



MitoPOD

USER MANUAL

www.mitoredlight.com

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RECOMMENDATIONS

Please read the complete instruction manual before using the MitoPOD as it will give you a better understanding of how the product works and get the best from your red light therapy session.

Recommendations:

- Do not exceed 20 minutes of use in one therapy session.
- Use of accessories and cables other than those specified or provided by the manufacturer could result in increased electromagnetic emissions or decreased electromagnetic immunity.
- While this product is primarily used on the body, if facial filler procedures (e.g., hyaluronic acid) have been done within the past month, we recommend avoiding use.
- If there is sunburn in the past 2 weeks, it is recommended not to use this product.
- Keep children away from the device to avoid unintended use or injury.
- Avoid using the device near RF sources such as:
 - Radios, TV stations, cell towers
 - Mobile/portable communication devices
 - X-ray, MRI, CT, diathermy, surgical units
 - Wi-Fi routers, paging systems, etc.
 - Portable RF equipment should be at least 12 inches from the device.
 - If using stacked or adjacent equipment, observe performance to ensure normal operation.
 - Verify system performance before each use, especially in environments with strong electromagnetic fields.

CAUTIONS

- Do not leave the device unattended when turned on to avoid the risk of fire or burns.
- This device is not intended for use by children.
- Do not put the external adapter in a place that is difficult to plug and unplug.
- Do NOT wash electrical parts with water or other liquids.
- Do not use the device in a humid environment (e.g., bathroom, shower, pool area).
- Do not allow water to enter the device.
- If the wall socket is improperly connected, the device plug may overheat. Use only properly installed outlets.
- If the main cord is damaged, it must be replaced by Shenzhen Idea Light Limited or an authorized technician.
- Do not look directly at the light-emitting diodes.
- Do not let sleeping, disabled, or unconscious persons use the device.
- Do not exceed 20 minutes per therapy session.
- Do not use in combination with products containing heat-producing ingredients (salves, balms, etc.).
- Do NOT drop the device in water or place it where it could fall into water.
- Do not touch lights, plugs, or switches with wet hands.
- Do not apply the light to wet or damp skin.
- Do not carry, pull, or lift the device by its cord.
- Do not use the device if exposed to or submerged in water—unplug immediately. Use GFCI outlets in wet areas.
- Do not operate near flammable or combustible products or vapors.

CAUTIONS

- Do not store or use the device in environments exceeding 60°C.
- Do not use the device or accessories if damaged.
- Do not place the Red Light Pod directly over an open wound.
- Do not use extension cords unless rated for the full wattage of the device.
- Do not unplug by pulling the cord; grasp the plug itself.
- Do not disassemble the device.
- Keep the device away from flammable liquids, aerosol products, or oxygen-rich areas.
- Avoid stacking or placing the device near interfering equipment.
- Use of accessories not provided by the manufacturer may increase emissions or reduce immunity.
- Connecting unauthorized equipment to the MSO creates an ME SYSTEM that may reduce safety.
- Connecting electrical equipment to the MSO creates an ME SYSTEM. Refer to IEC 60601-1 for requirements.
- Changes or modifications not approved by the manufacturer may void the user's ability to operate the device.
- Check the voltage on the device to ensure it matches the local mains. Always unplug the device after use or during a power outage to avoid equipment damage.
- The device is not intended for users with physical, sensory, or cognitive limitations unless supervised or trained.
- This device contains a multiple socket outlet. Do not place it on the floor.
- Do not place unauthorized equipment into the socket outlet provided with this device.
- If the device is placed on the floor, it could pose a hazard due to its built-in socket outlet/power cord.

