



 **mitoredlight**

USER MANUAL

MitoPRO Mobile

www.mitoredlight.com

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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**

You can also call our phone number
Monday - Friday 9am - 5pm MST
+1 866-861-6486

Mail correspondence can be sent to:

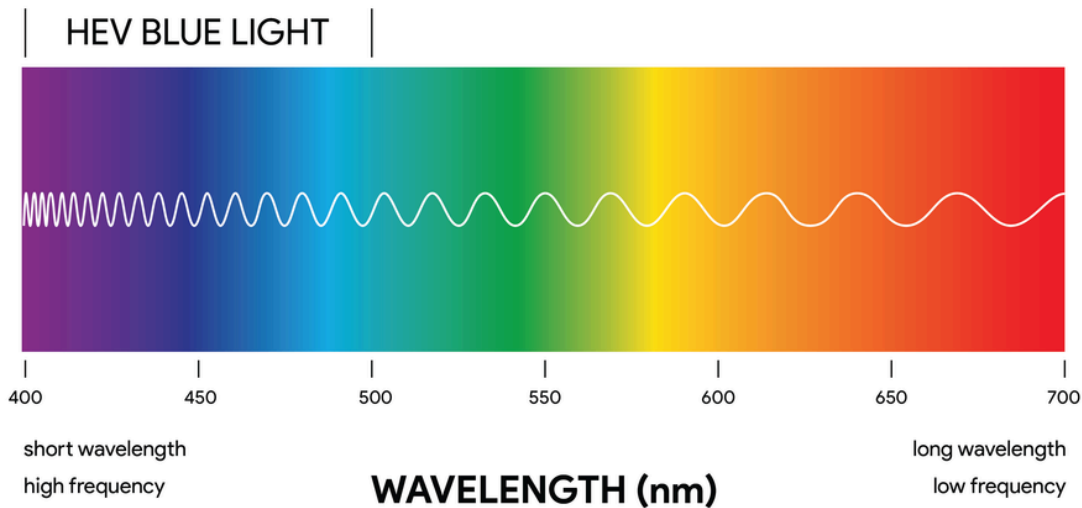
Mito Red Light, LLC
9319 N 94th Way, Suite 400
Scottsdale, AZ 85258

HOW DOES RED LIGHT THERAPY WORK?



VISIBLE LIGHT SPECTRUM CHART

NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



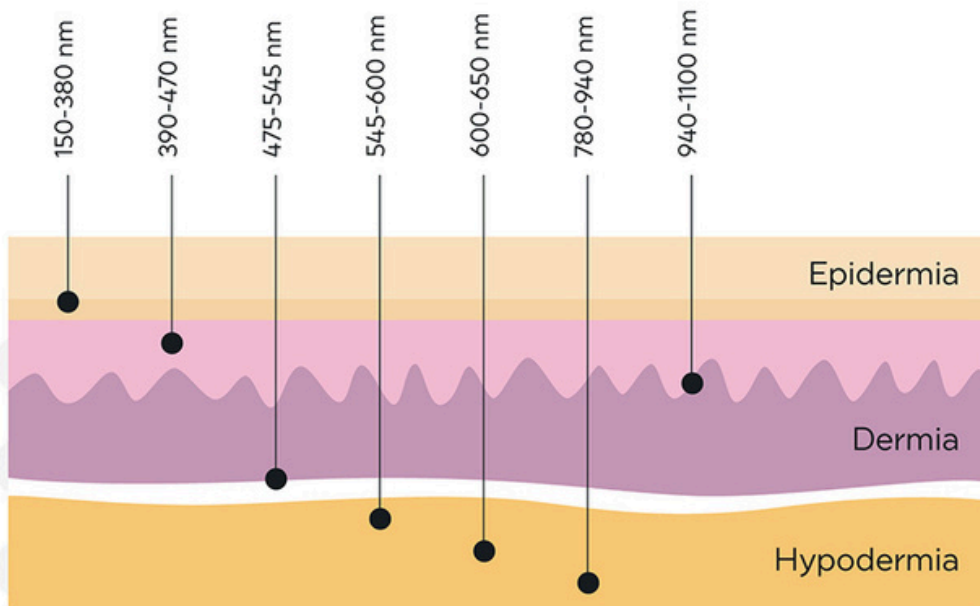
Red and near-infrared light are part of the electromagnetic spectrum, and more specifically, part of the spectrum of light emitted by the sun. These wavelengths of light are “bioactive” in humans.

