**Manuals+** — User Manuals Simplified.



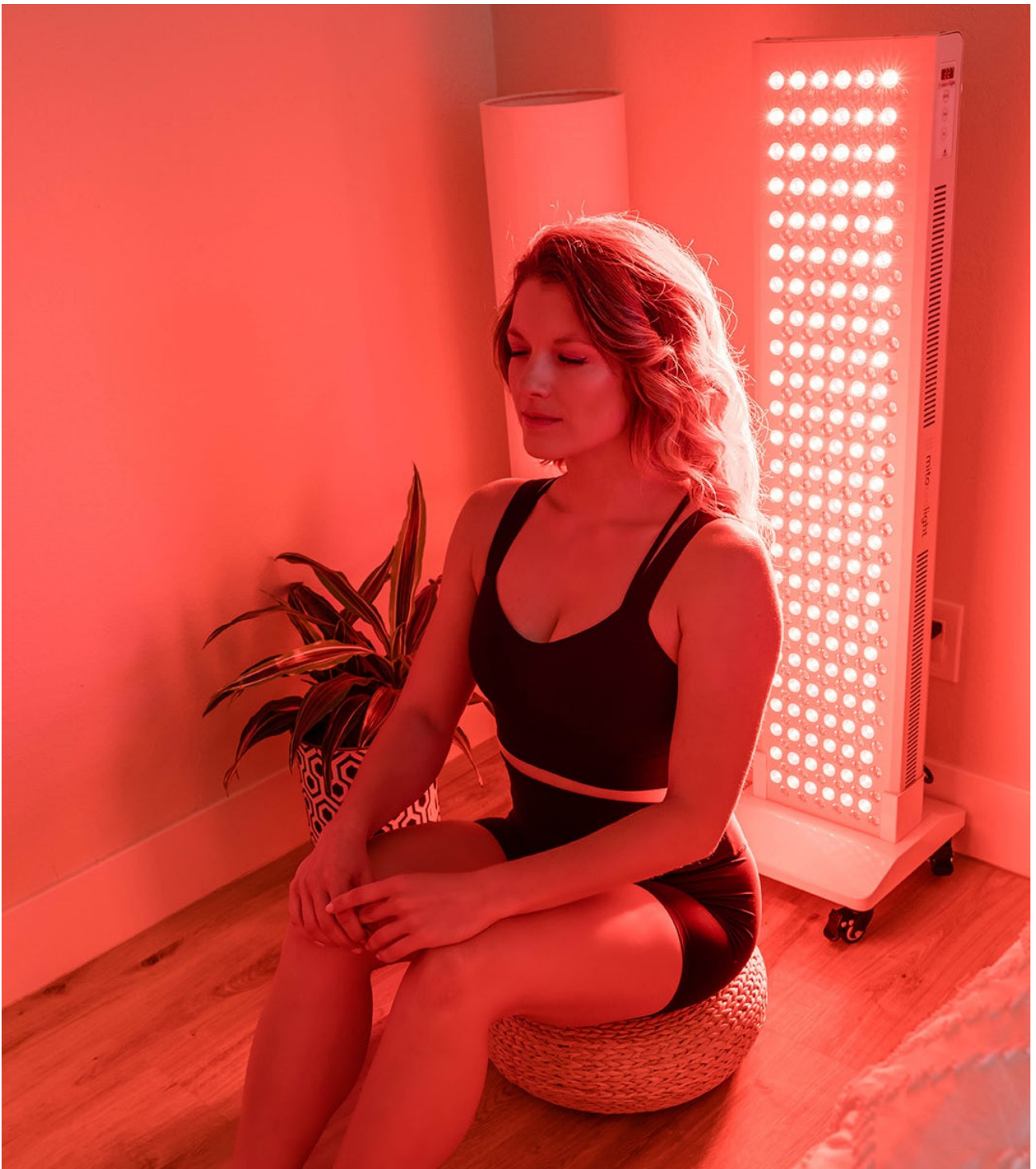# Mito Red Light MitoADAPT Red Light Therapy Floor Stand User Guide

## Contents

**Mito Red Light MitoADAPT Red Light Therapy Floor Stand**

## Product Information

The MitoADAPT is a user-friendly device designed to provide red light therapy for various health and wellness benefits. It utilizes advanced LED technology to emit specific wavelengths of red light that can penetrate the skin and stimulate cellular activity.

## Key Features

- Compact and portable design
- Adjustable intensity settings
- Multiple treatment modes
- Easy-to-use interface
- Safe and non-invasive

**Product Usage Instructions**

Before using the MitoADAPT, please read the user manual and watch the instructional videos available at **https://mitoredlight.com/pages/user-manual**.

