



# mito red light MitoADAPT Series Light Therapy Devices User Manual

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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](mailto:info@mitoredlight.com).

You can also call our phone number

Monday – Friday 9 am – 5 pm MST

1-480-597-4649

**Mail correspondence can be sent to:**

Mito Red Light, Inc

9319 N 94th Way,

Suite 400

Scottsdale, AZ 85258

## 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 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.

### Standard Use

We recommend 10-minute treatments at 8-18 inches from your device. Additional 10minute sessions for specific areas may be beneficial but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better.

For this reason, we recommend you allow at least 6 hours between treatments of the same area. We recommend no more than 15 minutes in any one session. We recommend using the device 4-10 times per week.

## FAQs

### Is red light therapy safe? Are there side effects?

Mito Red Light uses only the red and near-infrared wavelengths that are clinically proven to be effective and safe. However, we always recommend consulting with your healthcare provider for specific questions about any concerns or health conditions.

### Do I need safety glasses with this light?

While there is a growing body of scientific research suggesting that modest amounts of red and NIR LED light may benefit certain eye conditions, Mito Red's plug-in lights are very bright!

As such, goggles are provided and should be worn when facing the lights, particularly when NIR is active.

### When using, DO NOT stare directly into the light emitting diodes (LEDs).

Again, our Mito Red Lights are very bright and if you have any eye problems, or any other health conditions at all, please consult with a licensed healthcare professional before using a device like Mito Red.

### Will light therapy treatments cause detox symptoms?

It is possible that a Mito Red Light treatment can cause some detox-related symptoms while your body acclimates. If you experience these types of issues, we recommended stopping treatments until the symptoms go away. Then start out at 2-3 minutes per treatment area and work your way slowly up to 10 minutes over the course of 2-3 weeks. This will help your body adapt. If you continue to experience detox-related symptoms and have any concerns regarding the use of red light therapy, we recommend stopping treatments and consulting with your healthcare provider. We have a full 60 day no hassle trial and full refund policy.

### What if my skin is burned or damaged?

Red light therapy has been clinically-proven to help damaged skin heal from cuts, burns, and other blemishes. We recommend consulting with your healthcare provider if you have any concerns.

As we are not licensed healthcare practitioners, we are not able to offer definitive clinical guidance. We recommend consulting with your trusted health care provider with specific questions.

### What if I have a pre-existing health condition or take medications?

Mito Red Lights are classified as a general wellness devices. Out of an abundance of caution, we recommend you consult with your healthcare provider if you have any preexisting conditions or if you take photosensitizing drugs. Steroids work to suppress the immune system while red light therapy may work to stimulate it. To the extent that the two therapies may work against each other, we do not recommend they be used together.

### Can children use Mito Red Light?

Clinical studies have shown red and NIR light therapy to be quite safe. However, if you are considering using it with children, we recommend consulting with a healthcare professional. All treatments with children should be done under adult supervision.

### Can pregnant or nursing women use the lights?

As there has been no clinical research with red light therapy treatments on pregnant or nursing subjects, do not

use the device if pregnant or lactating before consulting with your healthcare provider.

**Other considerations:** Botox, breast implants and LASIK

- Users with a history of facial fillers and/or Botox injections should consult their dermatologist prior to use.
- Users with breast implants should consult their plastic surgeon prior to use.
- Do not use the device during the healing period post Lasik eye surgery. Before resuming treatment, we recommend getting clearance from your doctor. As always, we recommend following our treatment guidelines and making sure to use the provided goggles when using the NIR wavelength.

**Are the NIR LEDs not working?**

NIR is just beyond the visible spectrum and is invisible to the naked eye. You will only actually be able to see a pink dot, or a subtle pink glow emanating from the LEDs when they are on. Please rest assured that there is a significant amount of light energy emanating from those LEDs and your Mito Red Light is in fact working exactly as designed.

**Instructions: Mito Perform**

**Step 1:** Plug in the provided power cable and turn the power switch to the ON position. (Perform panels can draw over 700W so if you have more than one Perform panel they may need to be plugged into separate circuits.)



**Step 3:** You can adjust the time amount for the session by pressing the + and – buttons before or during the session.

**Step 2:** Ensure all the switches are turned to the ON position.



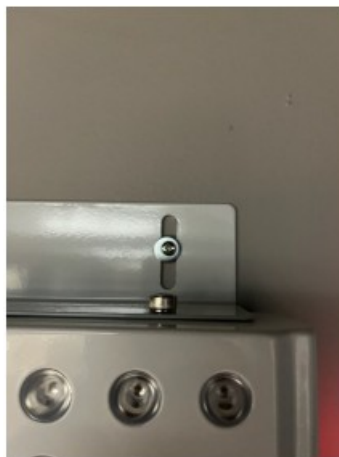
Step 4: You can control each Red or NIR light by pressing the R/NIR button. The display will show what is currently selected.



