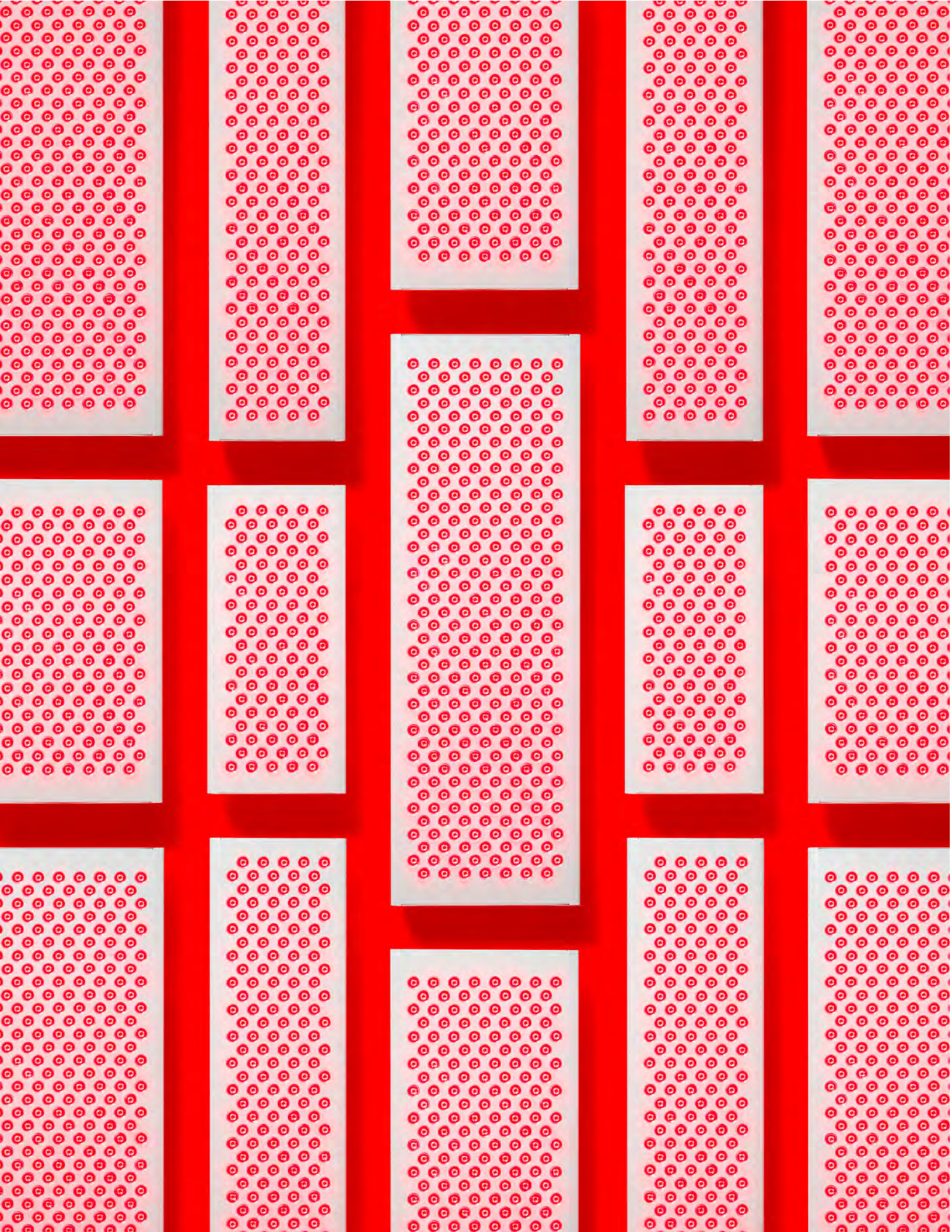
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Customer Service:

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Welcome.

Thank you for choosing PlatinumLED as your partner along the path to better living through LED light therapy.

PlatinumLED Therapy Lights are designed to deliver a clinical-grade experience, whether you choose to use them in the comfort of your home or bring them into your professional practice. We use only superior LED components and rely upon our many years of experience designing and manufacturing ultra-high power LED panels for multiple applications to produce LED therapy lights with irradiance levels that are unmatched by any other current manufacturer.

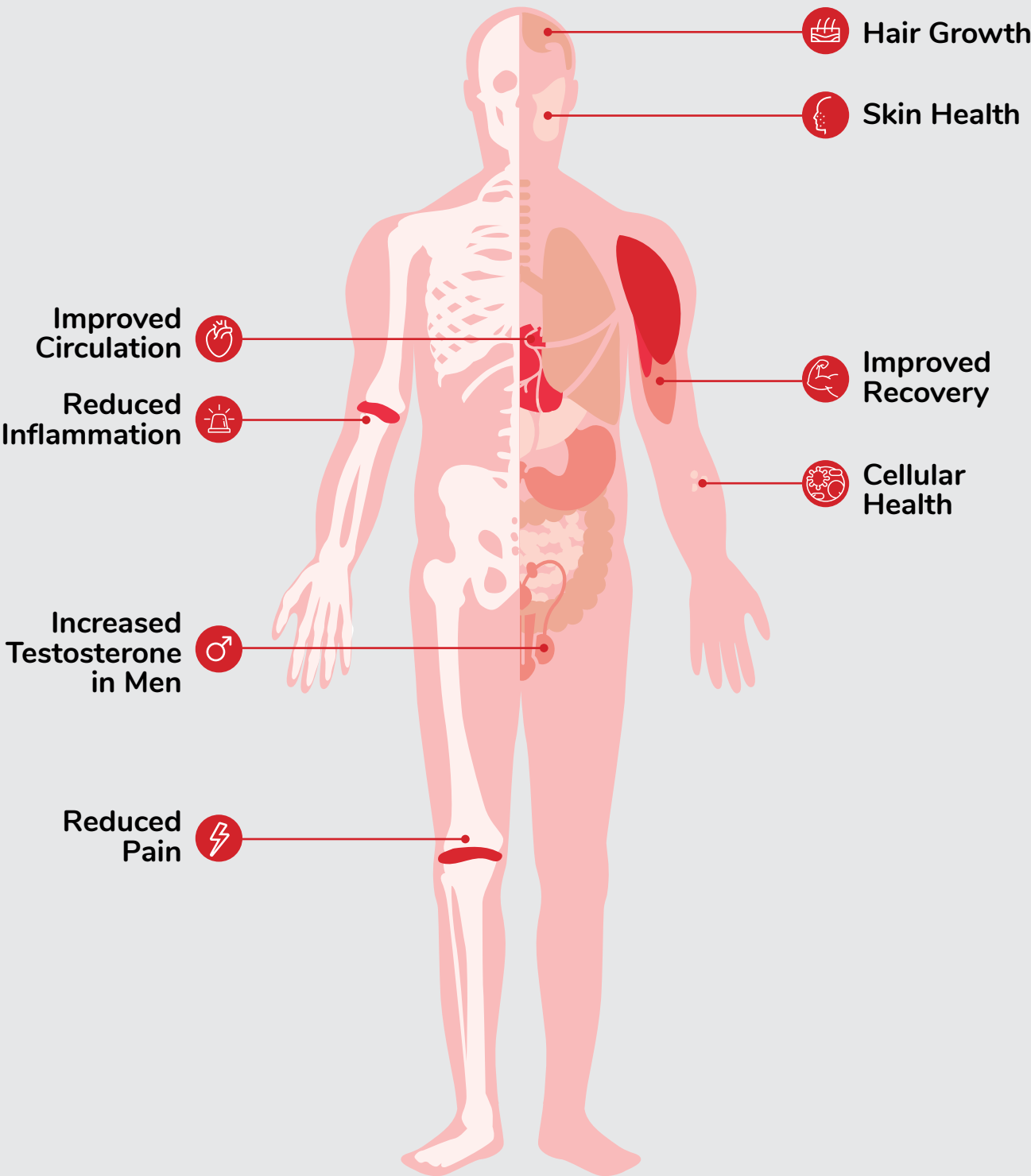
We also strive to bring complete transparency to the LED therapy community by openly documenting our product performance and comparison testing, with multiple videos available on our website. Ultimately, it is our goal to educate and empower a new generation of users like you to bring the wide-ranging benefits of LED light therapy into their lives.



Understanding LED Light Therapy

LED light therapy has been shown to offer many benefits: from relieving minor aches and pains to improving skin quality through collagen production to helping ease side effects of traumatic brain injuries.

Benefits of LED Light Therapy



Reduce Inflammation

Near-infrared (NIR) light reduces overall inflammation in the body by decreasing the presence of inflammatory markers. This reduction can help ease the symptoms associated with joint pain, sore muscles, autoimmune diseases, arthritis, traumatic brain injuries, and spinal cord injuries.



Improve Circulation

In many studies, LED light therapy has been clinically proven to increase the diameter of blood vessels and to improve circulation. What's more, LED light therapy also protects red blood cells against oxidative stress and limits platelet loss during surgical procedures.



Reduce Recovery Time

For high-performance athletes (and those who train like them) LED light therapy can help accelerate muscle repair following fatigue and injury. Mitochondria within cells are particularly responsive to LED light therapy, and muscle cells are exceptionally rich in mitochondria. LED light therapy may also stimulate stem cells, further assisting in muscle recovery.



Promote Cellular Health

The most significant benefit of LED light therapy is the effect it has on the body's cells. One of the most critical outcomes of LED light therapy on cellular function is the stimulation of collagen production. Collagen strengthens hair, is responsible for the health of connective tissue, and provides our skin with firmness and elasticity.



Stimulate Hair Growth

Alopecia, or hair loss, is a common disorder affecting 50% of males over the age of 40 and 75% of females over 65. Studies have shown that LED light therapy can stimulate hair growth. Red light wavelengths are believed to stimulate epidermal stem cells in the hair follicle, shifting the follicle into the anagen (active growth) stage.



Reduce Pain

In a clinical study, neuropathic pain caused by a spinal cord injury was dramatically reduced by the application of red light treatment. Near-infrared light wavelengths reduce overall pain by easing joint stiffness and soreness, diminishing inflammation, easing muscle spasms and enhancing blood flow.



Increase Fertility

Around the age of 30, male testosterone levels naturally start to decrease. Men hoping to achieve a natural boost to their sex drives, sexual satisfaction, fertility, and physical performance can reap benefits from LED light therapy. Red and near-infrared wavelengths can stimulate photoreceptor proteins in the testes causing higher testosterone production. Other studies have theorized that low-level light therapy may affect the pineal gland in the brain, which bears a significant impact on reproduction.



Improve Skin Health

LED light therapy can dramatically transform the skin. Red light wavelengths in particular target the mitochondrial chromophores within skin cells, generating production of collagen proteins. Collagen stimulation yields more holistic and enduring benefits than simply resurfacing the outer layers of the skin. Stem cells may also be activated, increasing tissue repair. The result is accelerated healing and wound repair, improved appearance in hypertrophic scars, a reduction in fine lines and wrinkles, and improved skin texture.



What Exactly is Light Therapy?

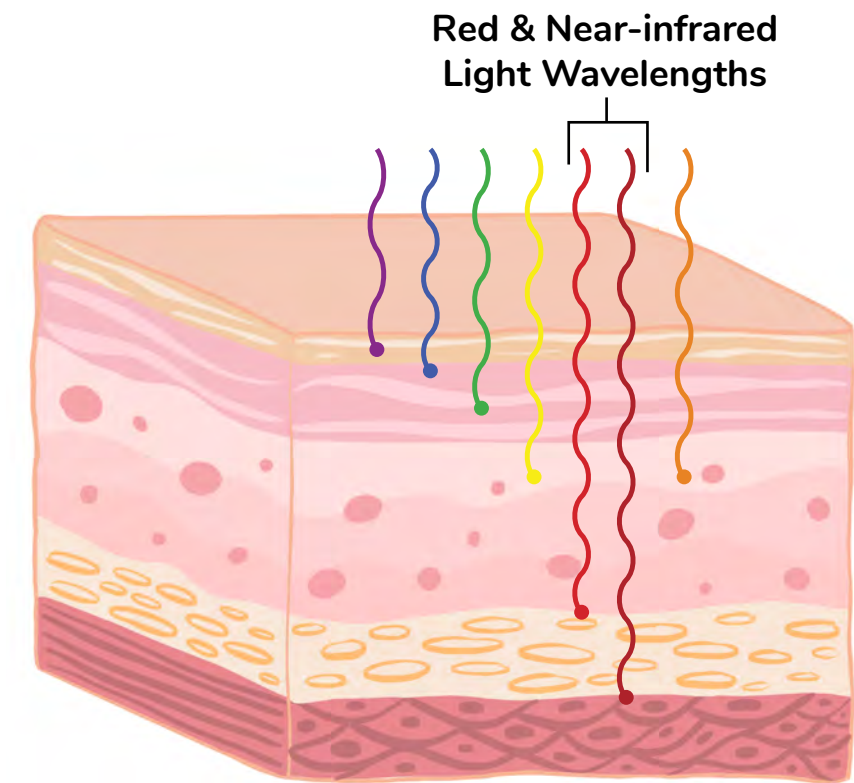
Light therapy is among the earliest recorded healing modalities. Solar therapy was first used by the Egyptians, and forms of light therapy were also practiced by the ancient Greeks, Chinese and Indians.