CONTRAINDICATIONS

- Do not use the device if you are under the age of 22.
- Do not use the device if you have Fitzpatrick Skin Type V or VI
- Do not use this device if you have any photosensitive disorders or genetic conditions of the eye.
- Do not use the device if you are pregnant, breastfeeding, or preparing to get pregnant.
- Do not use the device on infants or children.
- Do not use the device if you have a medical history of seizures that were triggered by light.
- Do not use the device if you are taking photosensitive drugs.
- Do not use the device over malignant and nonmalignant tumors.
- Do not use the device over open or bleeding wounds.
- Do not use the device if you have or may have heart disease.
- Do not use the device over area with phlebitis, thrombophlebitis and varicose veins.

ADVERSE REACTIONS

If you have any adverse reactions from using this device, stop using it immediately.

Note: If you experience any discomfort, such as skin discoloration, skin damage, skin irritation or any other concerns that develop, stop using the device immediately and consult your physician.

PRECAUTIONS

- Stop using the MitoPOD if you experience any adverse reactions. If you have a reaction when using the device, please consult a physician as you may be light sensitive.
- Discontinue use if the device overheats or becomes uncomfortably hot.
- Always unplug the device from the outlet after using is complete.
- Do not store the device in direct sunlight as this may cause damage to the coating.
- Do not attempt to open or repair the device.
- Do not attempt to modify the device in any way. Modifying the device will void your warranty. The device contains no serviceable parts.
- Do not subject the package or device to shocks, such as dropping it onto the floor. Because it may change the performance of the device, like result in hazardous radiation exposure.
- Do not clean the device while the device is in use.
- Do not impact the device, or subject the device to heavy shocks, to avoid risk of damage to the device.
- Contact your doctor if you have any medical questions regarding use of this device.

INDICATIONS OF USE

The MitoPOD is an Over-The-Counter device where used in home healthcare environment, intended to emit energy in the visible and near infrared spectrum to provide topical heating for the purpose of elevating tissue temperature for a temporary relief of minor muscle and joint pain and stiffness, minor arthritis pain or muscle spasm, the temporary increase in local blood circulation, and the temporary relaxation of muscles.

The intended operator is a non-professional user, including healthy adults (22 years and older) without any underlying contraindicated medical conditions.

PRODUCT DESCRIPTION

The MitoPOD is a full-body device equipped with 2,320 portable LEDs. It is shaped like a sleeping bag to provide a complete full-body experience. The pod consists of two parts (an upper and a lower section) designed to accommodate users of different heights. Each section has its own power supply, allowing the user to adjust the intensity to their preference.

The controllers can control the brightness from 1% to 100%, and also adjust the session from 1 to 30 minutes.

The wavelength modes can be adjusted from 1 to 3.

- Mode 1 : 660nm (Red) & 810nm & 830nm (NIR)
- Mode 2 : RED 660nm
- Mode 3: NIR 810 and 830nm (please note NIR is beyond the visible spectrum so it you may think mode 3 is not working. We suggest taking a picture with your cell phone, with mode 3 on, while in a slightly dark room and you will see a purple light and will show the mode is working as intended.

USER GUIDANCE

First Time Users

For first time users, we recommend doing a light sensitivity test (see below). If the test shows no reaction, start out with 4 to 5 minute sessions per area, and slowly working up to a 10 to 15 minute session over the course of 2 to 3 weeks as your body acclimates to the therapy.

Follow the instructions below to check if you are light-sensitive:

- First, attach the power supply to the device (see instructions).
- Then, apply the device onto the body, making sure the light is shining onto the skin and use it for a 3-minute session.
- After the session is complete, visually check the area. If you experience pain or discomfort, or redness that lasts for more than 2 hours, you might be light sensitive. Please consult a doctor for advice.

For individuals with darker skin tones

* Please be aware that the exact rate at which light is absorbed by darker skin is still being studied and may vary from person to person. Users with darker skin tones may experience slightly increased warmth due to potentially higher light absorption compared to those with lighter skin. It is also possible that a smaller amount of light reaches deeper tissues, though this has not been definitively confirmed and any difference is not expected to be significant.