First start by placing your panel against the wall and attaching your wall mounting bracket to the Light by installing the 4 provided bolts.



Next mark your holes on the wall and move the panel for drilling and installation of the anchors.



**Warning!**

The Wall Mounting Bracket is designed to allow the bottom of the panel to be rested on the floor and keep the panel secured against a wall. This Bracket is not intended to support the weight of the light suspended off the floor.

Once the holes have been drilled you can next install the anchors and then secure the Light to the wall with the provided hardware.

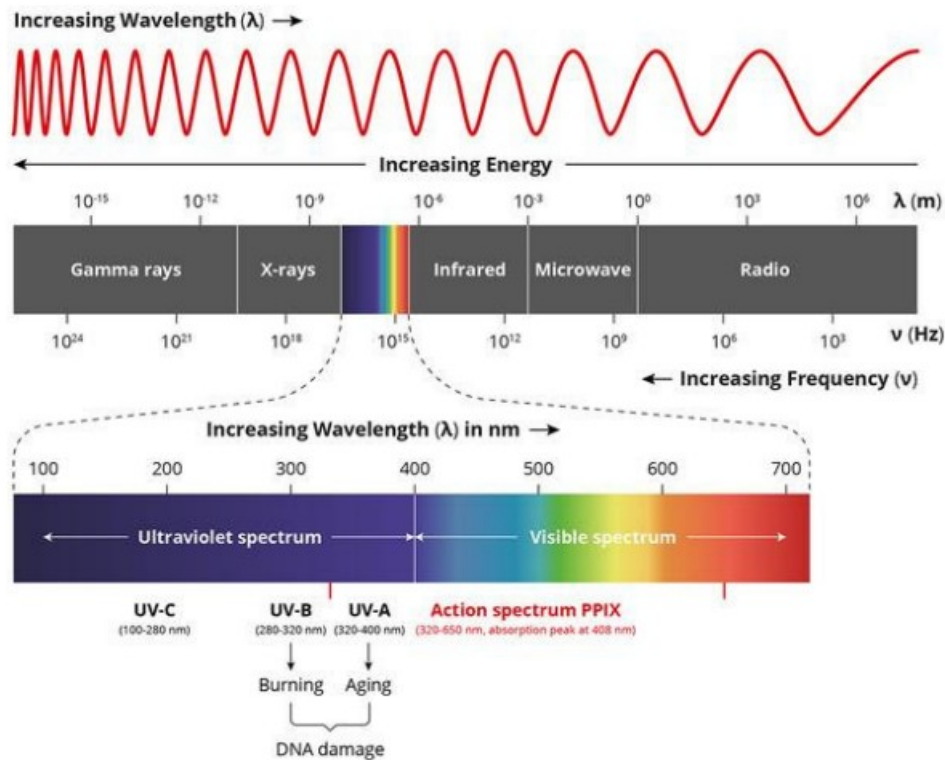


Instructional videos can also be found at <https://mitoredlight.com/pages/mitoper-form-support>

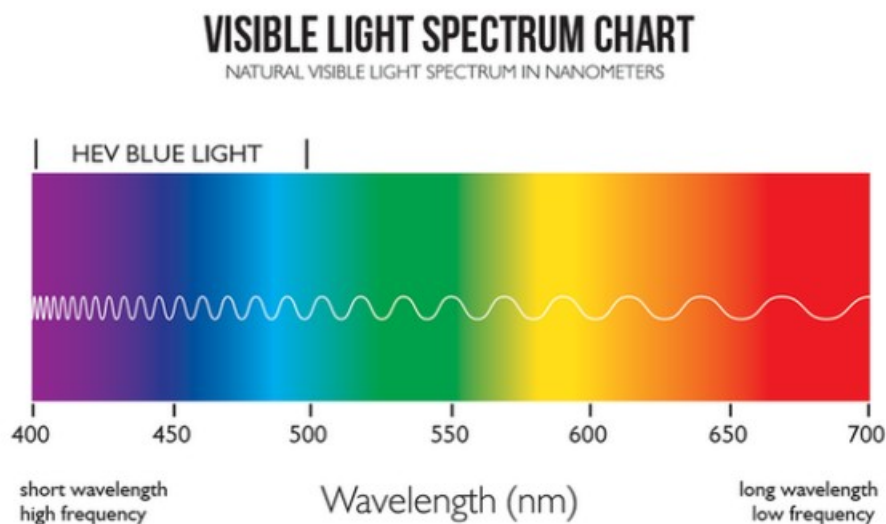
**Light Therapy Overview**

## What is Red and Near Infrared Light Therapy?

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. Below is a chart outlining the electromagnetic spectrum:



If you remember high school physics, when you pass white light through a prism it separates out the different colors based on their wavelengths (ROYGBIV). Only a tiny part of this spectrum (roughly 400nm to 700nm) is actually visible to the human eye.