There's no question that light exerts biological effects: in fact, the body needs light to be healthy. Clinical studies are now establishing how different wavelengths of light affect the body at a cellular level, the conditions that can be successfully treated using light therapy, and the optimal conditions needed to absorb the benefits of light-based treatments.

All light falls along a spectrum of wavelengths. Red and infrared light that falls within the wavelength range of

650-850 nanometers (nm) is extremely beneficial, and often referred to as the "therapeutic window". These wavelengths of light are bioactive in humans, which mean they have a biological effect on the body like antibiotics or vitamins and affect the function of our cells.

Red light emits wavelengths between 620-700 nanometers (nm). All red light wavelengths are effective and offer health benefits, although certain wavelengths are more powerful than others—particularly those that fall between 630-680 nanometers (nm). Visible red light within this range can penetrate deep into the skin, offering rejuvenating and balancing outcomes for a range of health conditions.



Understanding Red Light Wavelengths

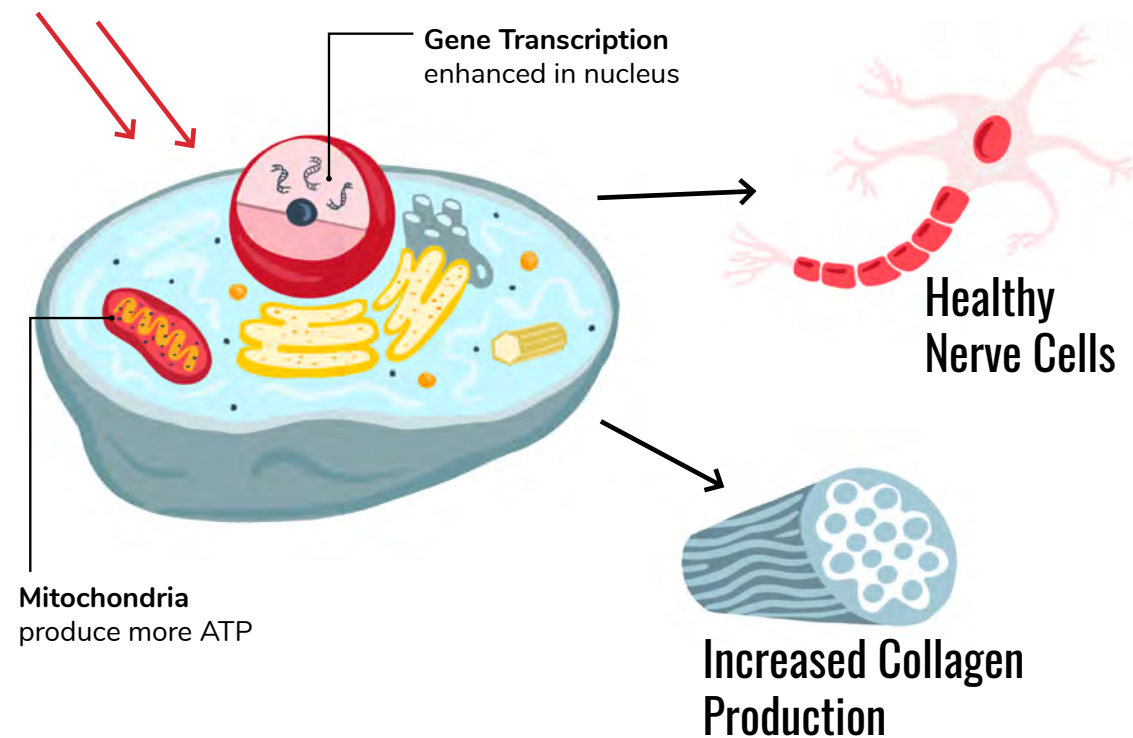
Sunlight includes a component of red light; it is this light wavelength that contributes to the enhanced sense of well-being we experience after a few hours outdoors. LED light therapy devices, such as those offered by PlatinumLED, harness the regenerative healing red light wavelengths, without the more problematic UVA and UVB light rays that can cause skin cancer and premature aging.

LED light therapy, therefore, is the therapeutic science of utilizing red and infrared light wavelengths to assist with the treatment of health conditions, and promote general well-being.

You may have also heard of LED light therapy referred to by other names, such as:

- Low level light therapy (LLLT)
- Photobiomodulation (PBM)
- Soft laser therapy
- Biostimulation
- Photonic stimulation
- Low-power laser therapy
- Cold laser therapy

Red & Near-infrared Light



How LED light therapy Works

During a LED light therapy treatment, chromophores within our cellular mitochondria absorb red and infrared light photons, and convert them into energy. Mitochondria are the powerhouses of cells, responsible for making adenosine triphosphate (ATP), the cell's form of energy, and enhancing the consumption of oxygen.

Once this red light energy has been absorbed by the body, it is then used by the cells to build new proteins such as collagen and elastin, and to assist with cellular regeneration. Red light gives cells a helping hand, ensuring mitochondria reaches its potential by providing it with a full tank of fuel which results in optimal performance for the organism.

You could compare the process to photosynthesis, where plants absorb sunlight and convert it into complex molecules. In LED light therapy, we absorb the energy of the red light photons to enhance our cellular potential, promote oxygen utilization within the cell, and generate ATP, or cellular fuel.

There's nothing mystical about it--the process by which red light transforms bodily tissue at a cellular level has been scientifically proven. Improving the performance of mitochondria in the body improves the body's overall performance and health.

What Our Customers Say:

"The therapy light is fantastic, and the whole experience was great. I was already sold on red light technology, as I have several old lasers and use them for a multitude of uses. But I wanted to call in the artillery and the PlatinumLED is just the ticket. Thank you :)"

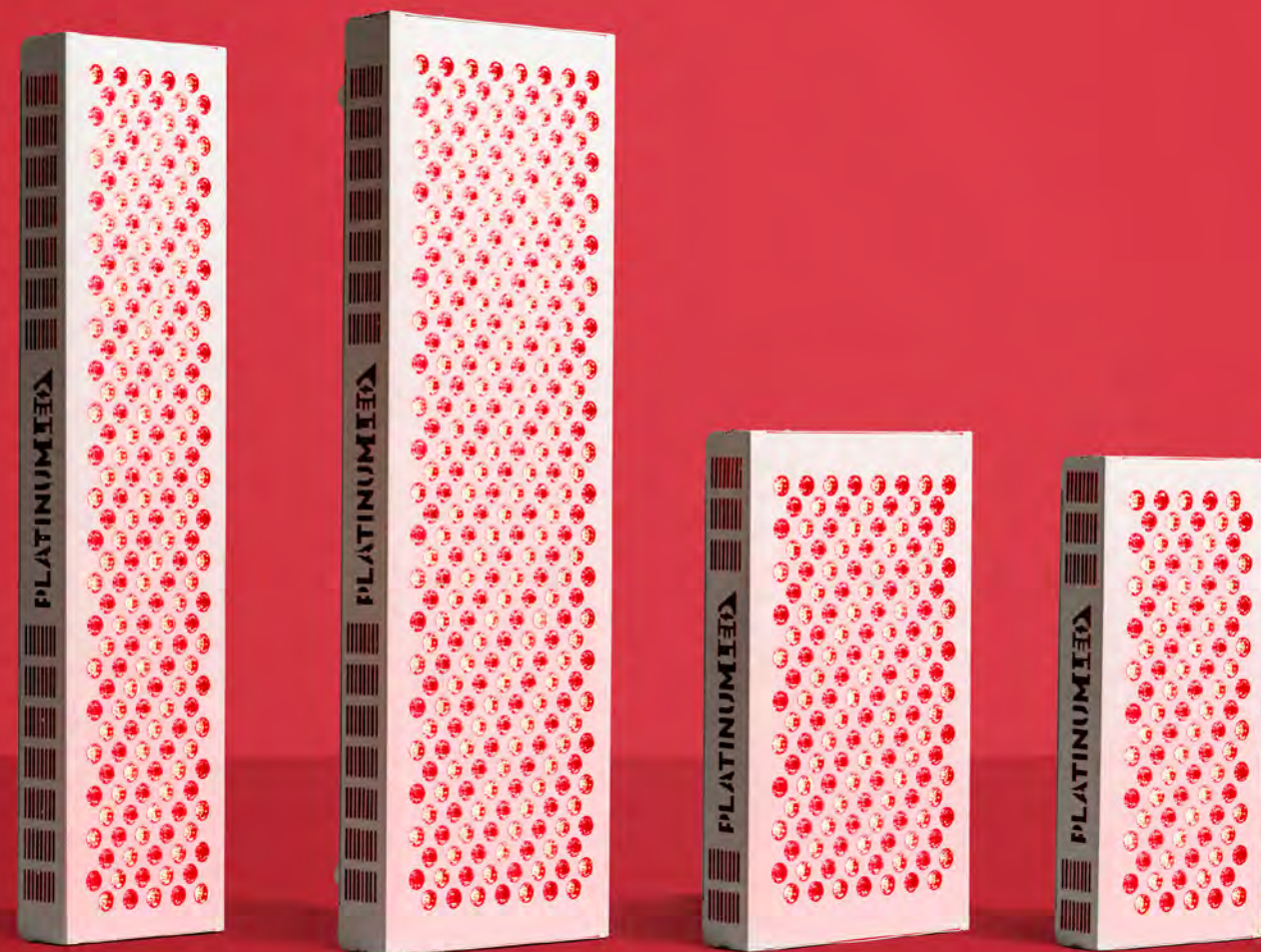
- Devra H.

"I am thrilled with the excellent quality of the PlatinumLED Therapy Light BIO-300 Combo Red/NIR which meets all my requirements. The product was packaged extremely well, dispatched and received promptly in the UK. Having received very thoughtful and caring help from this company, I can highly recommend them and their Therapy Light."

- Elizabeth B.

"I've been using my machine for 12 days now and it has helped tremendously to alleviate muscle soreness after tough workouts. Also I've noticed that the itching from my eczema has become less severe. I'm looking forward to even more benefits soon!"

- William B.



BIOMAX Series

PlatinumLED BIOMAX Series lights are our most advanced series of lights, developed for users that want to take their LED light therapy sessions to the next level.

Combining five powerful wavelengths of light, the BIOMAX series features our patent-pending R+ | NIR+ spectral output utilizing a perfected blend of deep red light consisting of both 630nm wavelengths and 660nm alongside an optimized near-infrared blend of 810nm, 830nm and 850nm wavelengths. Additionally, the BIOMAX series includes fully digital controls with built in timer, allowing the ability to connect multiple panels together to create custom sizes, unique to your treatment needs.

