



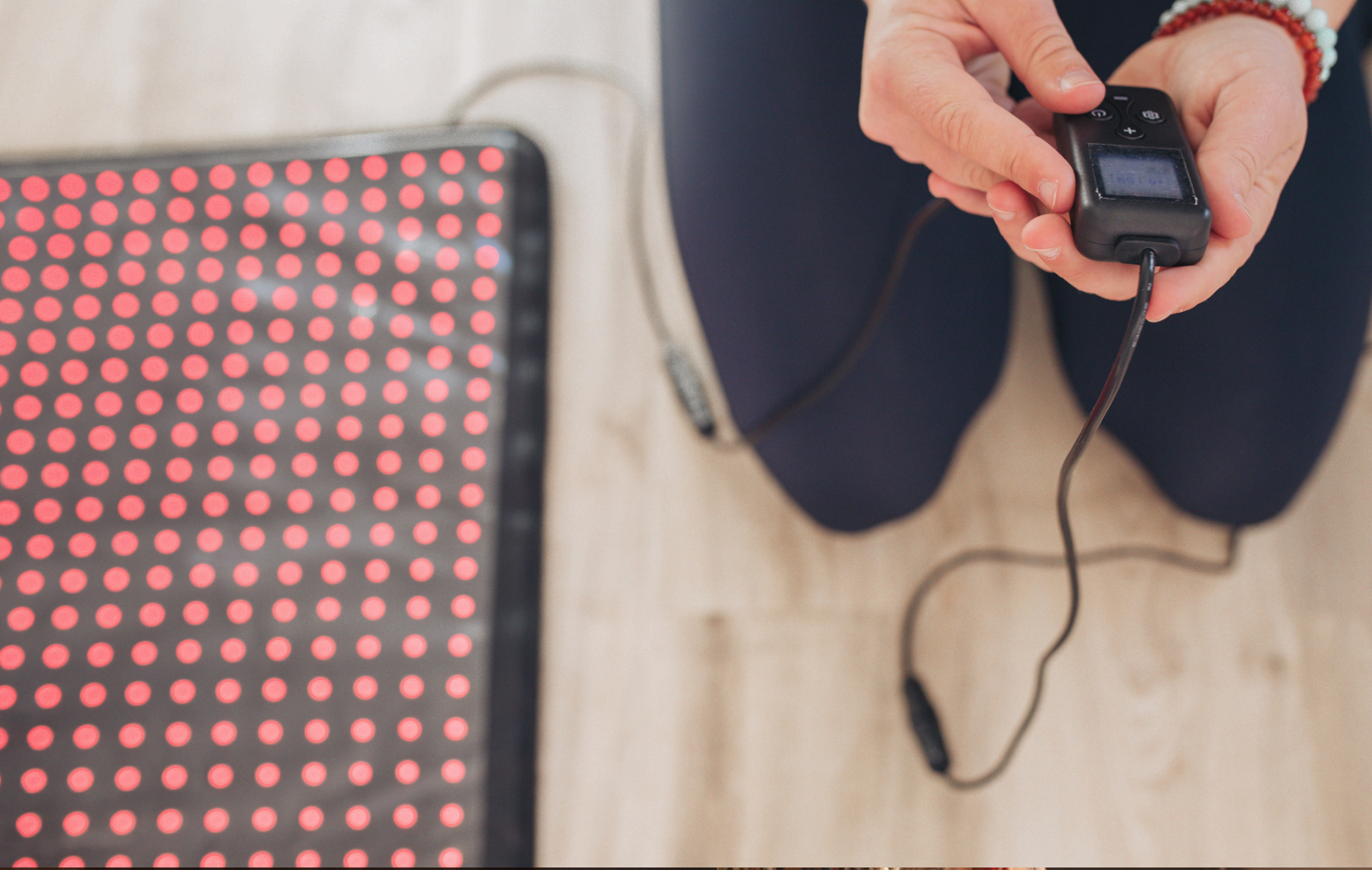
 mitoredlight

# Flexible Device

## USER MANUAL

[www.mitoredlight.com](http://www.mitoredlight.com)