The specific photons found in red and near infrared light interacts with a photoreceptor within our cells called cytochrome c oxidase. This interacts on mutates 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 contract on, nerve impulse propagate on, and chemical synthesis. Found in all forms of life, ATP is even 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!

RED LIGHT THERAPY OVERVIEW

Red light: Visible to the human eye, red light has wavelengths between 600–700 nanometers (nm) and is most effective on the skin's surface. Red light can improve skin health, collagen production, as well as help with hair growth.

Near-infrared Light: Invisible to the human eye, near-infrared light has wavelengths between 700–1200 nm and can penetrate deeper into the body, acting on the muscles, joints and bone.



Wavelength	Color range
250-380	UV
390-470	Violet-Deep Blue
475-545	Blue-Green
545-600	Yellow-Orange
600-650	Red
650-950	Deep Red
950-1200	NIR

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 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:

- Firstly, power on the device (see instructions).
- Then, apply the device to you, making sure the light is shining onto the skin for a 3 minutes 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.

STANDARD USE

We recommend 10 minute sessions. Additional 10 minute sessions may be beneficial but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better. The timer duration is 10 minutes and can not be increased or decreased, so end your session by pressing the power button (see instructions page for location).

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

MITOPRO MOBILE

PACKAGE CONTENTS

THIS PACKAGE INCLUDES

A – 1 x MitoPRO Mobile

B – 1 x Eye protection goggles*

C – 1 x Carry bag

D – 2 x Straps (12 inch and 24 inch)

E – 1 x Power plug with US and international plug adapters

A



B



C



D



E

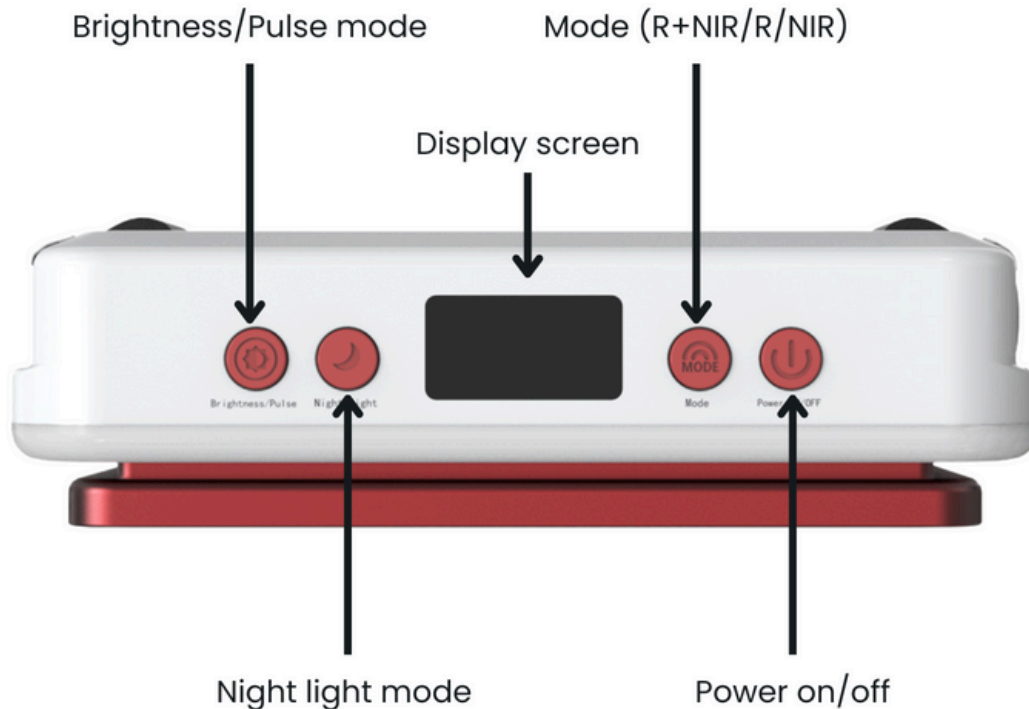


***PROTECTIVE EYEWEAR**

When using, do not stare directly into the light emitting diodes (LEDs). We recommend wearing protective goggles (included) when using the Mobile device directly into the face.

