



Mito Red Light MitoADAPT 2.0 Patent Pending Red User Manual

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Mito Red Light MitoADAPT 2.0 Patent Pending Red



Product Information

Specifications

- **Model:** MitoADAPT 2.0
- **Power cord:** Included
- **Bluetooth connectivity:** Yes
- **Modes:** 11
- **LEDs:** Red (peak 630nm & 660nm) and NIR (peak 810nm & 850nm)

Quick Set-up without Using the Mito Red Light App

1. Unbox your panel.
2. Plug in the power cord.
3. Turn on the power switch.
4. The Home Screen will be displayed. Use the '+' and '-' buttons to adjust the time for the current session.
5. If all the other settings look good, press 'GO' to start and stop your session.
6. To navigate to the Settings Screen, press 'SET' on the Home Screen.
7. To adjust the Default Time, Mode, Bluetooth connectivity, and Brightness settings, press 'SET' on the Settings Screen.
8. Use the +/- buttons to change any specific setting.
9. Press 'SET' to toggle between each setting.
10. Once you have adjusted these settings, press 'GO' to go back to the Home Screen.
11. Press 'GO' again to start/stop your session.
12. **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.

Quick Set-up Using the Mito Red Light App

1. Unbox your panel.
2. Plug in the power cord.
3. Turn on the power switch.
4. Make sure the Bluetooth function is enabled on your primary device.
5. Download the Mito Red Light app using the provided QR codes.
6. Start the app and fill out the brief onboarding questions.
7. Accept permissions and make sure the Bluetooth on your mobile device is turned on.
8. Select one of the 11 modes and follow the prompts.
9. To stop your session, press 'Stop' on your app or press 'Go' on the main panel.
10. **Note:** Modes 9, 10, and 11 are near-infrared light only, which is invisible to the naked eye. Please rest assured that significant light energy is being emitted from the panel.

Usage Guide

For first-time users, we recommend starting with 2-3 minute sessions per area (at a distance of 6-18 inches) and slowly working up to a 10-minute session over 2-3 weeks as your body acclimates to the light. We recommend wearing the included eye protection when facing the panel.

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 through 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.

FAQ

- **Q: Where can I find the user manual?**

A: The user manual can be found at <https://mitoredlight.com/pages/user-manual>.

USER MANUAL

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



Quick set-up

MitoADAPT 2.0 Quick set-up

WITHOUT USING THE MITO RED LIGHT APP

Congratulations on your new MitoADAPT 2.0 panel! Below is a quick start-up guide. Please do take the time to read the entire User Manual also included with your light. An electronic version of the User Manual and other helpful resources can be found 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, that 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.



USING THE MITO RED LIGHT APP

Yes, we have an app so you can control your MitoADAPT 2.0 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.

Usage Guidelines

For first-time users, we recommend starting with 2-3 minute sessions per area (at a distance of 6-18 inches) and slowly working up to a 10-minute session over 2-3 weeks as your body acclimates to the light. We recommend wearing the included eye protection when facing the panel.

