



 mitoredlight

MitoMIND

USER MANUAL

www.mitoredlight.com

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About us

Located in Scottsdale, Arizona, **Mito Red Light®** is dedicated to bringing the highest quality red light therapy lights to market at the best possible value.

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

+1 866-861-6486

Mail correspondence can be sent to:

Mito Red Light, LLC

9319 N 94th Way, Suite 400 Scottsdale, AZ 85258

Warnings and Precautions

IMPORTANT: Please read all safety information before using your MitoMIND Helmet. Failure to follow these guidelines may result in injury, damage to the device, or suboptimal results.

Electrical Safety

- Do not operate the device near water, including sinks, bathtubs, or humid environments. Do not submerge any part of the device.
- Ensure hands and the device are dry before plugging in or unplugging the unit.
- Always unplug the device by grasping the plug, not the cord.
- Do not use extension cords unless they meet or exceed the device's wattage and amperage specifications.
- Do not plug or unplug the device while it is powered on.

User Restrictions

- This device is not intended for use by children.
- Do not use this device on sleeping, disabled, or unconscious individuals.
- Do not operate the device if you are driving, cycling, or engaged in activities requiring full alertness.

Contraindications and Precautions

- Do not look directly at the LEDs when turned on.
- Do not use if you have an implanted medical device (such as a pacemaker or neurostimulator) without consulting your physician.
- Do not use during the acute recovery period from brain injury, seizure disorders, or after neurosurgery without medical supervision.
- If you are photosensitive, consult a healthcare provider before use.
- Those with very little or no hair may experience higher light exposure. Reduce power intensity to 75% or lower.
- Avoid use if the scalp is inflamed, sunburned, or wounded.

Warnings and Precautions

Brain Stimulation Guidance

- Do not exceed 30 minutes of total daily use. Overstimulation may diminish therapeutic effects due to photobiomodulation's biphasic dose response.
- Avoid sessions late at night, especially at high intensities. Use lower power ($\leq 50\%$) and frequency ($\leq 5\text{Hz}$) if near bedtime.
- Always take at least one day off per week to prevent neural overstimulation.

Device Care and Operation

- Do not use the device if the shell, cables, or control box show signs of damage.
- Do not attempt to disassemble, modify, or repair the device yourself.
- Store the helmet in a cool, dry place, away from sunlight or heat sources.
- Power on the device at least once every 3 months and charge every 6 months to preserve internal components.

Cleaning and Hygiene

- Always power off and unplug before cleaning.
- Use a soft cloth with water or 70% isopropyl alcohol to wipe the helmet. Allow it to air dry completely before reuse.
- Never use abrasive or solvent-based cleaners.

Package contents

What's included

A - MitoMIND Helmet

B - Carrier bag

C - Head size adjuster

D - Comfort sponges

E - Helmet connector

F - Control panel

G - Power brick

H - Power cable

A



B



C



D



E



F



G



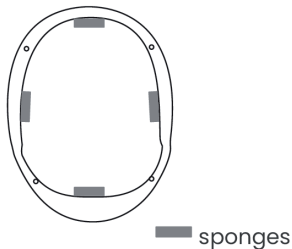
H



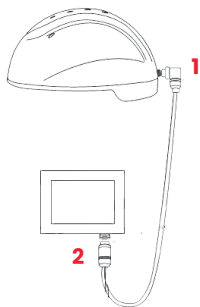
How to use

Step 1 - Take out your helmet, power adapter, control box, comfort sponges, connection cables from the handbag.

Step 2 - Fit the helmet on your head. Does the helmet fit snugly on your head? If not, you have the choice of using small sponges to create a snug fit, or a head size adjuster. Each can be stuck into place, so play around with the sizing until you feel comfortable.

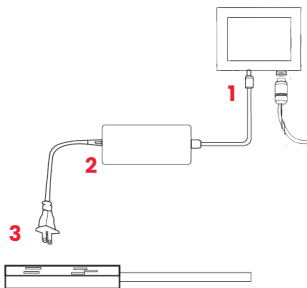


Step 3 - Next, take the helmet connector and attach the slightly L shaped end onto the back of the helmet (1), and the other end into the control pad (2).