BIOMAX Model Specifications



BIOMAX 300

LED Power Class	140w	Cooling Fans	2 fans
Amps @110v	1.28A	Amps @220v	.64A
Dimensions	19" x 9" x 3"	Weight	11lbs
Power Consumption	180w	Warranty	3 Years
LEDs	100 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 4"
Best For	Targeted Treatment		
Max Area	92" x 82"		



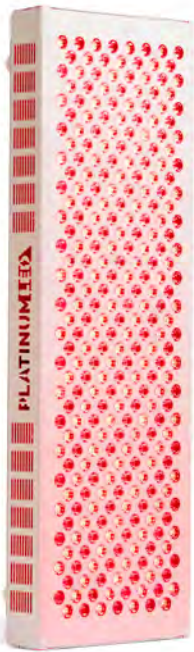
BIOMAX 450

LED Power Class	215w	Cooling Fans	2 fans
Amps @110v	1.96A	Amps @220v	.98A
Dimensions	19" x 12" x 3"	Weight	17lbs
Power Consumption	250w	Warranty	3 Years
LEDs	150 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 4"
Best For	Targeted Treatment		
Max Area	92" x 84"		



BIOMAX 600

LED Power Class	286w	Cooling Fans	4 fans
Amps @110v	2.6A	Amps @220v	1.3A
Dimensions	36" x 9" x 3"	Weight	22lbs
Power Consumption	345w	Warranty	3 Years
LEDs	200 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 4"
Best For	Full Body Treatment		
Max Area	108" x 82"		

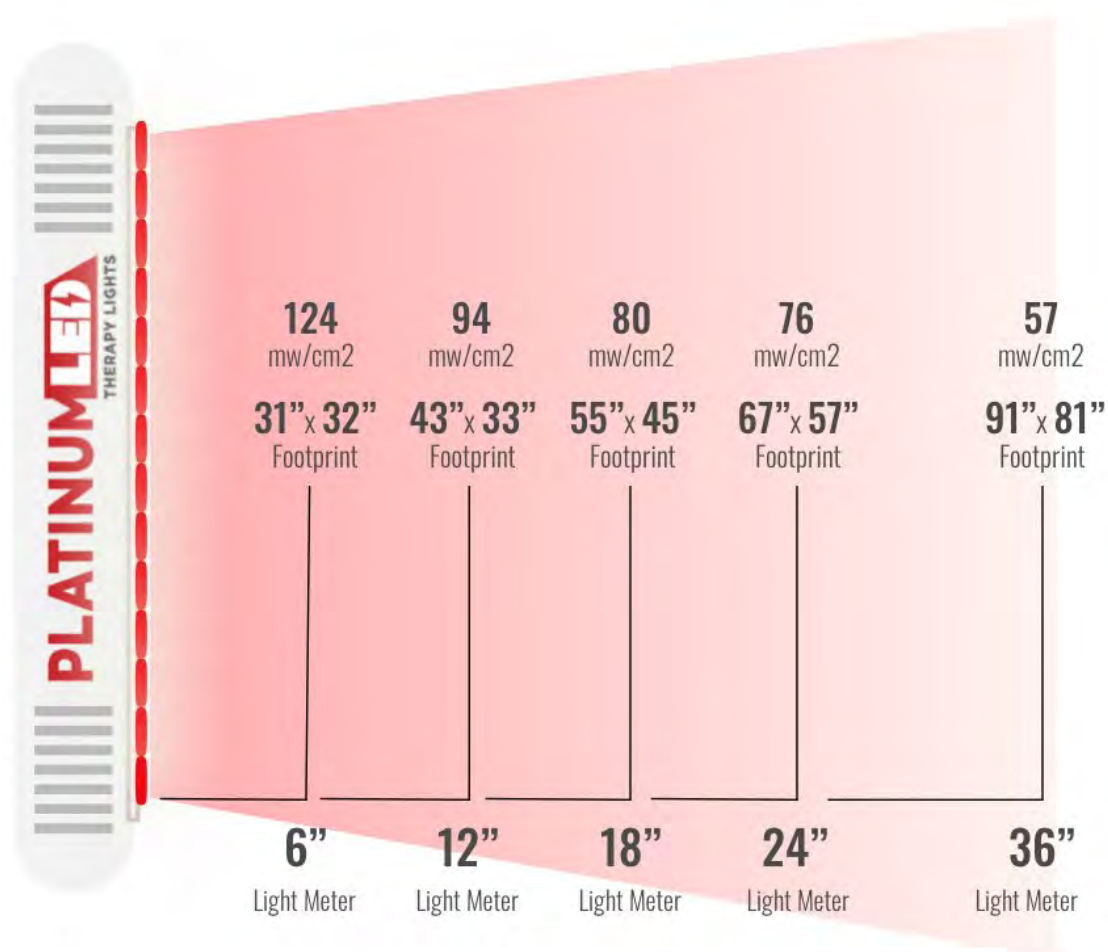


BIOMAX 900

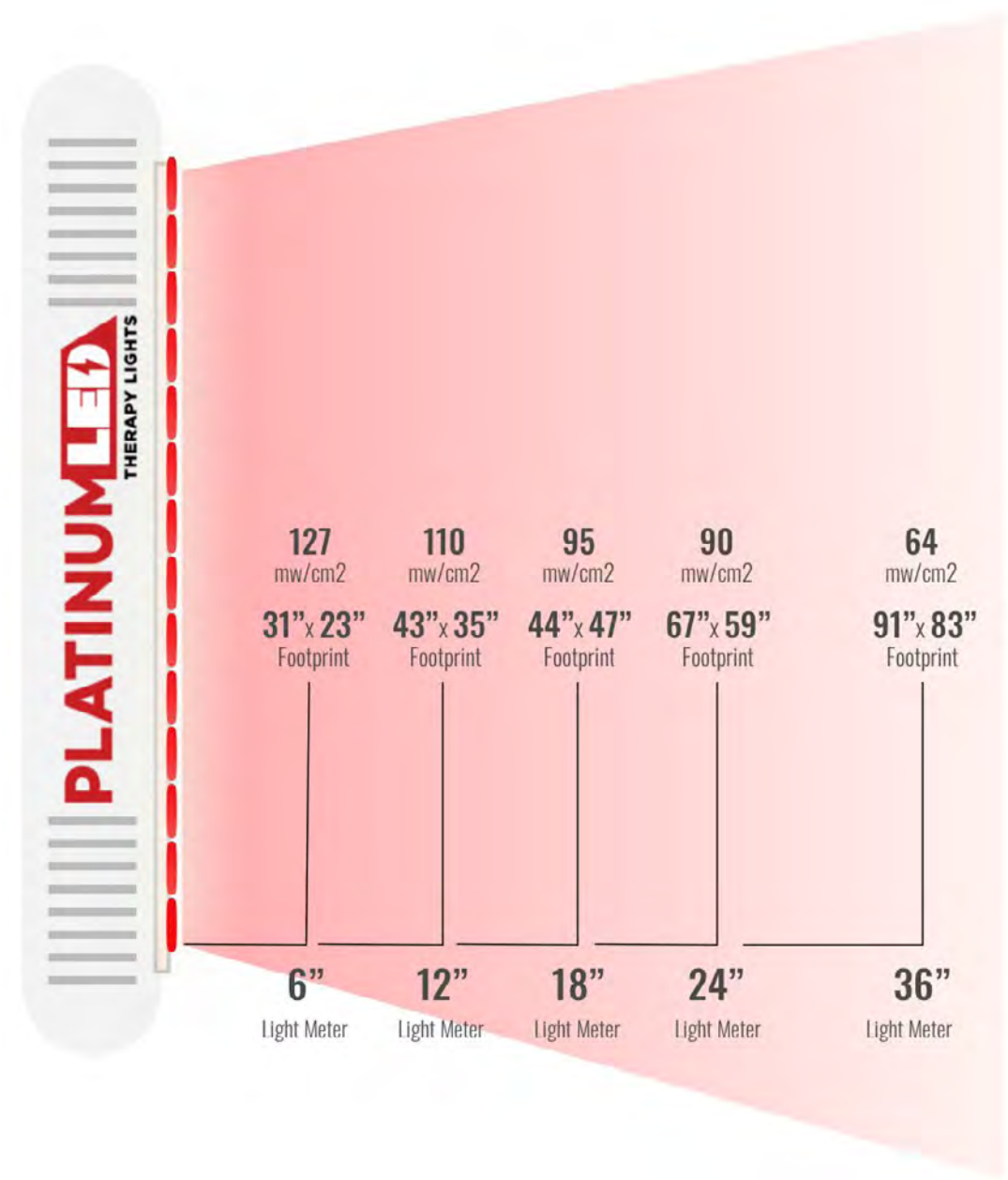
LED Power Class	372w	Cooling Fans	5 fans
Amps @110v	3.39A	Amps @220v	1.7A
Dimensions	36" x 12" x 3"	Weight	33lbs
Power Consumption	515w	Warranty	3 Years
LEDs	300 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 4"
Best For	Full Body Treatment		
Max Area	108" x 84"		