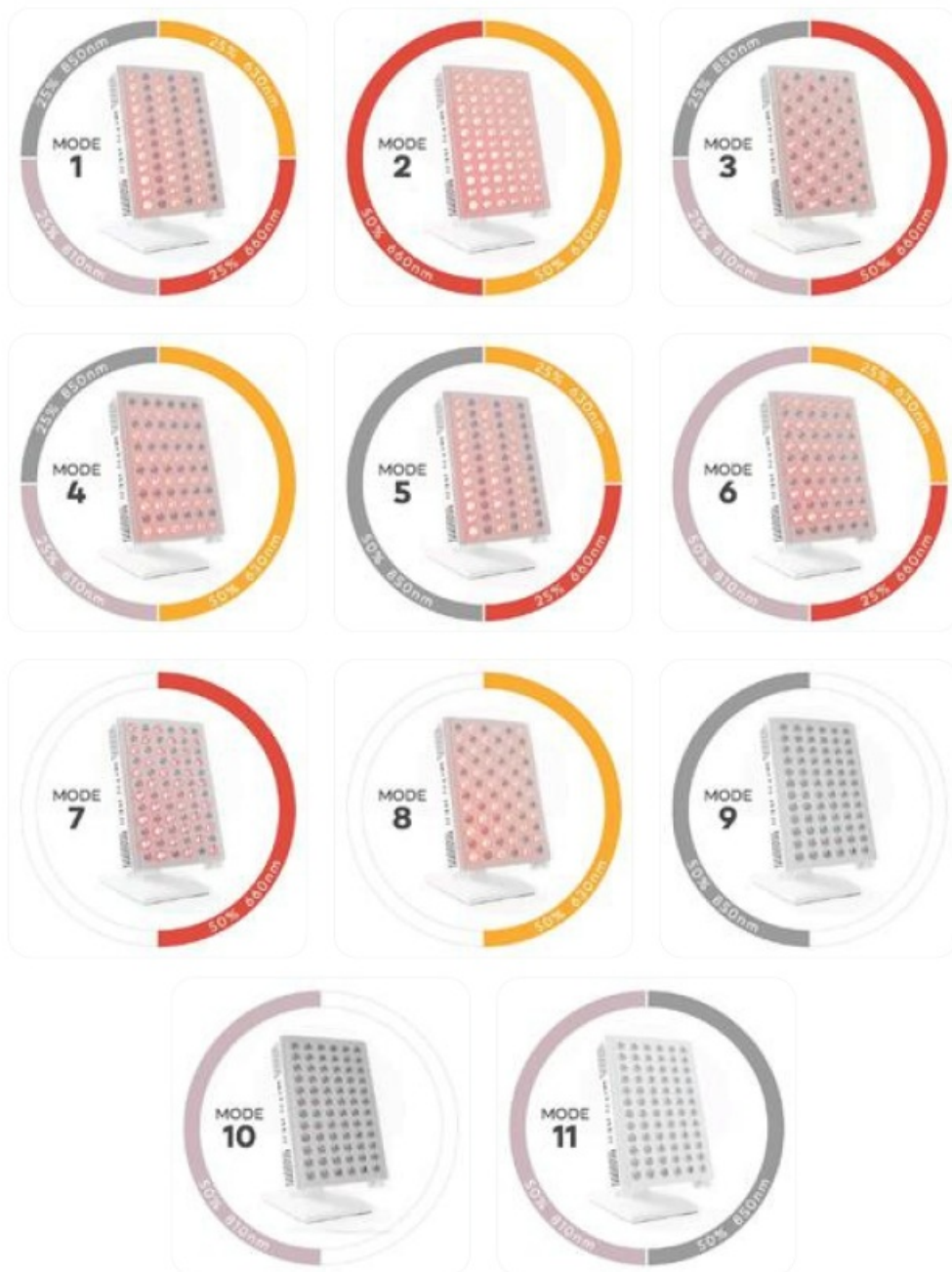
Modes

- 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 through 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 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 the 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.

Mode Summary**RED & NEAR-INFRARED WAVELENGTH % RATIOS**

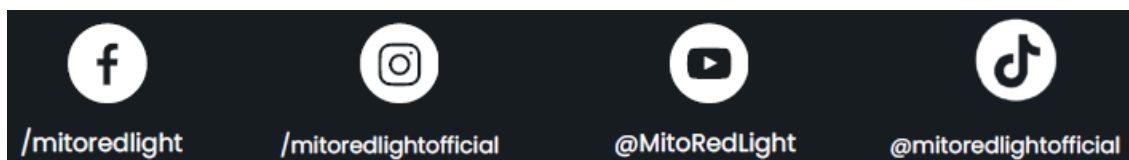


If you have any further questions, please feel free to contact us at: info@mitoredlight.com.

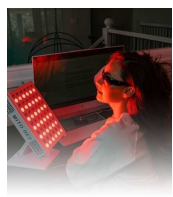
- You can also call our phone number Monday – Friday 9 am – 5 pm MST +1 866-861-6486
- **Mail correspondence can be sent to:**
Mito Red Light, Inc 9319 N 94th Way, Suite 400 Scottsdale, AZ 85258
- **User Manual and Instructional Videos**

This user manual and instructional videos can be found here: <https://mitoredlight.com/pages/user-manual>.

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Documents / Resources



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References

- [Mito Red Light | Red Light Therapy Devices for your Home](#)
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