How to use

Step 5 - Take the power brick and connect the cable into the remaining port of the control box (1). Then take the power cable and place the end of the cable into the power brick (2) and the plug adapter into a wall outlet (3).



Step 4 - Put the helmet on the head and sit in a comfortable place.

Note: Do not look at the LEDs when turned on.



How to use

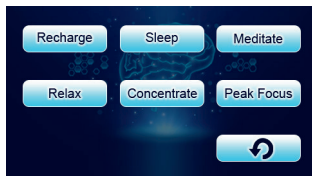
Step 6 - Power on the device by pressing the silver power button.



Step 7 - Once powered on, the control panel will turn on. After the welcome screen runs, you will be brought to the main screen to select your program. Select 'Program' to choose between six different presets (see page 11 for the presets).

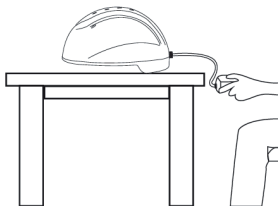
or,

select 'Standard' to choose a specific pulse, intensity, and time



How to use

Step 8 - After your session is over, turn off the control panel by pressing the silver button on the control panel. Then gently take off the helmet, and remove the power cord from the outlet.



(Note: Do not plug and unplug under power while powered on)

Control box presets

The MitoMIND comes with SIX easy to use preset programs:

Recharge – 0Hz, 100% power level , working time 10 minutes

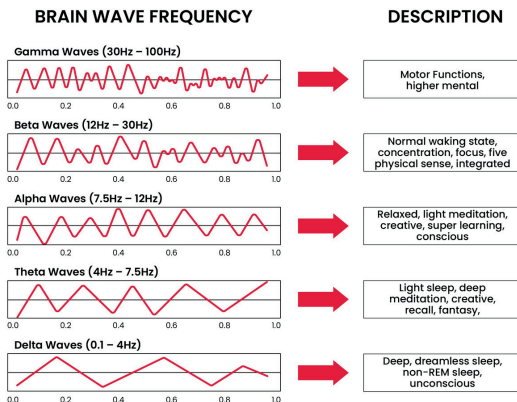
Sleep – 2Hz, 50% power level, working time 15 minutes

Meditate – 5Hz, 50% power level, working time 15 minutes

Relax – 10Hz, 75% power level, working time 15 minutes

Concentrate – 16Hz, 75% power level, working time 12 minutes

Peak Focus – 40Hz, 100% power level, working time 6 minutes



Usage Guidelines

We recommend users with a healthy brain to use the MitoMIND Helmet once every 2 days for maintenance.

Users aiming to support cognitive recovery, should try the MitoMIND once or twice daily for up to 6 days a week.

To avoid over stimulation, always take a rest from using the device on the 7th day and avoid using MitoMIND late in the evening.

If attempting to use near bedtime it is suggested to use low intensity (50% or lower) and low frequency (5HZ or lower).

Reduce usage to once every 2 days when improvements are observed.

Everyone is different and can have different responses. If any discomfort is experienced, users should 1) reduce the time of each session by shutting off the device before the session is up and/or 2) reduce the number of days used per week and/or 3) reduce the power intensity of the device.

About the power intensity and time: we recommend starting with 25% intensity for 5 minutes. Gradually increase both intensity and duration over time. After an adaptation period, can use at 75% intensity for 20 minutes or 100% intensity for 15 minutes.

Usage Guidelines (continued)

We recommend no more than 30 minutes total per day.

Photobiomodulation (PBM) demonstrates a dose-response curve, which means that there is a 'sweet spot' wherein the stimulation has the most positive impact on our cells.

Too little stimulation provides little benefit, and too much stimulation can cause a diminishment of response.

PBM exhibits a biphasic response, so using the device too much may cancel out the benefits.