BIOMAX Series Irradiance

BIOMAX 300

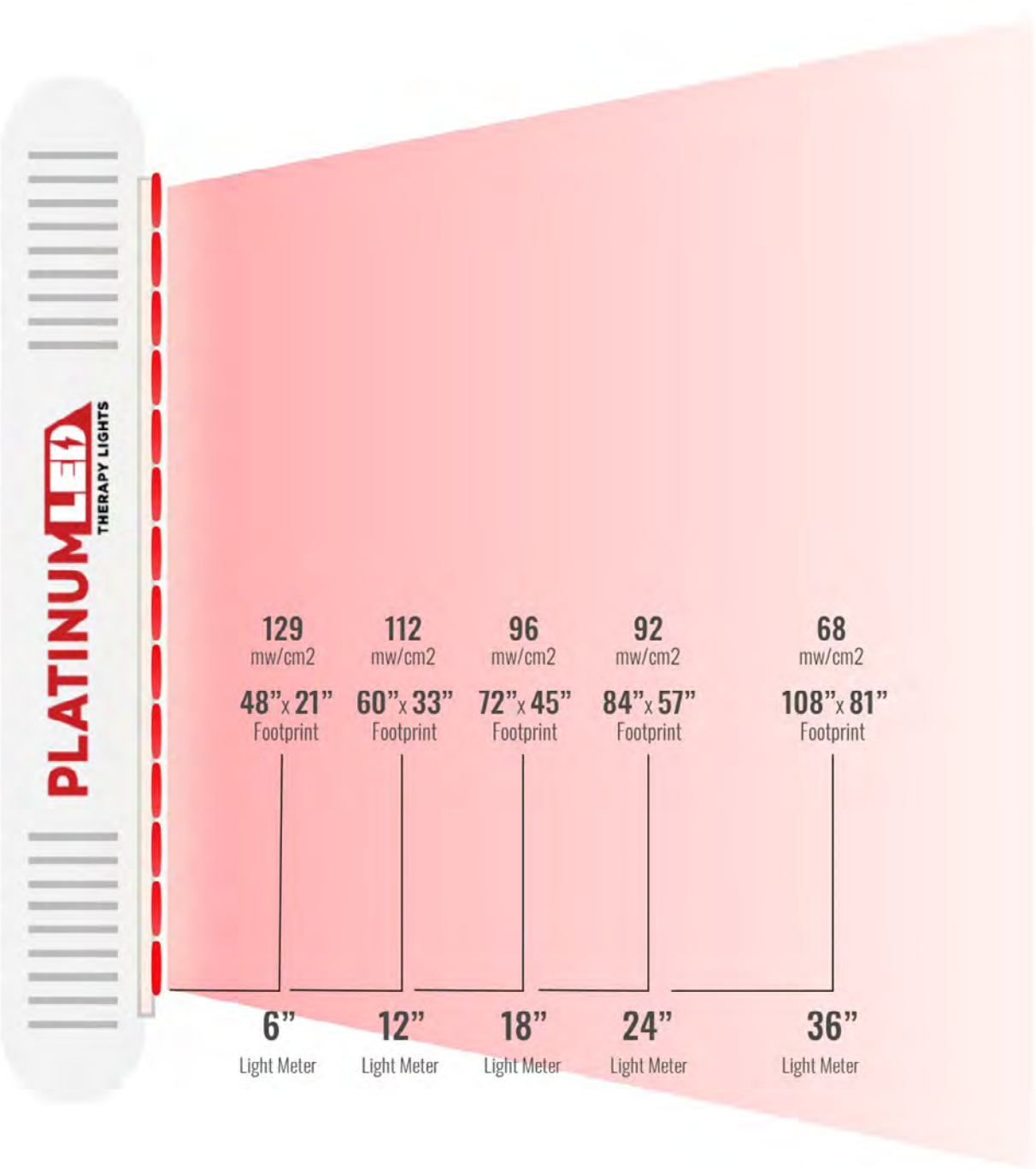


BIOMAX 450

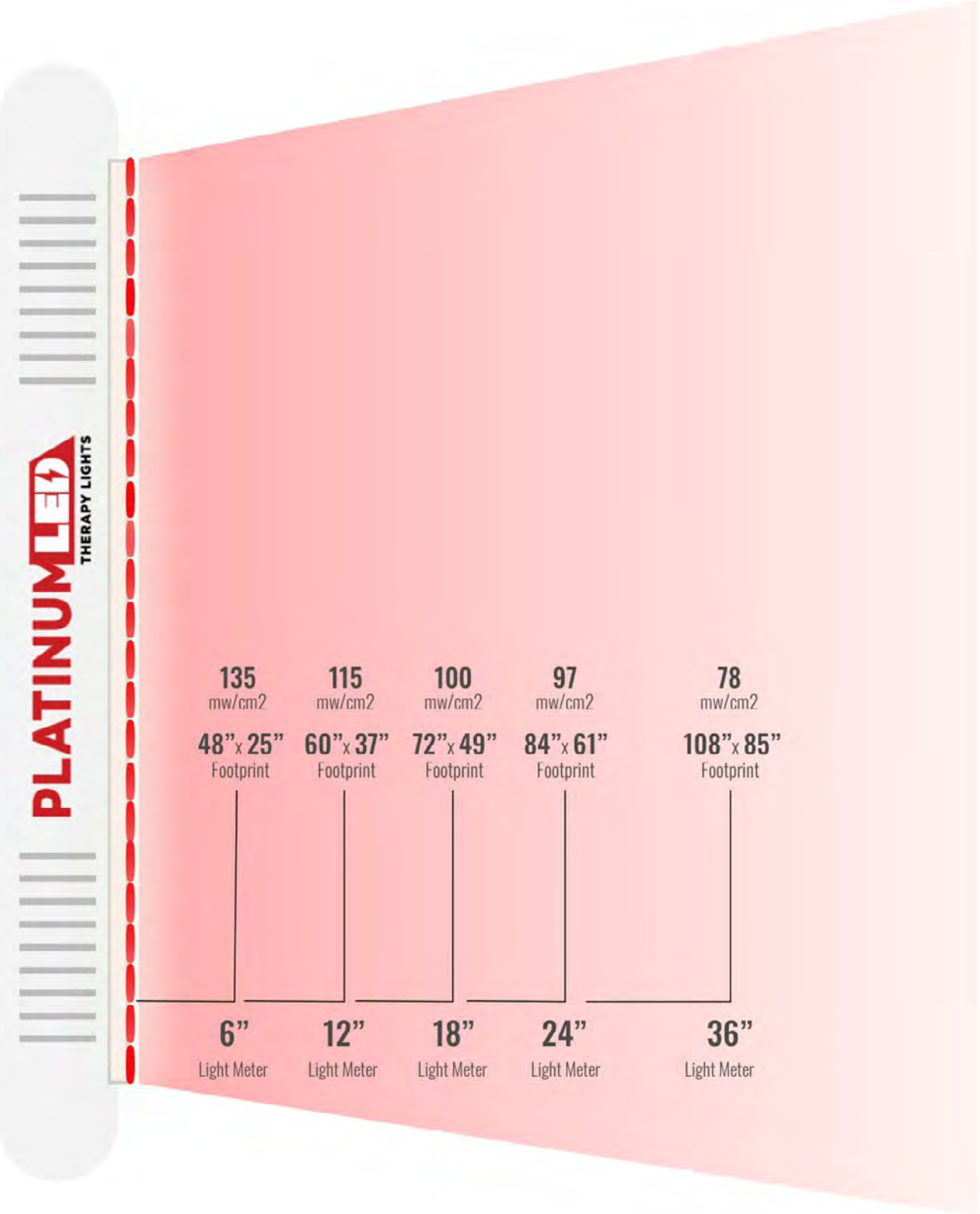


BIOMAX Series Irradiance

BIOMAX 600



BIOMAX 900





BIO Series

PlatinumLED BIO Series lights are our original, proven design, delivering maximum intensity in a simple to use, economical package

All BIO lights feature simple on/off power switches for ease of use and make a great starting point for LED light therapy. BIO Series lights are available in three different configurations: All red/660nm, all NIR/850nm or a 50/50 combination of both red/NIR.

BIO Model Specifications

BIO 300

LED Power Class	125w	Cooling Fans	2 fans
Amps @110v	1.14A	Amps @220v	.57A
Dimensions	19" x 9" x 3"	Weight	11lbs
Power Consumption	180w	Warranty	3 Years
LEDs	100 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 6"
Best For	Targeted Treatment		
Max Area	92" x 82"		

BIO 450

LED Power Class	184w	Cooling Fans	2 fans
Amps @110v	1.68A	Amps @220v	.84A
Dimensions	19" x 11" x 3"	Weight	17lbs
Power Consumption	250w	Warranty	3 Years
LEDs	150 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 6"
Best For	Targeted Treatment		
Max Area	92" x 84"		

BIO 600

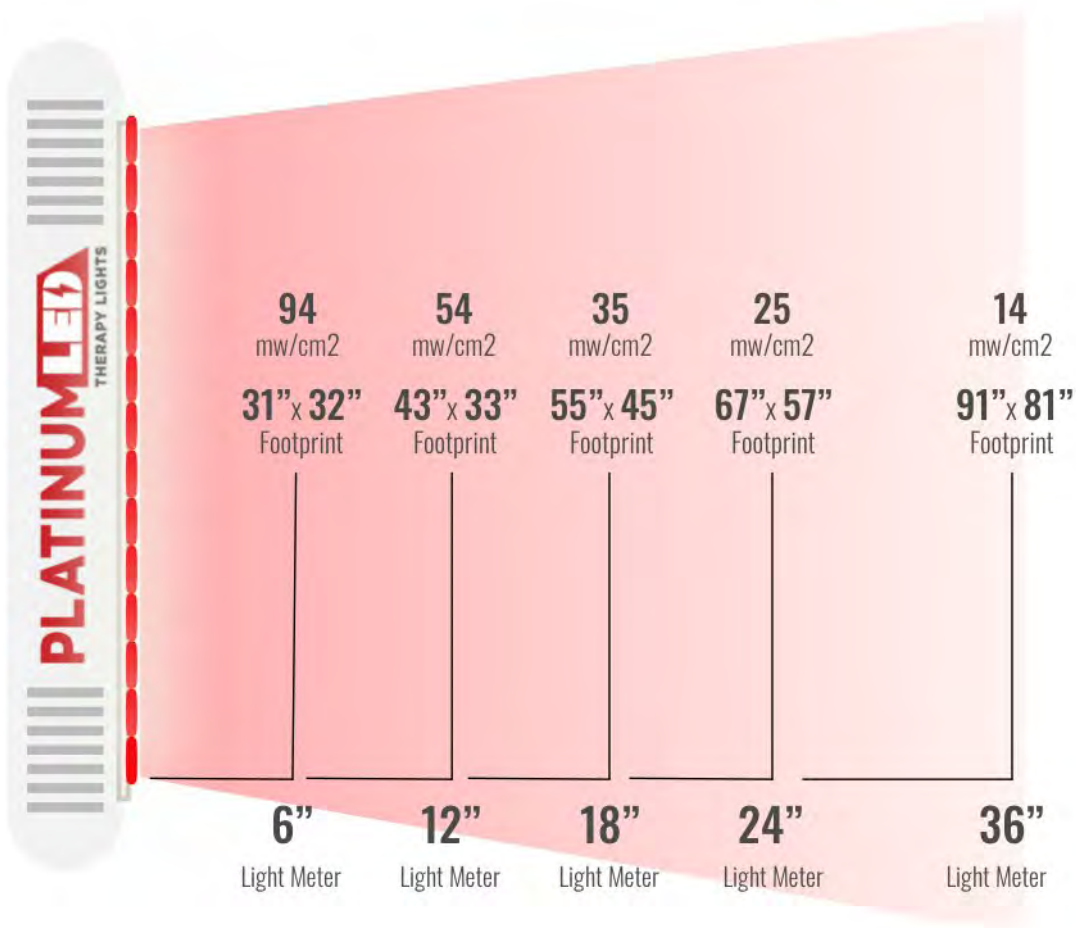
LED Power Class	256w	Cooling Fans	4 fans
Amps @110v	2.33A	Amps @220v	1.17A
Dimensions	36" x 9" x 3"	Weight	22lbs
Power Consumption	345w	Warranty	3 Years
LEDs	200 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 6"
Best For	Full Body Treatment		
Max Area	108" x 84"		

BIO 900

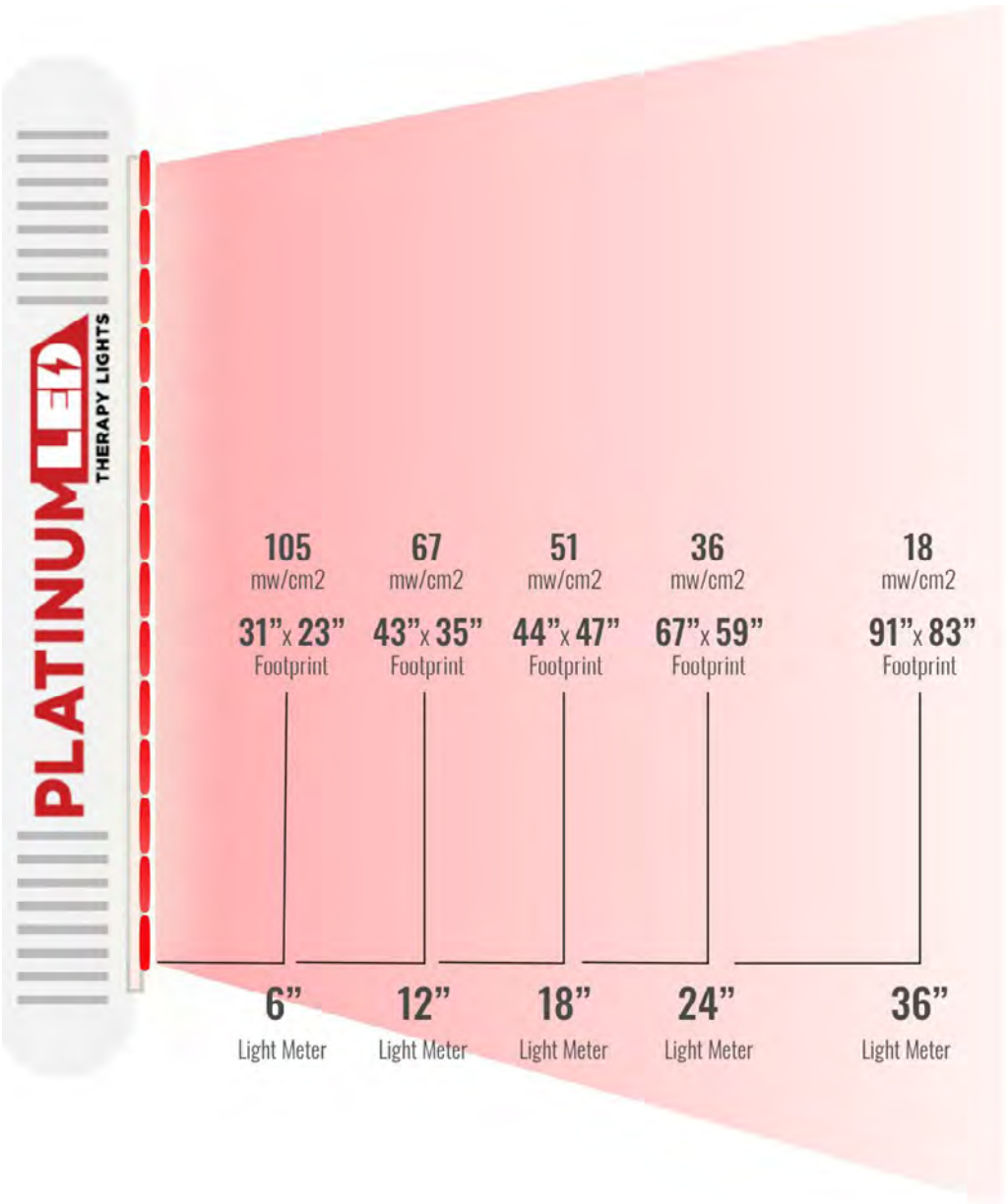
LED Power Class	367w	Cooling Fans	5 fans
Amps @110v	3.34A	Amps @220v	1.67A
Dimensions	36" x 12" x 3"	Weight	33lbs
Power Consumption	515w	Warranty	3 Years
LEDs	300 x 3w	Lifespan	100,000hrs
Focusing Lens Beam Angle	90 Degree	EMF Emission	0.0 µT @ 6"
Best For	Full Body Treatment		
Max Area	108" x 86"		