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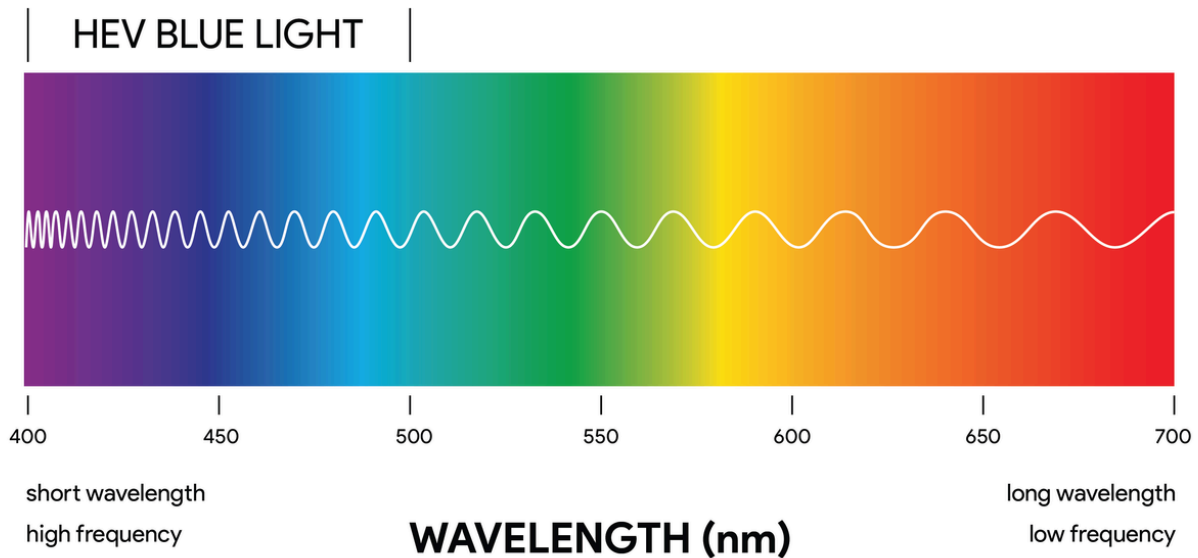
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# HOW DOES RED LIGHT THERAPY WORK?



## 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 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!

# USER GUIDANCE FOR ALL DEVICES

## 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 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.

## 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.



## MitoQUAD Belt

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# MitoQUAD Belt

## PACKAGE CONTENTS

This package includes:

- A - MitoQUAD Belt
- B - Battery pack
- C - Battery charger
- D - USB adapter
- E - Controller
- F - Jumper cable
- G - Wall plug
- H - Carrier pouch
- I - Belt extender

**A**



**B**



**C**



**D**



**E**



**F**



**G**



**H**



**I**



# MitoQUAD Belt

## USER INSTRUCTIONS

### Connecting your MitoQUAD Belt with the external battery:

The MitoQUAD Belt comes with a 5V external power bank which will allow you to use your belt on the go! The battery can be charged using the USB cable (see next page).

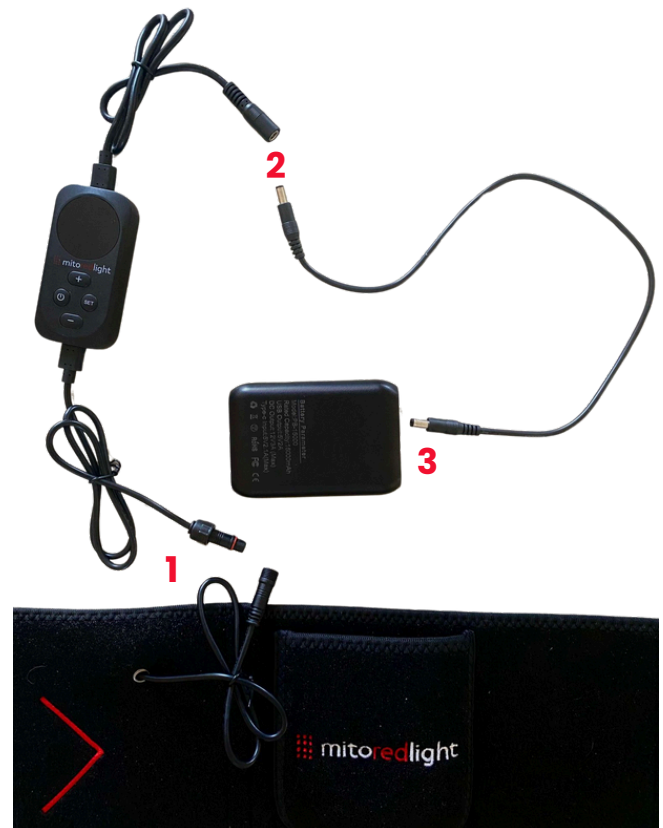
1. Connect the male end of the remote control cable to the power port attached to the belt (1).