USER GUIDANCE

Standard Use

We recommend 10 to 15 minute sessions per area. Additional 10- minute sessions for specific areas may be beneficial, but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better. The maximum timer duration is 20 minutes.

For this reason, we recommend you allow at least 6 hours between sessions of the same area. We recommend no more than 30 minutes in any one session. We recommend using the device 4 to 10 times per week. We recommend taking at least one day off per week.

MAKE SURE TO NEVER USE IT ON DAMAGED SKIN OR OPEN WOUNDS.

Frequency of sessions

The device offers a selectable session time ranging from 1 to 30 minutes. However, the recommended usage is 15 minutes per session, five days per week, for a period of 6 to 8 weeks.

PACKAGE CONTENTS

This package includes the following. Check that none of the parts are missing or damaged, see "Accessories List". If parts are missing or damaged, contact Mito Red for assistance and send a picture of the damaged part, a picture and your order # along with your e-mail. Customer service might ask you for more information.

- A - MitoPOD (remove thin protective barrier before first use)
- B - Carrier bag
- C - 2 x Controllers
- D - 2 x Power supply bricks
- E - 2 x Power cords



Two of the following:



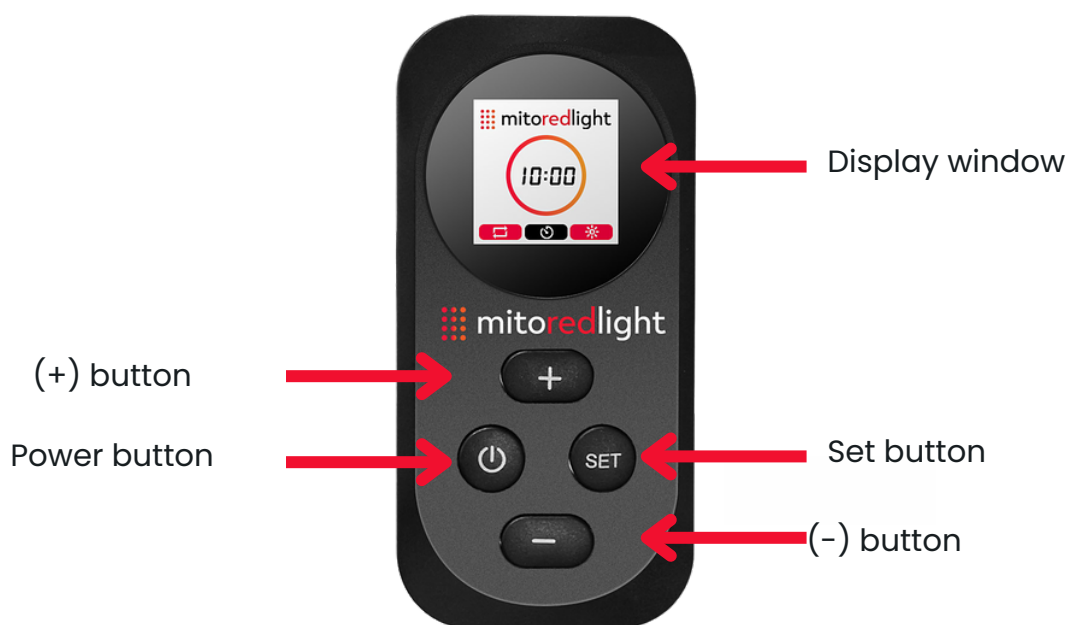
USER INSTRUCTIONS

Powering the MitoPOD

1. For the first side of the MitoPOD, connect the male end of the remote cord into the cord that is attached to the MitoPOD (**1**). Be sure to line up the slot of both sides and once attached press firmly and tighten middle wheel (**2 + 4**).
2. Connect the female end of the remote cord into power adapter cord (**3**). Be sure to line up the slot of both sides and once attached press firmly and tighten middle wheel (**2 + 4**).
3. Plug the power adapter into a standard wall outlet.
4. Repeat again with the other side of the MitoPOD.