BIO Series Irradiance

BIO 300

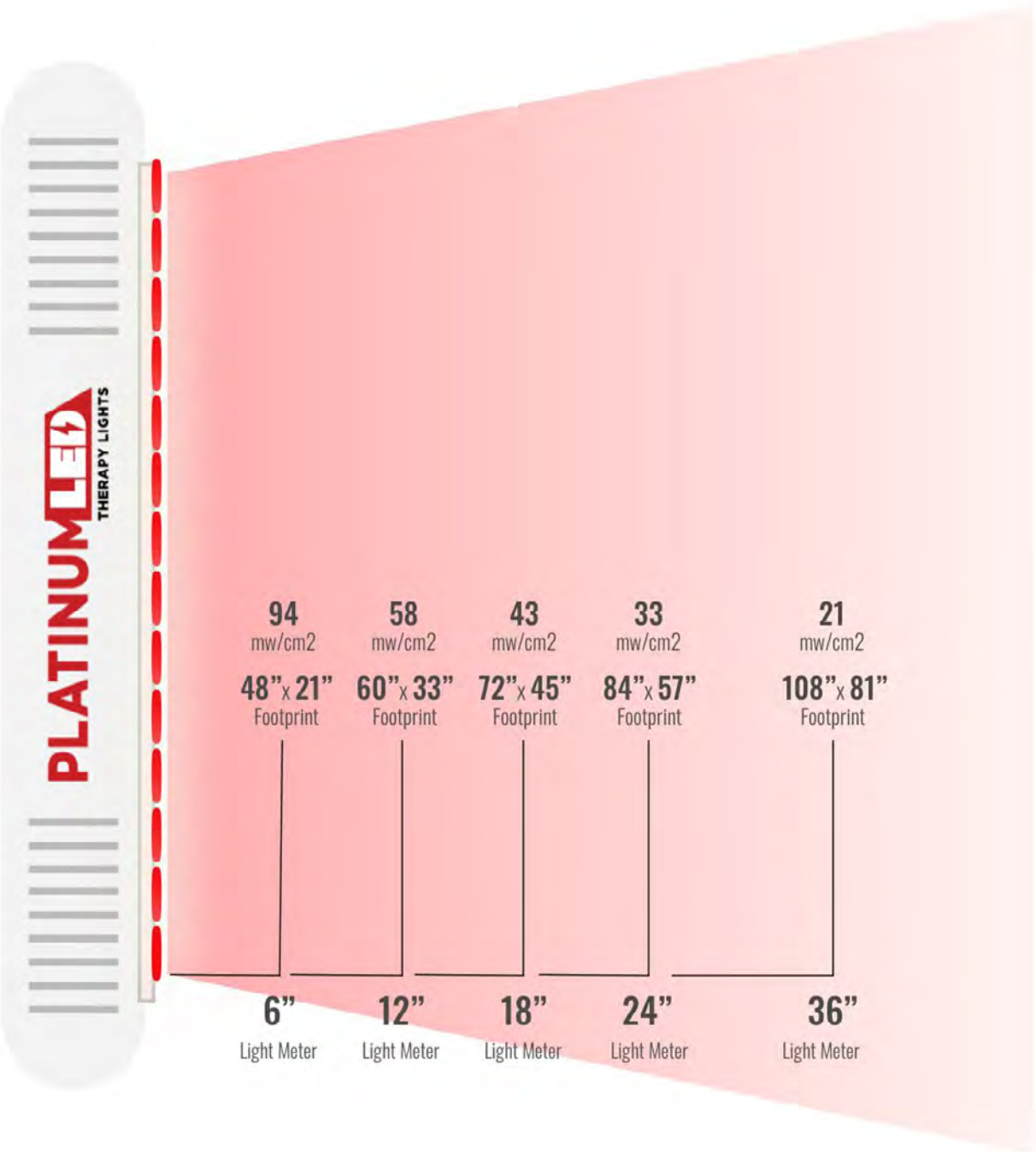


BIO 450

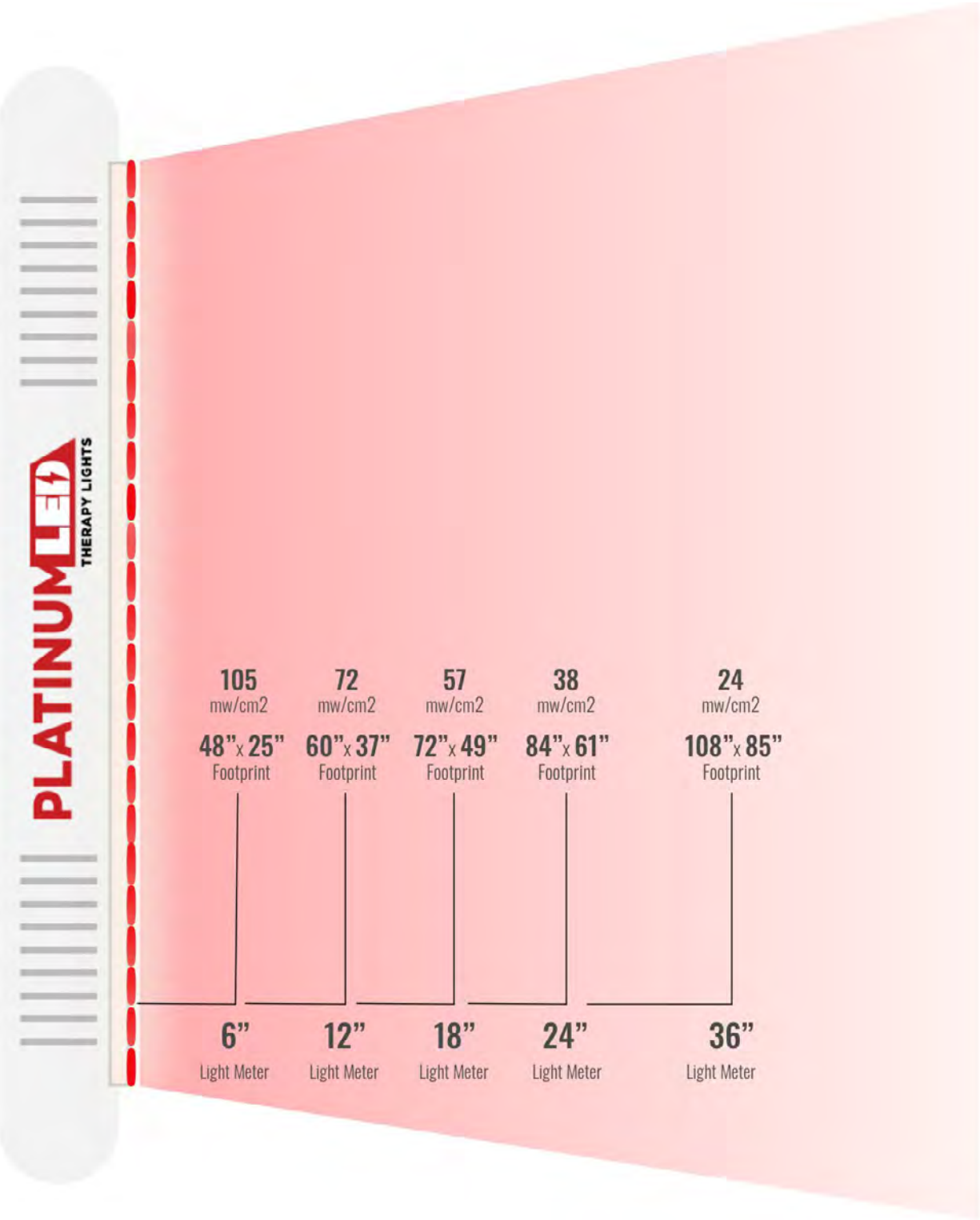


BIO Series Irradiance

BIO 600



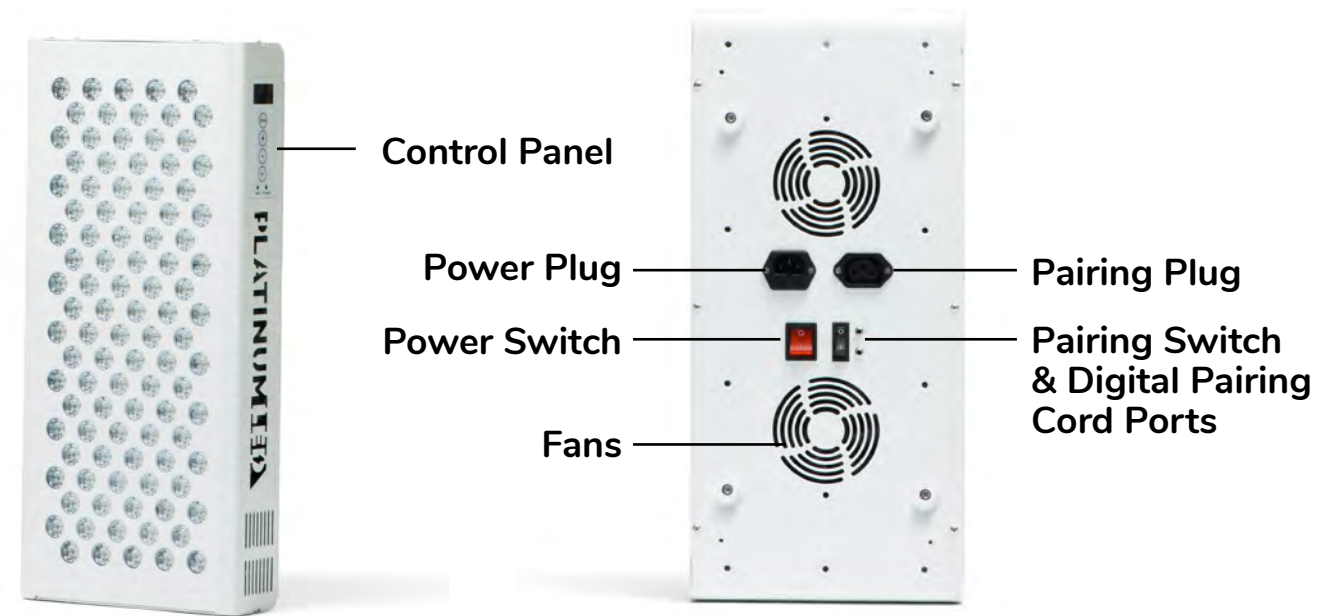
BIO 900



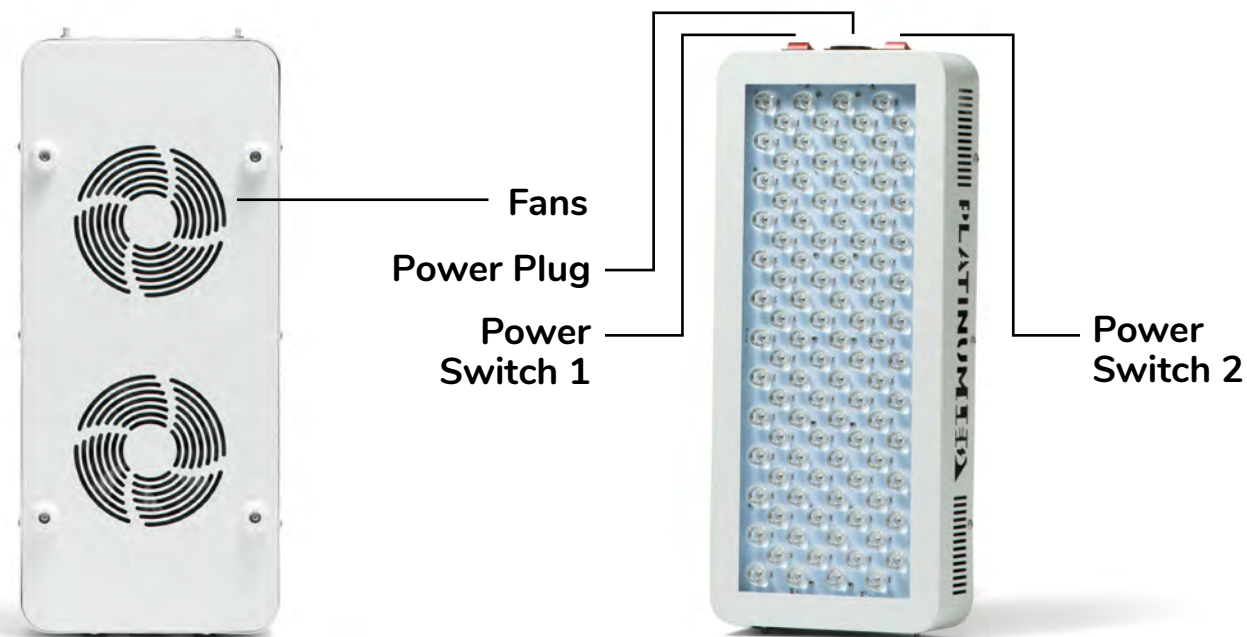


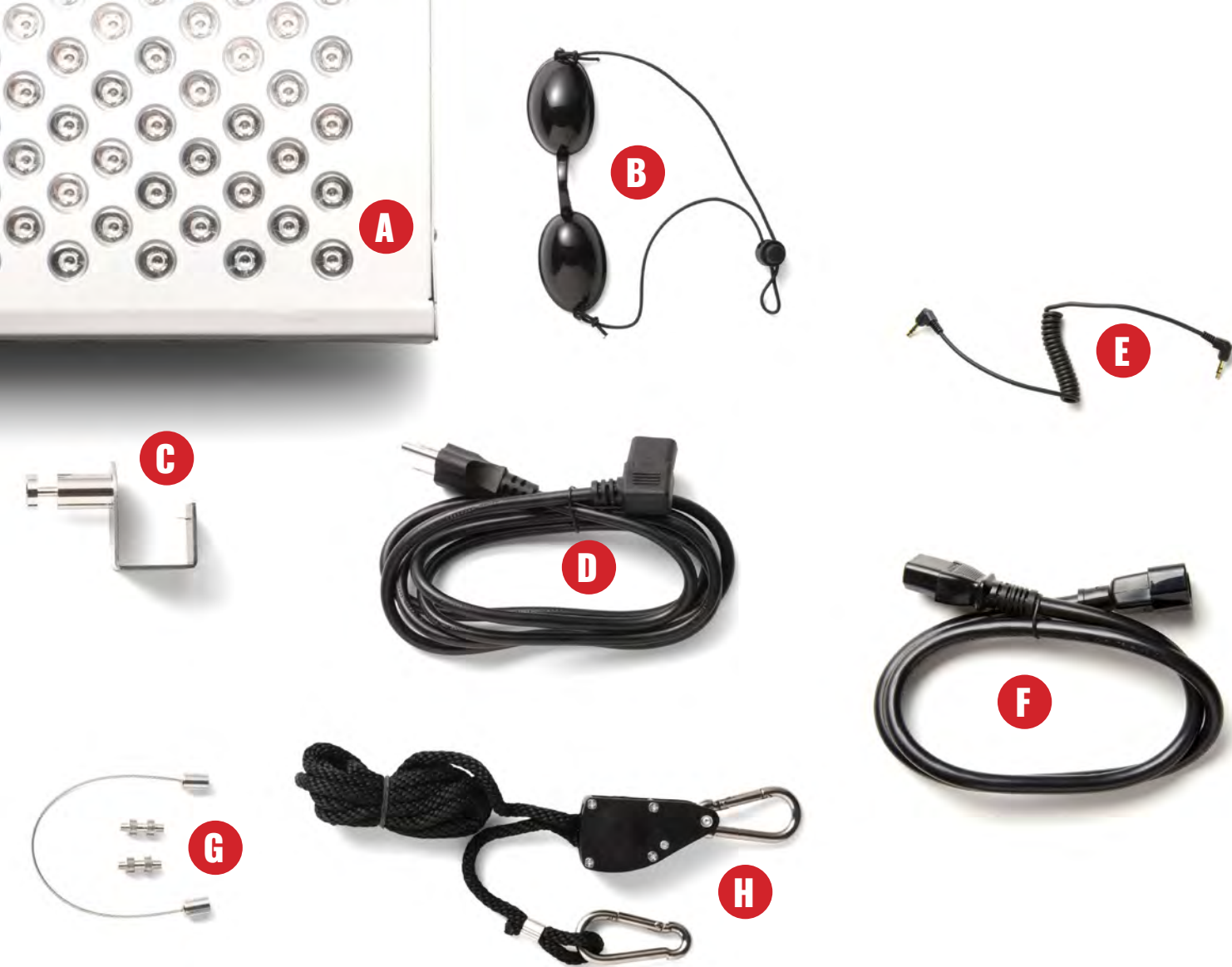
Getting to Know Your Platinum Therapy Light

BIOMAX Series



BIO Series





Package Contents

- A. LED Therapy Light
- B. Eye Protection
- C. Door Hook
- D. Power Cable

- E. Digital Link Cable (BIOMAX Only)
- F. Patch Cable
- G. Hanging Hardware
- H. Cable Assembly & Snap Links

Connecting to the Platinum LED App



Before beginning assembly of your therapy light, we recommend downloading our companion app. The app will guide you through the setup and configuration of your therapy light.



Assembling Your Therapy Light

1 Get Ready

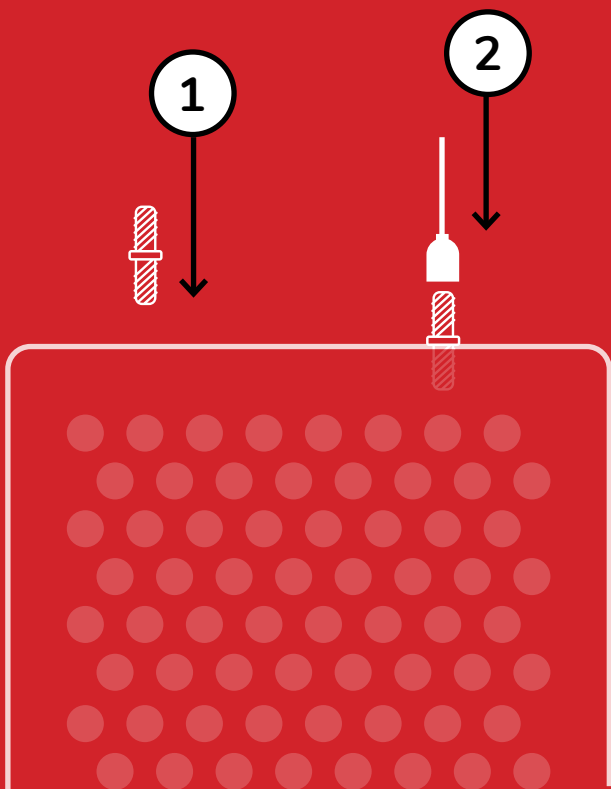
Lay your PlatinumLED light and all of the included hardware out on a padded surface. For a list of included parts see page 24.



2 Attach Hanging Hardware

Screw the threaded posts into the top of your light. Next, screw the cable supports to the top of the threaded posts.

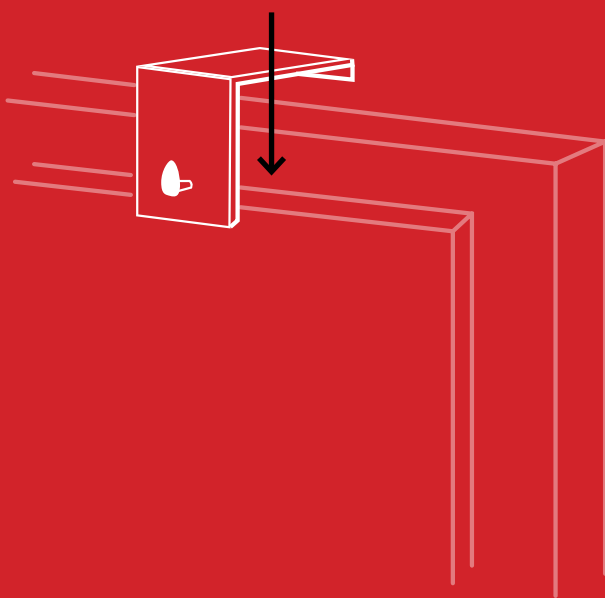
**If you need to connect multiple light units, please see page 34.*



Hanging Your Light

