



 mitoredlight

# USER MANUAL

MitoBOOST

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

© 2025 Mito Red Light, LLC. All rights reserved.

# CONTENTS

Introduction .....	03
What's included .....	05
Instructions .....	06
Specifications and disposal .....	08
Cautions and disclaimer .....	09
Warranty and maintenance .....	10
About us .....	11

## INTRODUCTION

The Mito intranasal unit, allows you to deliver both red (650 nm) and blue (450 nm) light to the nasal cavity.

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.

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.

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.

This 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.



**Warning:**

Do not shine the nasal probe directly into your eyes.

## WHAT'S INCLUDED



Main panel



Probe power line & Nasal Irridation Probe



Silicon nasal probes



Charging cable



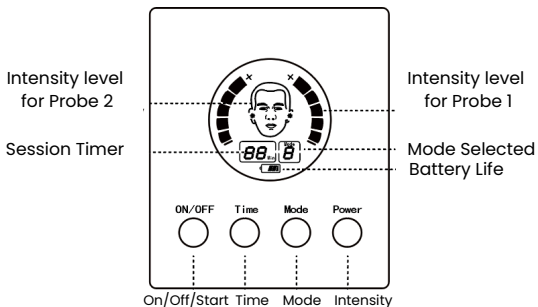
Manual



Carrier case



# 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.

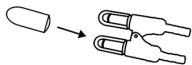


Figure ①



Figure ②



# INSTRUCTIONS

Next, power on your device by pressing on the ON/OFF button for two seconds, then select the amount of time you would like to use the unit for.

Next, you will need to select a mode. Press the MODE button until you see your desired mode. M1 is recommended for general use.

M1 both red and blue are on

M2 only red light on

M3 only blue light on

Once the mode is selected, press POWER to adjust the intensity of the light, each bar is a 20% increment. ie 5 bars = 100% intensity

**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.

## **General usage:**

We recommend starting off a lower time limit and intensity of 10 minutes up to once a day (each nostril would receive 5 minutes of red and 5 minutes of blue) and Power level 1.

Then over the span of two weeks you can build your time up to 20 to 25 minutes at level 5. We do recommend taking at least one day off per week.

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 15 minutes of red and a maximum of 15 minutes of blue).

## SPECIFICATIONS AND DISPOSAL

- LED wavelength | 450nm and 650nm
- Terminal LED output | 2 nasal cavity LEDs
- LED output power | 2-5 mw
- LED operating voltage | 3.7V
- 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

### Disposal

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

Please recycle the device responsibly through an appropriate electronic recycling facility that can properly dispose of and recycle devices containing lithium batteries.



## **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](mailto: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 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



### **User Manual and Instructional Videos**

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

Updated March 2025

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