USING THE REMOTE



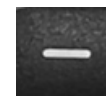
Power button : When the device is turned on, long press for three seconds to turn on the device; Short press the power button to pause/run the control session while the device is running;



"+" button: can adjust the mode, increase the session time and increase the brightness.



"-" button: Use the '-' button to select previous modes, decrease session time, or reduce brightness.



"Settings" button: When the Set value points to the mode, the mode can be switched by "+" and "-". The session time and brightness are also used in the same way. A symbol will highlight the selected setting for adjustment. With each press, a toggle is made between the three parameters



USING THE REMOTE

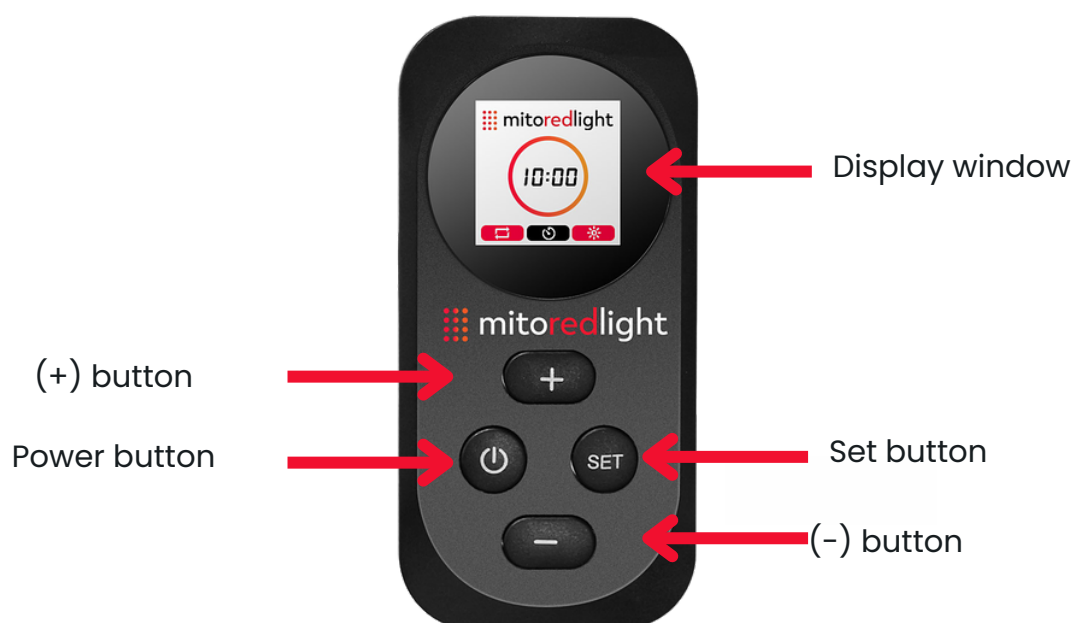
Your remote includes settings for modes, time, brightness, and pulse. To use, turn on the battery and press the power button twice.

For mode: Press the "set" button to select the desired mode - red, NIR, or red and NIR. Please note: NIR is beyond the visible spectrum so you may not see the light emit. For peace of mind, take a photo with your phone camera to see a purple hue of light emit from the led.

For time: Select Timer Mode: Press the "set" button until the black highlight is over the clock image. Use the '+' and '-' button to adjust the time. The timer starts at 1 minute and can be incremented by 1 minute. The maximum timer duration is 20 minutes.

For brightness: Press the "set" button until the black highlight is over the sun image. Adjust the light intensity from L1 to L5. L1 represents lower powered light, while L5 represents the strongest light setting.