1 Attach Door Hook(s)

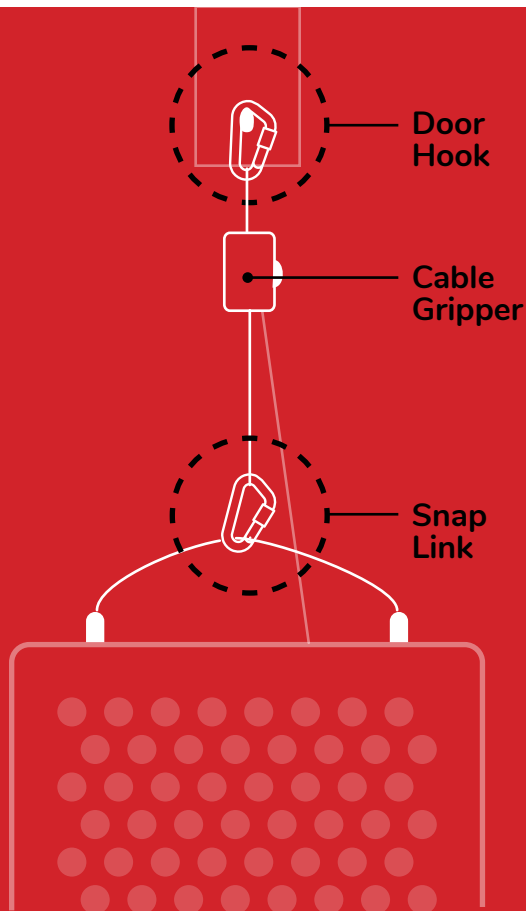
Hang the door hook on the top of any standard-sized door.



2 Connect Hanging Cables

Connect cable supports to the snap-link. Then, hang the other end of the cable assembly directly on the door hook.

The snap link and attached cable gripper allows you to adjust the height of your therapy light.



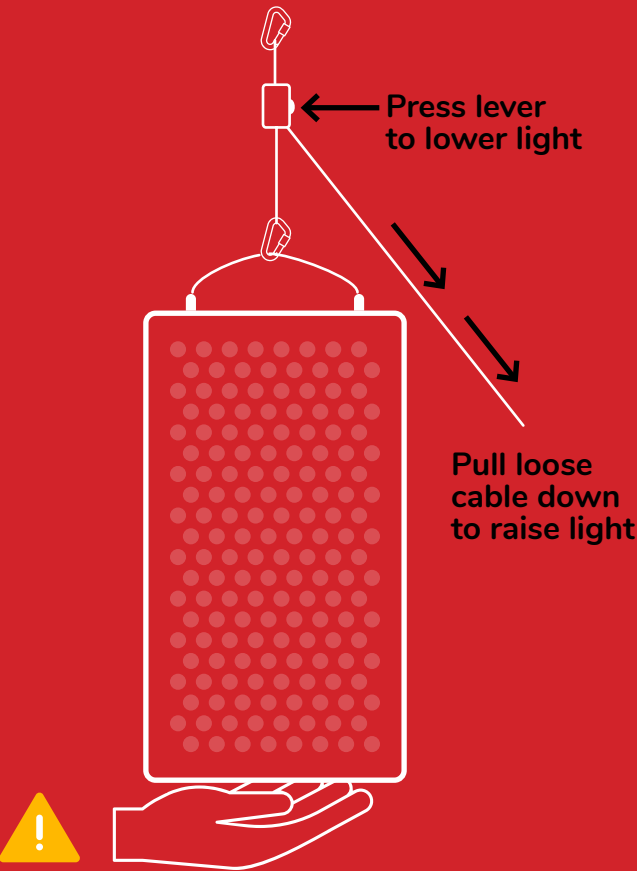
Hanging Your Light (cont.)

3 Adjust Light Height

To raise the height of your therapy light, pull down on the height adjustment cable while supporting the bottom of your light with your other hand.

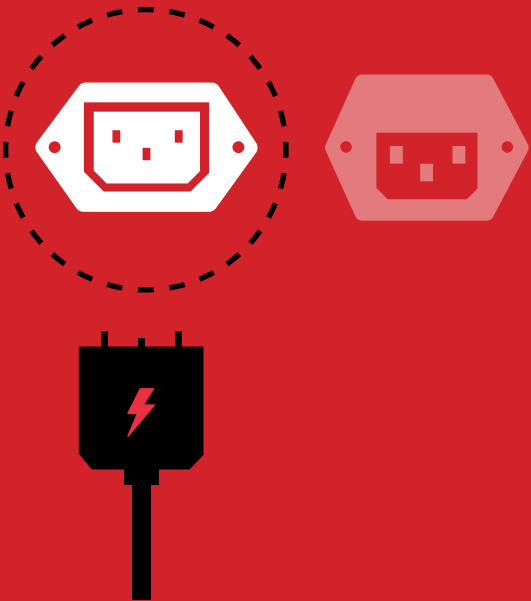
To lower your light, press the lever on the cable box.

⚠ Be sure to support your light during adjustment to avoid causing damage or injury.



4 Connect Power Cables

Plug the power cord into the female socket of your therapy light. Next, plug the other end of the power cord into a wall socket.



Powering On Your BIO Series Light

1 BIO Series Lights

Your BIO Light has two red power switches, one on either side of the power cord socket. Each switch controls 50% of the LEDs in your light.

All Red or All NIR BIO Series Lights: Turn both red power switches to the 'On' position to fully power on your light.