Please make sure to use the helmet within the guidelines in the user manual.

Note: We recommend users with very little hair or very thin hair, use the helmet at up to only a 75% intensity. This is because the typical user with average hair will have some of the light energy absorbed by the hair.

Cleaning and storage

Gently clean the product before each use. Ensure the device is powered off before cleaning:

- First wipe the helmet surfaces with a clean cloth lightly dampened with clean water. Inspect the surfaces thoroughly for any remaining visible contaminants, and repeat wiping if necessary until no visible contaminants remain.
- Allow to air dry. Then wipe the helmet surfaces with a clean cloth dampened with 70% ethanol or 70% isopropyl alcohol.
- Allow contact time of 1 minute and then allow to air dry.
- Do not use the device unless it is completely dry.
- If the product is not used for a long time, pay attention to moisture and dust: Power on every 3 months and recharge every 6 months to avoid moisture aging and damage of internal components.

Keep the device away from sunlight and store the device in a dry location (e.g. away from windows, sinks, bathtubs, kitchens, and bathrooms) at around room temperature after each use.

Product specifications

Model Number	MitoMIND	Optical power	24mw/cm ²
Wavelength	810nm	Input voltage	100–240V
LED numbers	288pcs	Work voltage	12V – 6A
Power	50mw/pc	Input current	800mA
Total power	15W	Frequency	0–20000Hz

Warranty

The Mito Red MitoMIND Helmet has a one year warranty.

The warranty is valid only to original purchaser if item purchased directly from www.mitoredlight.com or authorized reseller and is non-transferable. The warranty period starts the date the original purchased unit is delivered.

The warranty covers any defects in material or workmanship under normal use during the warranty period. During the warranty period, Mito Red will replace, at no charge, products that prove defective because of improper material or workmanship, under normal use and maintenance.

Mito Red will replace the products at no charge. For the first 180 days, Mito Red will be responsible for all shipping costs related to your request. After the first 180 days, buyer will be responsible for product shipping charges and related coverage while in transit to Mito Red. Please retain the tracking information for proof of delivery to us.

The warranty does not cover any problem that is caused by damage resulting from your negligence, improper maintenance, improper use, experimental use, or modifications; the warranty does not cover theft or loss of the product.

To obtain warranty service, you must first contact us at info@mitoredlight.com to determine the problem and the most appropriate solution for you. You may be asked to provide proof of any defects, and therefore you should maintain photos and videos of any alleged defects.

Safety Symbols

Symbol	Description
	Batch code
	Refer to instruction manual
	Class II equipment
	Manufacturer
	General warning sign
	Keep away from sunlight
	Serial number
	Manufacture date
	"WEEE (Waste Electrical and Electronic Equipment)". The waste products should be handled legally.
	Do not stare at light
	Caution: Infrared radiation
	Do not use this device in a bathtub, shower or water-filled reservoir
	This device is not intended for use by children

Safety Symbols

Symbol

Description



Keep dry



Fragile - handle with care



Humidity limit



Temperature limit



Symbol of CE mark



Indicates that the device compliance with the RoHS Directive



Indicates that the electromagnetic interference from the device is under the limits approved by the FCC

FCC Compliance Statement: This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.



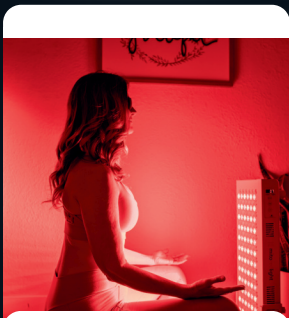
Other Collections



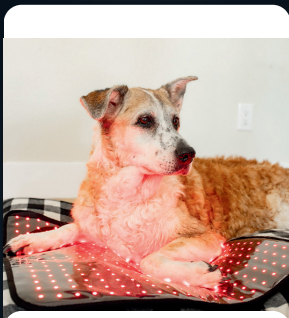
✈ TRAVEL



👤 HAIR



💡 PANELS



🐾 PETS

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User Manual and Instructional Videos

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

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