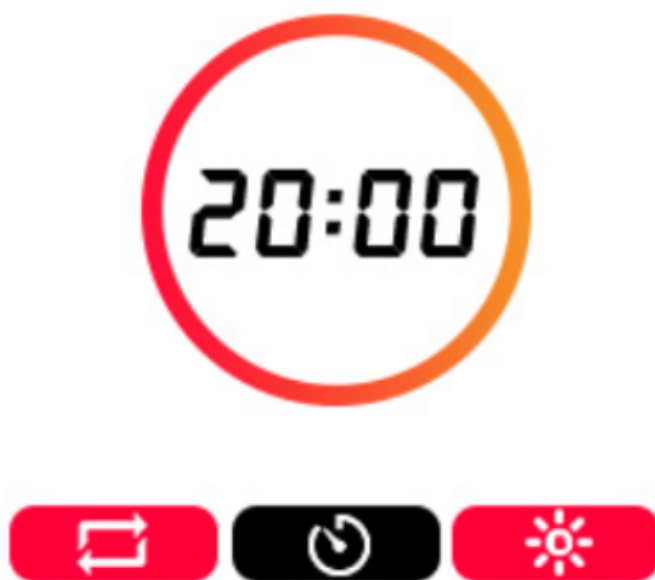
For breathe function: This function allows the brightness to gradually cycle in intensity. For example, if the user selects red light mode, the brightness will slowly increase from dim to bright, then fade back to dim, repeating in a smooth loop. This calming effect is designed to help users feel more relaxed. To activate or deactivate the breathe function, press the Set button and select Breathe On or Off from the menu.



USING THE REMOTE

Display Screen

In the display screen, the treatment time is displayed inside a circle in the center. "20:00" in the figure means that the treatment time set by the device is 20 minutes. The three symbols at the bottom stand for mode, time, and brightness.



Turn off the Device:

When the set session time is over or when the power button "power" is pressed for 3 seconds, the device will shut down.



After your session, unplug the power cable to reduce the risk of fire or electric shock.

CLEANING

- Before cleaning, ensure the device is powered off and disconnected from any power source. Unplug the power cord and allow the device to cool completely.
- If the device is installed on any mounting accessories, remove it prior to cleaning.
- To clean the outer housing (excluding the session light components), use a soft microfiber cloth lightly dampened with water. Avoid any direct application of liquid or cleaning agents onto the device.
- Do not spray liquids directly onto the device.
- Avoid moisture contact with the LED session panel, control interfaces, and any input/output ports.
- Do not use chemical cleaning sprays, solvents, or alcohol-based cleaners, as these may damage the session panel and hand controller.

STORAGE

To protect the device and ensure long-term functionality:

- Storage Temperature: -20°C to $+60^{\circ}\text{C}$
- Relative Humidity: 30% to 90% RH (non-condensing)
- Pressure: 700 hPa to 1060 hPa
- Avoid exposing the device to extreme temperature fluctuations, direct sunlight, or environments with high moisture.

MAINTENANCE

To maintain optimal performance and extend the device's service life:

- Clean the device before and after each use to prevent accumulation of dust and debris.
- Always turn off and unplug the device before maintenance.
- Wipe the panel with a damp, lint-free cloth; never submerge or excessively wet any part of the unit.
- Do not apply force or fold the device inappropriately; this may cause structural or electrical damage.
- The upper and lower sections of the TLB2000 device are not separable. One end is fixed with a zipper, and the other is sealed within the enclosure at the time of manufacture.
- Do not attempt to disassemble or alter the enclosure. It is critical for electrical isolation and user safety.

DISPOSAL

As each city has its regulation of disposal of e-waste, please learn about recycling or disposal programs in your local area by searching "E-waste recycling or disposal" online.

You can also contact the relative department in your city directly to consult the policy.