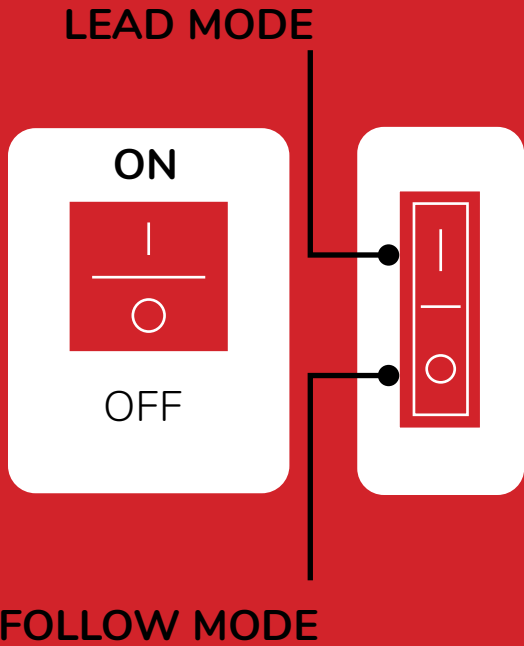
Combo Red/NIR BIO Series Lights: If you purchased a combo light, one switch will control all Red LEDs and the other will control all NIR LEDs. To distinguish between the two wavelengths, note that the Red LEDs will light up bright red, while the NIR LEDs will not give off any color. On a BIO Series combo light, flip both power switches to the 'On' position to use both Red and NIR wavelengths. To use only Red or only NIR wavelengths, simply turn off the power switch for the wavelength you don't want to use.



Powering On Your BIOMAX Light

1 BIOMAX Series Lights

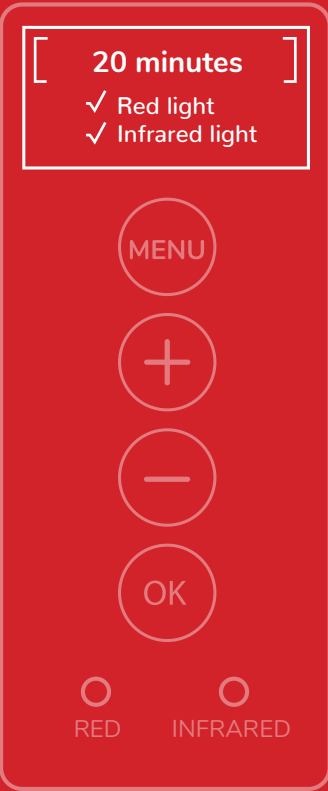
Ensure that the black pairing switch is flipped to the 'Lead' position.* Flip the red power switch to the 'On' position.



2 BIOMAX Series Lights

The BIOMAX digital screen should light up and briefly display the PlatinumLED logo, then the operating menu.

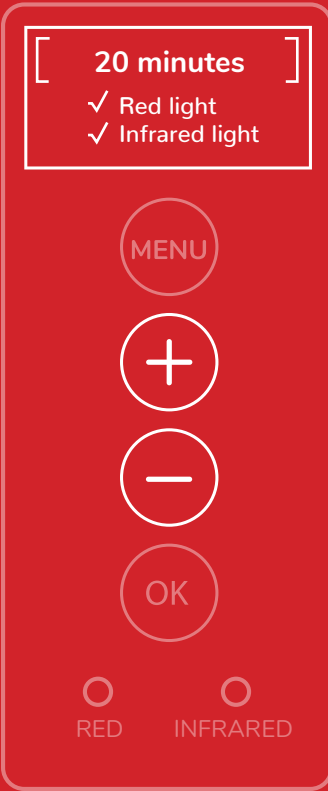
**For instructions on connecting multiple BIOMAX lights, see page 34.*



Using the Control Panel (BIOMAX Only)

⌚ Setting Treatment Time

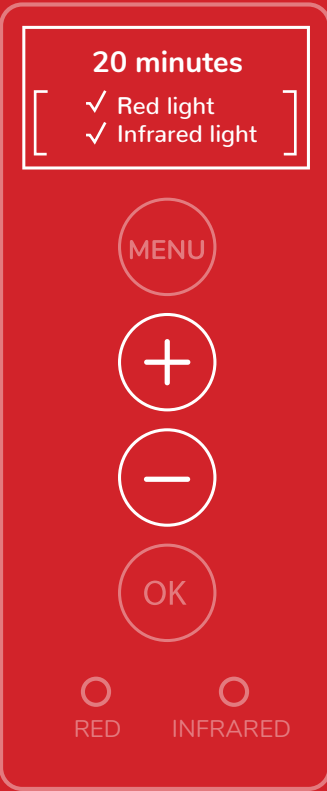
To adjust your treatment time, press the MENU button to move the brackets to select the time function. Use the “+” or “-” buttons to select your desired treatment time



☀ Setting Light Mode

The default mode utilizes both red and infrared light wavelengths. However, you may change the operating mode to use only red or only infrared wavelengths.

Press the “MENU” button on the control panel to place the selection brackets around the light mode. Once selected, press the “+” button to select/de-select the wavelengths you want. You will see a check mark on the display next to the selected wavelengths. Additionally, the red indicator lights below the control buttons will light up red to indicate which wavelength mode is selected.

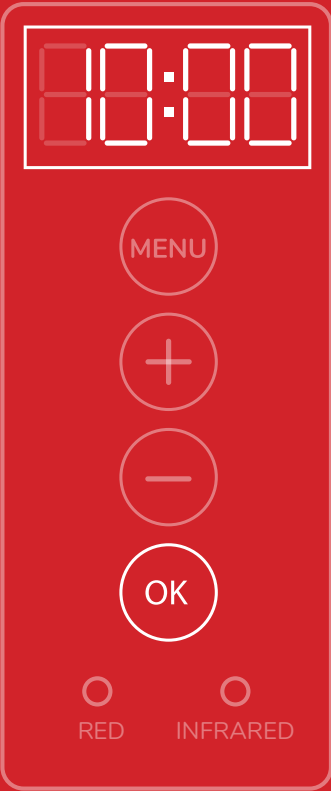


Beginning Your Treatment

▶ Starting & Pausing Treatment

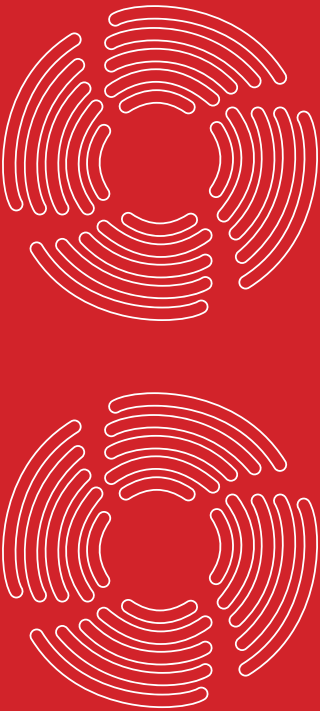
To start your treatment session, press the “OK” button one time. The lights will turn on and you will see your session time count down. To pause or resume your treatment session, simply press the “OK” button again.

⚠ **Remember, near-infrared light is invisible to the naked eye. Therefore, you may not see any light in near-infrared only mode.**



🌀 Cooling Down

After each treatment session, your device’s cooling fans will continue to run for up to 5 minutes. This is to ensure that the LEDs are cooled properly and completely.



Additional Treatment Tips

Session Duration & Frequency

For optimal cellular benefit, including deep tissue treatment, we recommend 10-20 minute sessions for each desired treatment area at a distance of approximately 6”-12” inches from the device with a max of two to three treatment areas per day . Time and distance will vary depending on the individual’s response to the therapy.

Eye Protection

Eye protection isn’t necessary, but we don’t recommend looking directly into the LEDs as it can be uncomfortable. For this reason, we include a pair of sunglasses in each package for your comfort.

Clothing

Make sure the area of your body you are treating is fully exposed to the light and not covered by any fabric or clothing. Areas not being treated may be covered if you are more comfortable, but clothing is not necessary.

Effects

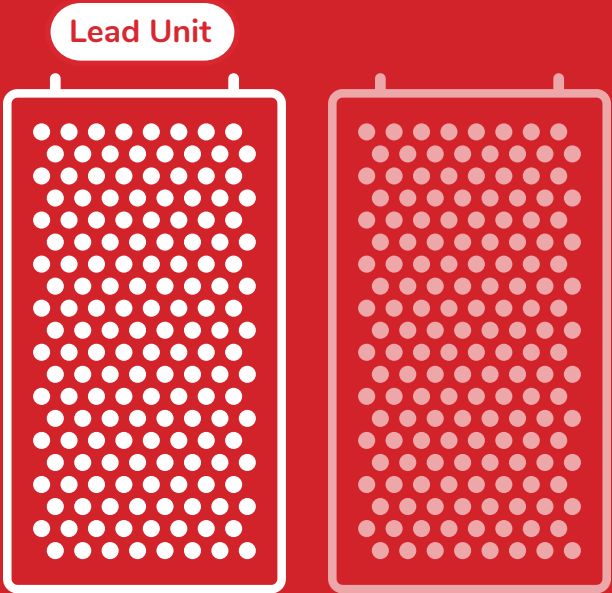
It is common to feel gentle warmth during and after your treatment. Over time, and with consistent treatment, you can expect to feel more muscle relaxation, reduced stiffness & inflammation, and pain relief. If any type of discomfort or excessive sensitivity is felt, please decrease your exposure time or increase the distance to the light.



Connecting Multiple BIOMAX Light Units

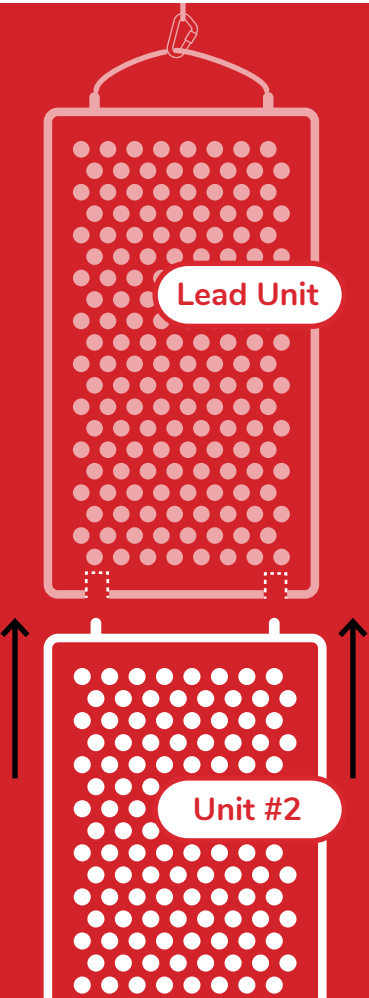
1 Select a “Lead” Unit

If you have more than one light unit, you’ll need to connect your additional light units to each other. First, select one unit to be your “lead unit”.



2 Connecting Units Vertically

To connect units vertically, first hang your lead unit on the door hook. Next, lift the second light and line up its threaded posts with the holes in the bottom of the upper device. Slide the lower threaded posts up into the holes and then push back to lock into place.

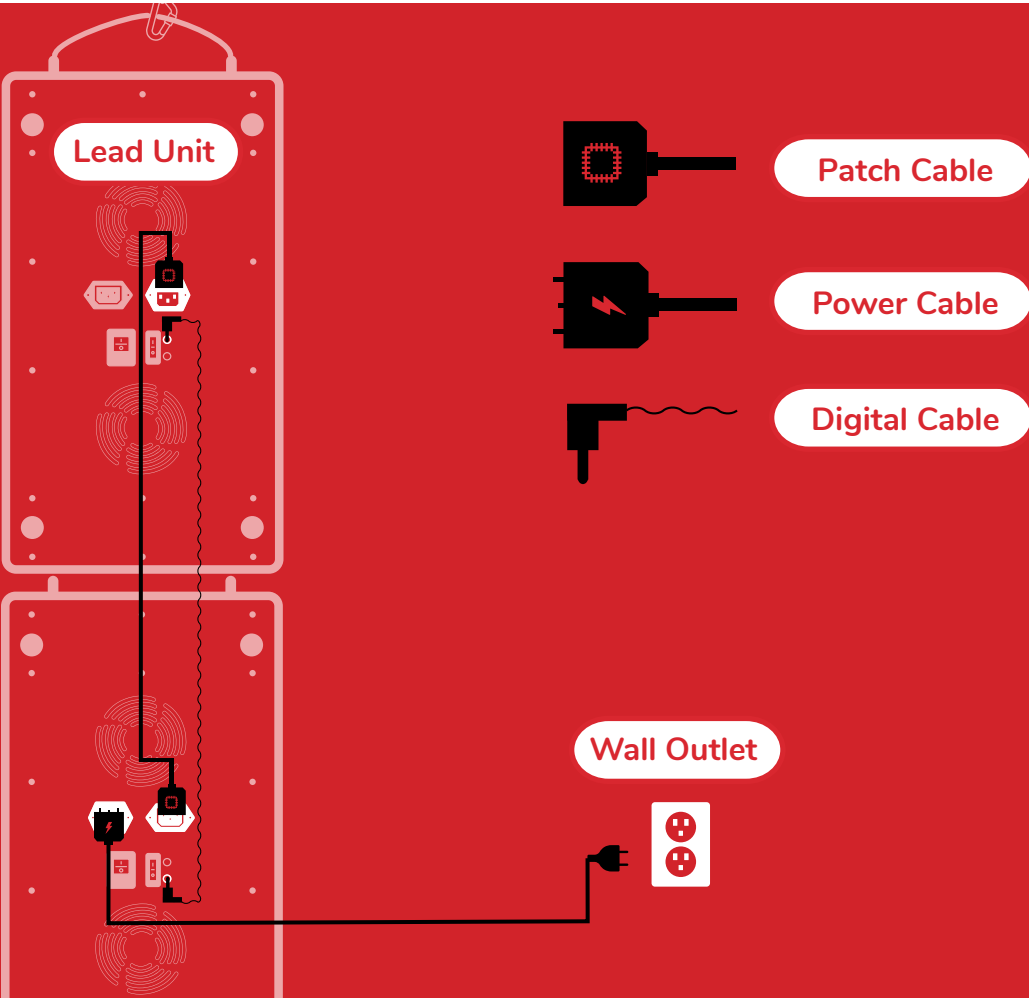


3 Connecting Cables

First, connect the power cable to your Lead unit and plug into a wall socket. Leave the main red power switch off for now.