1. Connect the power adapter to the device and plug it into a suitable power outlet.
2. Press the power button to turn on the MitoADAPT.
3. Select the desired treatment mode using the mode button. Refer to the user manual for information on different modes and their specific benefits.
4. Adjust the intensity level using the intensity control buttons. Start with a lower intensity and gradually increase it as desired.
5. Position the device at a suitable distance from your body or target area. Follow the recommendations provided in the user manual for optimal treatment distance.
6. Place the device directly facing the skin or area to be treated. Ensure that the red light is evenly distributed over the target area.
7. Set the treatment duration using the timer function if available. Follow the recommended treatment times provided in the user manual.
8. During the treatment, relax and allow the red light to penetrate the skin. You may choose to close your eyes or wear protective goggles if recommended.
9. After the treatment session, press the power button to turn off the device.
10. Store the MitoADAPT in a cool, dry place when not in use.

For any further assistance or inquiries, please visit our website at **www.mitoredlight.com** or follow us on social media:

- Facebook: **@mitoredlightofficial**
- Instagram: **@MitoRedLight**
- Twitter: **@mitoredlightofficial**

Congrotulotions on your new MitoADAPT ponel! Below is o quick startup guide to get you on your woy to your red light tneropy pronto! If you need more deto,led instructions or need more informotion, check out our main user manual a t **www.mitoredlight.com/poges/user-manual**

**Quick set-up without using the Mite Red Light opp**

Unbox your panel, plug in the power cord, ond turn on the power swi tch.

This is the Home Screen. Using the'+' and'-' but1ons you con 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 Set1ings Screen. To adjust the Default Time, Mode, Bluetooth connectivity, and Brightness set1ings press 'SET'.

Press + /- to change any specific set1ing. Press 'SET' to toggle between eoch selling.



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

Please note, changing the Default Time on the Set1ings Screen will not affect the current session. The panel must be turned off and bock on to display the new Defoul· Time.



## Quick set-up using the Mito Red Light opp



Yes, we hove on opp so you can c ontrol your MitoADAPT from your mobile device.



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

Make sure the Bluetooth function is eno bled on your primary device.



Download the Mita Red Light opp using the QR codes below! Sta rt the opp and fill out the brief onboarding questions. Accept permissions and make sure the Blue tooth 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 opp or press 'Go' on the main panel.
Note: Modes 9, 10, a nd 11 ore 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 out with 2-3 minute· treatments per oreo, ond slowly working up to o 10-minute session over the course of 2-3 weeks os your body occlimotes to the theropy.

**Modes**

- We recommend starting with Mode 1 os you get occlimoted to the light.
- Then we recommend rotating your sessions through Modes 1-6 (i.e. one doy do o session with Mode 1, the ne) (t session use Mode 2, etc).
- Modes 1 though Mode 6 ore various combinations of Red (peok 630nm & 660nm) and NIR (peak 810nm & 850nm) light. See the user manual for o summary of the modes.
- Modes 7-10 hove only 50% of the LEDs lit ond con be used for gentler sessions. Mode 11 is 100% NIR ond is ovoiloble only through the opp.

## Troubleshooting

- If tho control panel is not working, make sure you ore connected to power ond that the power switch on the bock of the device is turned on.
- When resetting the Default Time on the Settings Screen, ofter the time is selected hit the 'GO" button then turn the power switch off then bock on.
- It there is no light coming trom the panel when the session is started, confirm that the brighmess is not set to O¾ (also note that NIR light 830nm/ 850nm is invisible to the naked eye).
- If opp will not connect, make sure you ore within 5 feet of lhe panel, close the opp on your device and restart. Turn the pone! off and on.
- Make sure your Bluetooth is enabled on your mobile device and your panel.

[http://www.mitoredlight.com](http://www.mitoredlight.com)

User Manual and Instructional VideosThis user manual and instructional videos can be found here: [https://mitoredlight.com/pages/user-manual](https://mitoredlight.com/pages/user-manual) Updated June 18th 2023

## Documents / Resources



**Mito Red Light MitoADAPT Red Light Therapy Floor Stand** [pdf] User Guide
MitoADAPT Red Light Therapy Floor Stand, MitoADAPT, Red Light Therapy Floor Stand, Therapy Floor Stand, Floor Stand, Stand

## References

- ⊞ **Mito Red Light | Red Light Therapy Devices for your Home**
- ⊞ **Mito Red Light | Red Light Therapy Devices for your Home**
- ⊞ **User Manuals and Video Tutorials | Mito Red Light**