TROUBLESHOOTING

Trouble	Cause	Solution
The device cannot power on	The device is not powered on	Check whether the device is connected to the power supply
The device cannot turn off	The user did not long press the switch button.	Press and hold for 3 seconds to turn off the device.
The display doesn't show anything or doesn't light up	The device is not powered on.	Check whether the device is connected to the power supply.
During use, the main unit shut off before the end of session time.	Overheating of the device leads to corresponding functional failures.	Shut down the equipment and wait for cooling before operation. If it cannot be solved, contact Mito Red Light
During use, the main unit does not shut off after the end of session time.	Overheating of the device leads to corresponding functional failures.	Shut down the equipment and wait for cooling before operation. If it cannot be solved, contact Mito Red Light.
The controller cannot operate the device	The connection between the controller and the device is loose.	Check whether the connection between the controller and the device is normal.
When use the product, cannot select the modes, set times and adjust the brightness.	The normal steps are not followed.	Perform normal operations according to the instructions.
The device suddenly shuts down.	The device has been used for too long, causing it to overheat and shut down.	Restart the device after it cools down.

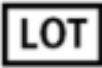
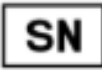
SPECIFICATIONS

Basic Specification	
Product/Model name	MitoPOD
Power source	Input: 100-240Vac, 50/60Hz, 1.4-0.7A; Output rated: 24Vdc, 5.0A; 120W
Dimensions(L*W*H)	62 inches x 24 inches x 8 inches
Energy Source	LEDs
Weight	13.5 pounds
Wavelengths	660nm (Red) & 810nm & 830nm (NIR)
Total Irradiance:	223.8w/m ²
Session Time	1-30 minutes
Environment of Use	OTC
Risk group according to IEC 62471:2006	Risk Group Exempt
Safety and EMC	ANSI/AMMI / IEC 60601-1, IEC 60601-1-6, IEC 60601-1-11, IEC 60601-2-83, IEC 62471, IEC 60601-1-2
Biocompatibility	ISO 10993-1, ISO 10993-5, ISO 10993-10, ISO 10993-23
Operating Environment	Temperature: 0~35°C, Humidity: 30-80%RH Atmospheric Pressure: 700hPa-1060hPa
Storage Environment	Temperature: -20~60°C, Humidity: 30-90%RH Atmospheric Pressure: 700hPa-1060hPa
Warranty life	1 year
Expected service life	Light device: 10 years, Hand Controller: 3 years Switch adapter: 5 years

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.

SYMBOLS AND MEANINGS

Symbol	Description
	Manufacturer
	Date of manufacture
	The symbol indicates that the product should not be discarded as unsorted waste but must be sent to separate collection facilities for recovery and recycling.
	CONSULT INSTRUCTIONS FOR USE.
	Temperature limit
	Humidity limitation
	Atmospheric pressure limitation
	Type BF is applied to the lamp pod part
	Batch code
	Serial number
	Protects against fixed foreign objects with a diameter of more than 12.5 mm and is waterproof against drips with an inclination of 15°

SYMBOLS AND MEANINGS

Symbol

Description



Keep dry



Direct current



Medical device



MR Unsafe



For indoor use only



The environmental protection period is 10 years



Recovery



Class II equipment



Positive inside and negative outside



Warning - Heat - Causes burns



Lamp classification group in IEC 62471:2006



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



Symbol for CE Mark.



Indicates that the device compliants with the RoHS Directive



Symbol for certification TÜV Rheinland



UL Recognition Service

DISCLAIMER

The information provided in this manual and related materials has not been evaluated by the U.S. Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease and should not be construed as medical advice.

Mito Red Light products are marketed as low-risk general wellness devices under the FDA's "General Wellness: Policy for Low-Risk Devices" (January 20, 2015), and are intended to support overall well-being. These products are not medical devices and are not intended for use in the diagnosis, mitigation, or treatment of any medical condition.

Mito Red Light makes no medical claims or representations regarding the efficacy of this device in treating any health condition. Individuals with medical concerns should seek the advice of a qualified healthcare professional prior to use.

Mito Red Light and the manufacturer recommend that this device be used by adults only. In alignment with FDA guidance, an adult is defined as an individual aged 22 years or older.

WARRANTY

The MitoPOD has a warranty of one (1) year, from delivery of device.

The warranty is valid only to the 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.

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 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

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



www.mitoredlight.com

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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