Then, connect your Lead unit to your Follow unit using the patch cable. This allows power to flow through both units.

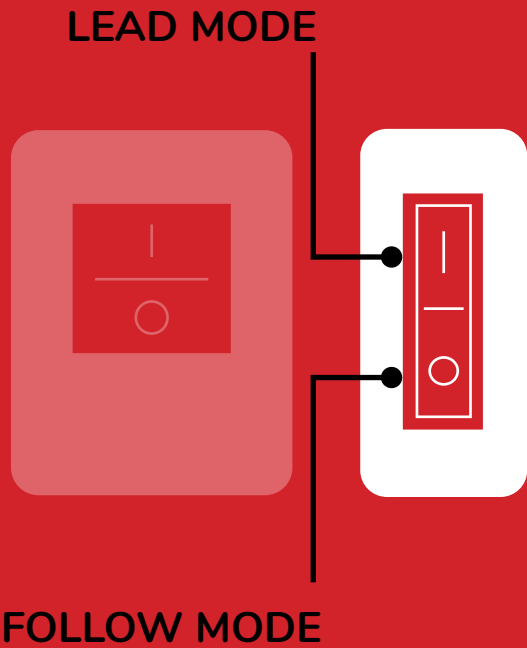
Lastly, connect the units using the coiled digital connection cable. You may plug this cable into either of the jacks. Now flip both main red power switches to ON.



Connecting Multiple BIOMAX Light Units (cont.)

4 Pairing your Units

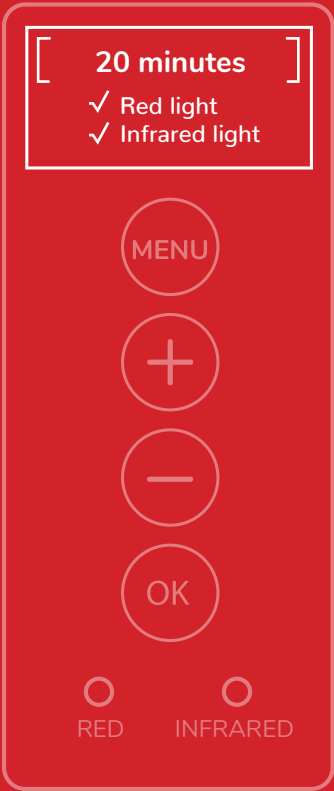
To pair your units, locate the switches on the back of each device. Flip the lead unit's switch up to "Lead Mode." The switches on the rest of your devices should be flipped down to "Follow mode."



5 Setting the Control Panel

To set treatment mode and time for all light units, use the control panel on your lead device.

For detailed instructions on using the control panel, please see page 31.





Troubleshooting

► Why do some of the LEDs look like they are not working?

Remember that we use NIR (Near infrared) LEDs in all BIO R/NIR lights and BIOMAX lights. These LEDs will appear to not be working or be very dim due to the fact that infrared light is virtually invisible to human eyes. They may not look like it, but they are EXTREMELY bright to your body! It is normal for the NIR LEDs to appear in this manner.

► Why is my panel not lighting up?

First, please check to make sure that the power cord is fully pushed in all the way into the plug on the light. The first time that the plug is inserted, you may need to use a little force since the materials are new. Next, try plugging the light into an alternate outlet. If the panel is still not lighting up and it is a BIOMAX unit, check to make sure that the red, master power switch on the back of the light is flipped on and illuminated. Second, check the plug inlet on the light for the removable fuse. Remove and check. Please contact us for further assistance if none of the remedies work.

► Why is the second BIOMAX panel connected not lighting up? Why is it not being controlled by the first panel?

First, please check to make sure that the jumper power cord is fully pushed in all the way into the plug on the light and that the red, master power switch is flipped to the on position and is illuminated. If the panel is still not lighting up, check the plug inlet on the light for the removable fuse. For digital control, make sure that the small, black cord is plugged into both lights in either hole. Make sure that the light that is plugged in from the wall – the “LEAD” light – has its black switch set to “LEAD”. Make sure that the other light that is plugged into the “LEAD” light has its switch set to “FOLLOW”. If you are still experiencing problems, please contact us for further assistance.

► Why are only half of the LEDs coming on with my BIOMAX unit?

Please make sure that both the red and NIR arrays have a check mark next to them in the menu. Check to make sure that both indicator LEDs are also illuminated. If this does not work, please turn the unit off with the master power switch and try again. If you are still experiencing problems, please contact us for further assistance.



Frequently Asked Questions

► For answers to frequently asked questions, please visit our website, www.PlatinumTherapyLights.com.

If you have a question that isn't answered in our online FAQs, please reach out to us directly via email or phone:

Email Us:

support@PlatinumTherapyLights.com

Call Us TOLL FREE:

(844)-533-4769

Our phones are answered from 9AM - 5PM PST M-F



Technical & Safety Information

Disclaimer

PlatinumLED products are not intended to diagnose, treat, cure, or prevent any disease. 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.

Safety Considerations

Use of a PlatinumLED therapy device in any way other than those described in this manual voids the warranty and could result in serious injury. PlatinumLED Therapy Lights are electrical devices. To avoid electric shock, adhere to the following safety considerations:

- Do not get your device wet or submerge your device in water.
- Do not wash electrical parts with water or liquids.
- Do not directly touch the device or touch the plugs or switches with wet hands.
- Do not apply or touch the device to wet or damp skin.
- Do not pull, carry, or lift the device by its cord. If the cord is damaged, do not use the device.
- Do not use the device if it has been dropped, left outside, or has encountered water or liquids.
- Do not use on or near heated surfaces.
- Do not modify, or attempt to modify or repair, this equipment. There are no user-serviceable parts.
- Do not use or store your device in hot temperatures that are or can exceed 130°F (54°C).



Warranty Information & Return Policy

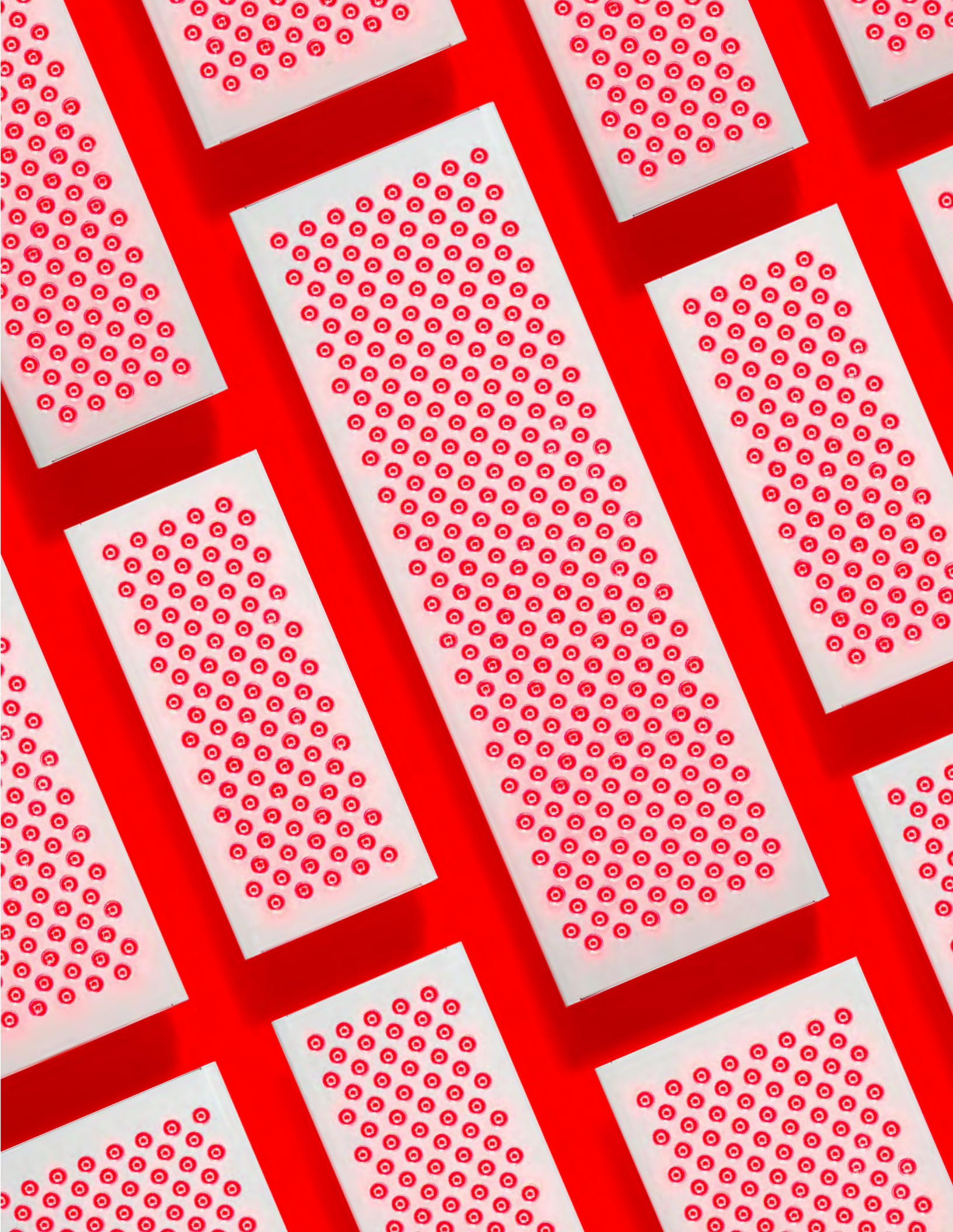
60 Day Satisfaction Guarantee

If, within 60 days of your order date, you are unsatisfied for any reason, you may return your purchase to us for a refund.

3 Year Complete Warranty

Within 3 years of your purchase, if your light is not working properly, we will fix or replace it. Each case will be assessed on a case by case basis, and we will make sure you're back up and running as quickly as possible.

1. When returning a non-defective product, the customer is responsible for all costs relating to shipping the products back to PlatinumLED. International shipping charges are non-refundable. Products must be returned in their original packaging with all included accessories or the shipment will be refused by the warehouse. A refund will be issued after the product is received and inspected by PlatinumLED for damage or missing accessories. If the returned light is damaged in any way or returned in un-sellable condition, the shipment will be refused/returned to sender. Refunds are processed back to the payment method used in the original order. A 20% restocking fee will be assessed on any elective returned purchases.
2. PlatinumLED will assess each warranty claim on a case by case basis. Resolution of warranty claims may include but are not limited to: shipment of a replacement part or parts, phone or email support to troubleshoot the product, or replacement of the product with a new or refurbished unit. The warranty is good for 3 years from the date of purchase. Any and all customer damage to light is not covered under warranty. This includes breakage/damage from dropping, misuse or tampering with/opening the light without prior authorization.
3. Any shipment that was shipped correctly but is subsequently refused by the recipient, unable to be delivered with the customer supplied address or returned to our warehouse will incur a flat \$50 fee for shipping/warehousing/receiving charges.
4. Warranty valid only to original purchaser if item purchased directly from www.platinumtherapylights.com or authorized re-seller and is non-transferable.





Call Us Toll Free (844)-533-4769
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