At the highest end of the visible light spectrum is red light, which goes from a little over 600nm to approximately 700nm. Above the visible light spectrum is near-infrared (NIR) from about 700nm to a little over 1,100nm. It is specifically these red and near-infrared wavelengths that have amazing effects on our bodies. Most research showing benefits of red light and near-infrared light have used wavelengths in the ranges of 620-680nm and 800-880nm. There have now been literally thousands of studies done in both animals and humans. Overall, red and near infrared light has been repeatedly shown to have positive effects on cell function in animal and human studies and aid in improving a wide range of conditions.

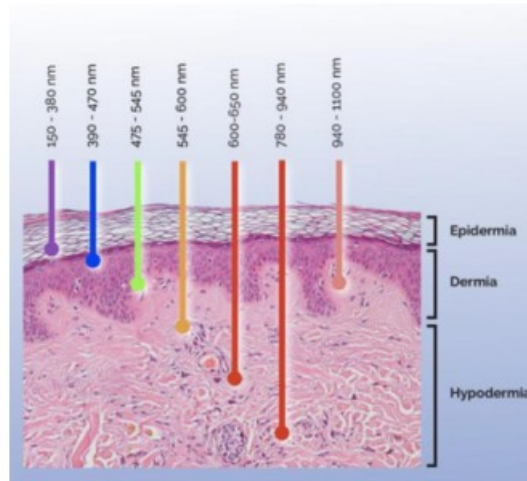


## It's all about PENETRATION

Most wavelengths of light (UV, blue, green, yellow, etc.) are unable to penetrate into the body – instead they stay in the layers of the skin. However as the picture below shows, red and near-infrared light are able to penetrate deeper into the human body and are able to reach the cells, tissues, blood, nerves, into the bones and even into the brain!

The benefits of red light: Red light between 600-700nm offers benefits for skin texture and tone, smoothing fine lines and wrinkles, promoting collagen production and generally rejuvenating the appearance of skin and hair.

The benefits of near-infrared light: Near-infrared light (NIR) 700nm – 1100nm. penetrates deeper into the tissues to assist with wound healing, muscle recovery, nerve injury and joint pain.



## Red light boosts cellular energy production

The most well studied mechanism of action surrounding red and near infrared light therapy is increased MITO chondrial energy production in the cells. MITO chondria are tiny organelles that are the energy power plants of all the cells in our body. Red and near infrared light therapy helps the MITOchondria create more of that energy.

The specific photons found in red and near infrared light interact with a photoreceptor within our cells called cytochrome c oxidase. This interaction stimulates 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 contraction, nerve impulse propagation, and chemical synthesis. Found in all forms of life, ATP is often 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!

## Safety Instructions, Warnings, and 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-relate dangers, adhere to the following instructions: DO NOT wash electrical parts with water or other liquids.

DO NO drop your device 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.  
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 130 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.  
DO NOT cover the cooling fans while operating the light.

## **Cautions and Disclaimer**

### **Cautions**

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.

### **Disposal**

The light should not be disposed of with other household waste. The light requires disposal via a designated collection point for the recycling of electrical waste.

Please recycle your equipment at the time of disposal to help conserve natural resources and protect human health and the environment.

### **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 require medical attention.

### **California Prop 65 requires the following notice**

**WARNING:** The enclosed hardware and power cord contain chemicals (such as lead) known to the State of California to cause cancer and birth defects or other reproductive harm. This is true of virtually all power cords and electronics sold in the marketplace at this time. Please wash hands after use.

### **Warranty**

Mito Red Light warrants that the Mito Red light(s) will function and perform within the specifications for two (2) years after the date of delivery. The 2 year warranty will cover all parts and labor during the warranty period with some exclusions. If required, the buyer is responsible for return shipping to Mito Red within the 2 year warranty period. The warranty shall not apply to any light that has been abused, misused, modified, damaged, or fitted with substitute parts other than parts manufactured by Mito Red.

As of August 2020, all MitoPRO and MitoPerform series products carry a 3 year warranty.

Mito Red shall not be liable for any consequential loss or inconvenience caused by any failure of a Mito Red product. After the warranty has concluded, the buyer is required to pay for all parts and labor charges. If the light is repaired or replaced, either within or outside the warranty period, Mito Red reserves the right to provide parts or replacement in different colors than the original light. To obtain warranty service, please email

[info@mitoredlight.com](mailto:info@mitoredlight.com)

### **User Manual and Instructional Videos**

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





## Documents / Resources



[mito red light MitoADAPT Series Light Therapy Devices](#) [pdf] User Manual  
MitoADAPT Series Light Therapy Devices, MitoADAPT Series, Light Therapy Devices, Therapy Devices, Devices

## References

- [Mito Red Light | Red Light Therapy Devices for your Home](#)
- [User Manuals and Video Tutorials | Mito Red Light](#)

Manuals+.