



 mitoredlight

USER MANUAL

MitoBOOST

www.mitoredlight.com

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INTRODUCTION

The MitoBOOST intranasal unit, allows you to deliver various wavelengths of light (depending on the attachments purchased) to the nasal cavity and/or ear canal.

To ensure the longevity of your device, please read the below cautions and disclaimers. Further disclaimers and warranty information can be found at the end of this user manual:

Please avoid subjecting the therapeutic device to strong shocks and extremely high temperatures.

CHARGING

This machine uses a specific charger, so it is strictly prohibited to use a power supply with higher voltage for charging.

After charging is complete, disconnect the charging cable to prevent potential accidents caused by prolonged charging.

OTHER

Please keep liquids away from the device to prevent damage to internal components.

Nasal probes may develop skin allergies or irritation if exposed to soap, sweat, allergens, or contaminants for extended periods.

Please do not attempt to disassemble, repair, or modify this machine yourself.

Avoid contacting the device with chemicals such as gasoline, cleaning solvents, propanol, alcohol, or insect repellent.

INTRODUCTION

The nose is a crucial part of the respiratory system connected to the lungs. Inflammation caused by pathogenic bacteria and viruses in the nose can spread to other areas, leading to complications in the brain, eyes, ears, throat, and lungs.

The MitoBOOST comes with various attachment options depending on user preference and use case.

The red and blue nasal cavity therapeutic instrument utilizes a 450nm (blue) and 650nm (red) LED to support nasal mucosa tissue, enhance detoxification, metabolism and the natural immune response. The light may help improve capillary blood circulation in the mucosa and boost the bactericidal activity of phagocytes. Which may help reduce nasal tissue swelling, improve nasal airflow, decrease histamine release from mast cells, and alleviate nasal allergic reactions.

The MitoBOOST red light only intranasal, contains red light in both probes, allowing the user to use red light faster and easier than with the MitoBOOST red and blue..

The MitoMIND 1070nm intranasal, contains 1070nm NIR - long wavelength NIR will better reach the brain. supporting brain health.



Warning:

Do not shine the nasal probe directly into your eyes.



WHAT'S INCLUDED

Welcome to Your MitoBOOST Experience

Your MitoBOOST system is shipped out in two separate boxes

Box 1: Contains your Master Controller, securely stored inside a protective travel carry case.



Main Controller



Manual



Charging Cable



Carrier Case

Box 2: Includes one of the four attachment types you purchased for your device.

The following attachments (if purchased) will include:

- MitoBOOST Red Light Intranasal
- MitoMIND 1070nm Intranasal
- MitoBOOST Red and Blue Light Intranasal



Probe Power Line & Nasal Irradiation Probe



Silicon Nasal Probes

- MitoBOOST White Light Earbuds



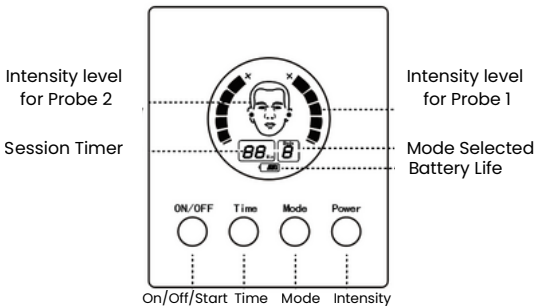
Ear buds



Extra Ear Bud Tips

You may also purchase additional attachments and accessories separately at any time to expand your MitoBOOST system and customize your wellness experience.

INSTRUCTIONS



Before using the nasal irradiation probe, remove the silicone sleeve of the nasal probe from the packaging box and insert it into the irradiation probe. See Figure 1.

Once the assembly is complete, connect one end of the nasal irradiation probe to the control main unit, and insert the other end into the nasal cavity. See Figure 2.

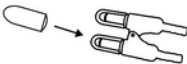


Figure ①



Figure ②

CHARGING

The MitoBOOST uses a specific charger, please use the charger provided. It is strictly prohibited to use a power supply with higher voltage for charging.

After charging is complete, disconnect the charging cable to prevent potential accidents caused by prolonged charging.

INSTRUCTIONS

Powering On and Selecting Modes

To begin, power on your MitoBOOST device by pressing and holding the ON/OFF button for two seconds. Once powered on, use the Timer button to select the desired session duration.

Next, choose your preferred operating mode by pressing the MODE button until your desired setting appears on the display. For most users, Mode M1 is recommended for general use and balanced light output.

Operating Modes by Attachment Type

Your MitoBOOST system offers multiple light configurations designed to optimize your experience based on the attachment in use. Each attachment features distinct operating modes (M1, M2, and M3) that control the light output.

For the MitoBOOST Red and Blue Light Intranasal Device:

- M1: Activates both the red and blue lights simultaneously for a combined light session.
- M2: Activates only the right-side red light.
- M3: Activates only the left-side blue light.

For the MitoBOOST White Light Earbuds, MitoBOOST Red Light Intranasal, or MitoMIND 1070nm Intranasal:

- M1: Activates both lights for full-output operation.
- M2 / M3: Activates one light at a time, allowing targeted use as desired.

Each mode is clearly indicated on your device display. Select the desired mode based on your comfort level and session goals for a customized MitoBOOST experience.

INSTRUCTIONS

Adjusting Light Intensity

After selecting your mode, press the POWER button briefly to adjust the intensity level of the light output. Each illuminated bar on the display represents a 20% increase in brightness – for example, five bars = 100% intensity. Adjust as desired for your comfort and optimal results.

Once your preferred time, mode, and intensity are set, your MitoBOOST is ready to deliver a personalized and effective light therapy session.