MITOPRO MOBILE

BUTTON FUNCTIONS



Stand and strap use

The MitoPRO Mobile comes with a built-in stand. Simply ease the stand away from the unit to either stand the unit on a stable surface or hold it in your hand. For more comfort, an elastic strap is included and can be attached to the device.

Tip: Do not pull on the plastic stand with force - it could cause the handle to break.



MITOPRO MOBILE INSTRUCTIONS

Step 1: Remove all items from packaging.

Step 2: To turn on the device, hold the power button for three seconds. The Mito Red Light logo will appear on the display screen.



The next steps will introduce the other buttons on your device so you can customize your experience. Once everything is selected, press the power button once to start/end your session.

The timer is set to 10 minutes and cannot be increased or decreased. To end your session early press the power button.

Step 3: Next, select your set up using the 'mode' button.



Each press of the mode button will select one of the following modes:

R+NIR: All red and near-infrared modes (best for general use)

R: Red light only

NIR: Near-infrared only

After you have chosen your mode, you may want to change the brightness (see next page). If not, press the power button to start the light.

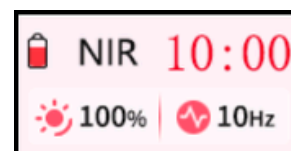
Note: NIR is invisible to the naked eye. If you need reassurance NIR is on, take a photo with your cell phone and you will see a purple light in the photo.

MITOPRO MOBILE INSTRUCTIONS

Step 4: To change the brightness of the LEDs, press the 'brightness' button to adjust between 25%, 50%, 75% and 100% brightness. The default brightness is 100%. You will be able to see the selected brightness on the display screen.



Optional: There is a near-infrared 10Hz pulse function included. To activate the pulse function, hold the 'brightness' for three seconds. Please note, the pulse function will only work on modes R+NIR and NIR as only NIR will pulse. The visible red light will NOT pulse. We recommend trying the pulsing function from time to time. The display screen will show if the pulse is on or off. If off, it will say 'OFF' on the bottom right; if on, it will show '10Hz'.



Step 5: To change the brightness of the night light, press the 'night light' button to adjust between 25%, 50%, 75% and 100% brightness. The default brightness is 100%. You will be able to see the selected brightness on the display screen.



Charging: To charge your device use the provided power plug and slide in the appropriate charging piece. You can find the charging port of the back of the mobile device. The battery level is shown on the display screen. Do not charge while using the device at the same time.



CAUTIONS & DISCLAIMER

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.

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.

CAUTIONS & 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 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-related dangers, adhere to the following instructions:

DO NOT wash electrical parts with water or other liquids.

DO NOT drop your device or other components, such as the battery, 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.

CAUTIONS & DISCLAIMER

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 120 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 charge battery while using the product.

SPECIFICATIONS

Dimensions: 5.5 inches x 4 inches x 1.5 inches

LEDs: 12 lenses (dual chip = 12 red and 12 NIR)

Wavelengths: 630nm + 660nm (Red) & 810nm, 830nm + 850nm (NIR)

Weight: 1.1 pounds

Voltage: 9V

Power Input: 100-240V. 50-60Hz

Battery capacity: 3000mAh

Charging time: 2.5- 3hours

Material: Plastic and aluminum

Pulse Function: 10hz NIR pulse function

LED Brightness Function: 25%, 50%, 75%, 100%

Nightlight Function: 25%, 50%, 75%, 100%

Default LED timer: 10 minutes

Flicker: Flicker Free







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User Manual and Instructional Videos

This user manual and instructional videos can be found here:

<https://mitoredlight.com/pages/user-manual>

Updated March 2025

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