2. Take the jumper cable and connect one end to the other end of the remote control (2). Then connect the other end of the jumper cable into the battery with the matching circular port (3).

3. Next, power on the battery pack by pressing on the power button. The remote should power on automatically, but if it does not, hold the power button on the remote control for 3 seconds to turn on the belt.

4. Place the battery in the pocket at the front of the belt during use.

5. Once you have ended your session, to power off the belt hold the power button on the remote for 3 seconds and then hold the power button on the battery pack for 3 seconds to power off the power bank.





# MitoQUAD Belt

## USER INSTRUCTIONS

To charge your battery pack, use the provided USB C charger and USB adapter, and plug the smaller end of the cord into the port located in the middle of the battery labeled 'IN 5V'.

DO NOT plug the wall adapter into the port on the left of the battery to charge it, doing so may damage the battery pack.



### Connecting your belt with the wall charger:

1. Connect the male end of the remote control cable to the power port attached to the belt (1).

2. Take the wall plug and connect one to the other end of the remote control (2). Then plug into a wall outlet.

3. The remote should power on automatically, but if it does not, hold the power button on the remote control for 3 seconds to turn on the belt.

4. Once you have ended your session, to power off the belt hold the power button on the remote for 3 seconds and remove from outlet.



# MitoQUAD Belt

## USER INSTRUCTIONS

### Using the remote

Your remote includes settings for modes, time, and brightness. To use, turn on the battery and press the power button twice. If you would like to personalize your settings, follow these instructions:

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: 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 a lower powered light, while L5 represents the strongest light setting.





**MitoMAT**

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# MitoMAT

## PACKAGE CONTENTS

This package includes

- A - MitoMAT (remove thin protective barrier before first use)
- B - Carrier bag
- C - Controller
- D - Power supply brick
- E - Power cord

**A**



**B**



**C**



**D**



**E**



# MitoMAT

## USER INSTRUCTIONS

### Powering the MitoMAT

1. Connect the male end of the remote cord into the cord that is attached to the MitoMAT (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. Follow to the next page to understand how to use the remote.



# MitoMAT

## USER INSTRUCTIONS

### 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.

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.





# MitoPOD

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# MitoPOD

## PACKAGE CONTENTS

This package includes

- 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:





# MitoPOD

## 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.



# MitoPOD

## USER INSTRUCTIONS

### 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.

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 the pulse: Press the "set" button until the black highlight is over the heartline image. Enable or disable the pulse "breathe" function. Note that this function is only suitable for MitoPOD.



## **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 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-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.

# SPECIFICATIONS

## **MitoQUAD Belt**

- Battery Capacity: 15,000 mAh
- 67% NIR, 33% Red
- LEDs: 405 diodes with 3 chips per diode
- Wavelengths: 630nm, 660nm (Red) & 810nm, 850nm (NIR)
- Brightness: 1%-100%
- Power Input: 120V (can be used internationally w/ plug adapter)
- Charge Power Output: 12V 3A
- Weight: 1.5 pounds
- Dimensions: 52"x7"
- Session area dimensions: 22" x 6"
- 1 Year Warranty
- Runs 2-6 hours on a single charge (depending on intensity level selected)

## **MitoMAT**

- 67% NIR, 33% Red
- LEDs: 1,160 with 3 chips per diode
- Wavelengths: 660nm (Red) & 810nm, 850nm (NIR)
- Brightness: 1%-100%
- Input Voltage & Power: 100V-240V, 50-60HZ, 97 Watt
- Weight: 5 pounds
- Dimensions: 62" x 24"
- Timer: 1 - 20 minutes
- Driver: 24V 5A, UL
- 1 year Warranty
- Material: Neoprene
- Runs on power supply from electrical outlet

## **MitoPOD**

- 67% NIR, 33% Red
- LEDs: 2,320 with 3 chips per diode
- Wavelengths: 660nm (Red) & 810nm, 850nm (NIR)
- Brightness: 1%-100%
- Input Voltage & Power: 100V-240V, 50-60HZ, 97 Watt
- Weight: 10 pounds
- Dimensions: 62" x 24" when folded
- Timer: 1 - 20 minutes
- Driver: 24V 5A, UL
- 1 year Warranty
- Material: Neoprene
- Runs on power supply from electrical outlet

# 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](mailto: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](http://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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