LED Light wavelength: MitoBOOST

- Red light: 650nm
- Blue light: 450nm

LED Light wavelength: MitoMIND

- 1070nm (near infrared, NIR is invisible to the naked eye)

LED Light wavelength: MitoBUDS

- White (full spectrum)

LED Light wavelength: Red Light Intranasal;

- 650nm

Starting the session: To start the session, press the ON/OFF button after selecting the time, mode, and intensity for the session to start. If the ON/OFF button is not pressed, the device will automatically turn off after a minute to save power.

We recommend switching the probes around halfway through the session so both nostrils receive both red and blue light.



Warning:

Do not shine the nasal probe directly into your eyes.

INSTRUCTIONS – INTRANASAL

General usage:

We recommend starting off with a lower time limit (5 minutes) and intensity up to once a day

For regular use we recommend 10 minute sessions.

MitoBOOST Red and Blue we recommend switching nostrils after 5 minutes – (each nostril would receive 5 minutes of red and 5 minutes of blue) and Power level 1.

For regular maintenance, we recommend 10 minute sessions. For acute scenarios, ie travelling, the light can be used up to 25 minutes total (again for MitoBOOST red and blue switching halfway through so both nostrils get red and blue).

Again we recommend a TOTAL of no more than 25 minutes, with switching the device around halfway through the session (so each nostril receives a maximum of 12.5 minutes of red and a maximum of 12.5 minutes of blue).

Use case – immune support – blue is anti-microbial and red supports cellular function in the sinus cavity

MitoMIND Intranasal 1070nm – please note 1070nm is near infrared and is invisible to the naked eye.

For regular use we recommend 10 minute sessions.

Use case – brain health – long wavelength NIR can get to the brain through the sinus cavity supporting cellular function.

MitoBOOST Red Intranasal 650nm

For regular use we recommend 10 minute sessions.

Use case – sinus health– both probes are 650nm red, supporting sinus health and brain health

INSTRUCTIONS – WHITE LIGHT EAR BUDS

White Light Ear Buds – When to Use

Lack of Sunlight:

Use the White Light Ear Buds regularly in the morning once a day within two hours of waking up at the same time each day.

Note: If your seasonal mood swings are severe, or you are suffering from depression, or if you are currently on medication for depression, consult your physician and use bright light therapy in the ears only under medical supervision.

Jet lag recovery:

When you travel across several time zones, you are likely to experience jet lag. The White Light Ear Buds are a perfect tool to help accelerate recovery from jet lag.

For long flights use The White Light Ear Buds from early morning (destination time) to early afternoon, four times a day at 2-hour intervals (for example at 9am, 11am, 1pm and 3pm local time). Repeat each day until you feel recovered.

Recommended session time of the White Light Ear Buds are 10-15 minutes.

SPECIFICATIONS AND BATTERY INFORMATION

- LED wavelength | 450nm and 650nm (MitoBOOST Red and Blue)
- LED wavelength | 1070nm and 1070nm (MitoMIND)
- LED wavelength | 650nm and 650nm (MitoBOOST Red Intranasal)
- LED wavelength | White (White Light Ear Buds)
- Terminal LED output | 2 nasal cavity LEDs
- LED output power | 2-5 mw
- LED operating voltage | 2-3V
- Input voltage of power | 5V switching adapter
- Timing range | 10-25 minutes that can be adjusted
- Power source use | Lithium-ion battery with the capacity 500 m Ah
- Lithium battery voltage | DC 3.7V - 4.2V

Battery Information – please read and keep instructions:

Warning: this device contains a sealed lithium-ion battery pack.

The battery specifications are as follows:

Voltage: 3.7V

Capacity: 500mAh

Lithium Battery Instructions:

MitoBOOST features a built-in rechargeable lithium battery that requires no replacement, only periodic recharging. Please exclusively use the provided charging cable for recharging. Utilizing alternative charging cables may compromise the device's operational lifespan.

Lithium Battery Warning:

Proper disposal of the device and its battery is essential. Do not dispose of the device in domestic waste. Please adhere to local regulations regarding the disposal of such materials, typically through designated battery collection points.

CAUTIONS AND DISCLAIMER

Cautions

DO NOT use the device if you are photosensitive or are taking medications that cause photosensitivity.

If you have any medical conditions, please consult with a licensed medical provider before using the device.

If you experience any discomfort or dryness in the nose, discontinue use for at least one full day.

If you experience any other adverse reaction, please contact customer service at info@mitoredlight.com

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 requires medical attention.

WARRANTY AND MAINTENANCE

Under normal use this product is guaranteed for 1 year after its original purchase date against manufacturing defects in materials or workmanship. This warranty extends only to the original purchaser. If the product should become faulty within the warranty period, contact Mito Red Light. Mito Red Light reserves the right to repair a defective product. Mito Red Light reserves the right to replace a defective product with the most compatible product currently available.

This warranty does not cover damage caused by the following:

- Accident, misuse, abuse or alteration
- Servicing by unauthorized persons
- Connection to incorrect power sources
- Use with unauthorized accessories

Mito Red Light shall not be responsible for any incidental, special or consequential damages resulting from the use of this product.

MAINTENANCE

- This device has no serviceable parts. The battery is not accessible and not serviceable. Users should not attempt to service the battery as this will damage the device and void the warranty.
- Charge the device only with the supplied USB-mini power charging cord and a universal USB power adapter (not included).
- The battery capacity grid will begin to flash when battery levels are low. This indicates the device should be recharged.
- The lifetime of the lithium-ion Battery can be maximized by allowing it to fully charge and then fully discharge during regular use.

ABOUT

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 experienced 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

You can also call our phone number

Monday - Friday 9am - 5pm MST
1 (866) 861- MITO

Mail correspondence can be sent to:

Mito Red Light, LLC
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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