

 mitoredlight

# USER MANUAL

MitoCLEAR

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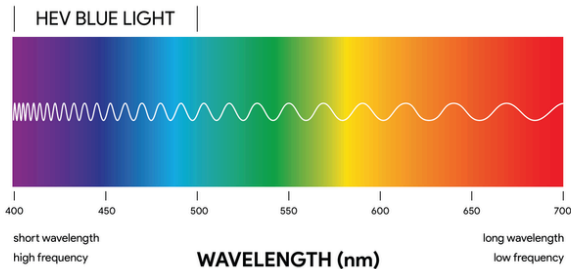
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# HOW DOES RED LIGHT THERAPY WORK?

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## VISIBLE LIGHT SPECTRUM CHART

NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



Blue and red 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 interact 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!

# USER GUIDANCE

## Indications for Use

Mito Red Light's 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 1-2 minute sessions for 'blue' light (anti-acne) mode, followed by a 4-5 minute session for 'red' light (anti-aging) mode, and slowly working up to a 5 minute blue session, and 10 minute red session over the course of 2-3 weeks as your face acclimates to the therapy.

## Standard Use

We recommend a 5 minute session when in 'blue' light mode, followed by a 10 minute session for 'red' light mode. An additional 5 minute 'red' session may be beneficial but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better. We do not recommend using blue mode longer than 5 minutes.

We recommend using blue light mode up to 4 times per week and red light mode 4-6 times per week.

# MITOCLEAR PACKAGE CONTENTS

## This package includes:

- A - Face mask with wire
- B - USB-C plug
- C - USB-C charging cord
- D - Controller
- E - Eye protective / comfort goggles
- F - Heads straps
- G - User manual

A



B



C



D



E\*



F

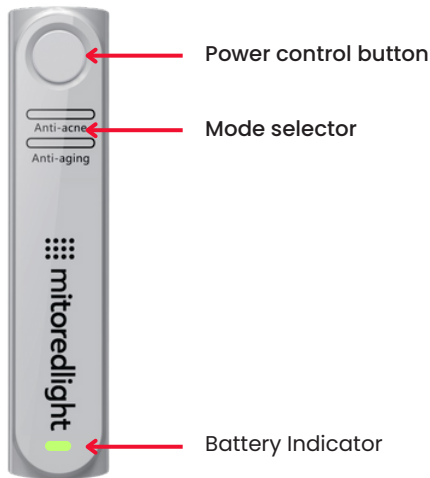


G



\*Eye cups should always be used, especially when blue light mode is active.

## DESCRIPTION FOR BUTTONS AND INDICATORS



### Battery indicator:

- While charging, the indicator flashes until fully charged.
- When fully charged, the indicator light turns solid green.
- During normal use:
  - Battery between 25-100%: The indicator light shows green.
  - Battery between 1-25%: The indicator light flashes.

# INSTRUCTIONS FOR USE

## INTENDED USE

The MitoClear LED Mask is designed to emit light in the red spectrum, specifically intended to help with mild to moderate wrinkles and signs of aging. It also emits blue light, which is designed to reduce the bacteria that cause acne and blemishes, while improving cell regeneration, skin tone, and texture.

## FIRST USE AND PREPARATION

- Take your MitoClear LED Mask, charging adapter, and controller out of the box.
- The cable to the mask is automatically attached. Do not pull on it as it may damage the product.
- Charge the controller by using the USB plug and wire and connect to an outlet.
- Once the controller is fully charged, connect it to the mask.
- Next, take the comfort goggles and press into the eye holes on the back of the mask. Eye cups should always be used, especially when blue light mode is active.
- Next, attach the straps to the side of the mask.

## SKIN TEST RECOMMENDATION

- First, turn on the mask (refer to the instructions).
- Then, apply the mask to your face, ensuring the light shines on your skin, and wear it for 3 minutes with one mode then the other.
- Wait for 24 hours. If you experience pain, discomfort, or redness that lasts for more than 2 hours, you may be light-sensitive. Please consult a doctor for advice.

# OPERATION INSTRUCTIONS

## HOW TO PREPARE BEFORE YOUR SESSION:

- Before starting, thoroughly cleanse and dry your skin. Remove any cosmetics that contain chemicals or acids that may interfere with the light output and reduce the effectiveness of the session.
- Connect the mask to the controller using the attached cable.

## HOW TO WEAR THE MASK PROPERLY:

- Place the mask on your face.
- Secure the velcro strap at the back in a position that is both comfortable and keeps the mask securely in place. Adjust the velcro for a snug and comfortable fit.

## HOW TO START A SESSION:

- Turn on the mask by pressing and holding the power button on the controller. When the mask is on, the indicator light will illuminate, and a beep will sound, signaling the start of the session. You can choose either blue (anti-acne) or red light (anti-aging) therapy by pressing the mode button.
- The eye cups should always be used, especially when blue light mode is active.



# OPERATION INSTRUCTIONS

## HOW LONG SHOULD A SESSION LAST:

### FOR ACNE:

- For acne, we recommend use of both blue and red light as follows.
- Leave the mask on your face for the full 5 minutes of blue mode, then turn on red light mode for an additional 10 minutes to complete the session.

When desired clear skin is achieved, you can discontinue regular use of the blue light (anti-acne) mode and use the blue light mode only at the first sign of a breakout.

Continue to use the red light (anti-aging) mode 4-6x per week for anti-inflammatory and skin health benefits.

For Anti-Aging / General Skin Health

Use red light (anti-aging) mode for 10 minutes 4-6x per week

### HOW TO END YOUR SESSION:

- You can end the session early by pressing and holding the power button on the controller.
- The device will automatically shut off after 5 minutes of blue mode or 10 minutes of red mode session is complete.

### AFTER A SESSION:

- Remove the mask from your face.
- Clean the mask (refer to page 13).
- Store the mask in its packaging or in a clean area.

# PRECAUTIONS AND TRAVEL TIPS

## PRECAUTIONS

- The MitoClear LED Mask should only be used as described in the manual.
- Do not look directly at the light source during session.
- Do not use the MitoClear LED Mask if you are sensitive to light.
- Do not use the MitoClear LED Mask if you are taking medications known to increase light sensitivity.
- Do not use the MitoClear LED Mask if you are taking steroids or NSAIDs, or if you have received a steroid injection in the last 6 months, as you may have a photosensitive reaction.
- Do not use the MitoClear LED Mask near other devices that emit unshielded electromagnetic energy.
- Do not scratch or damage the light-emitting surface.
- Do not shine the light from this device into others' eyes.
- Failure to operate the MitoClear LED Mask according to the manual's instructions will void your warranty.
- Read all instructions carefully before using this device.
- Inspect the MitoClear LED Mask for damage before each use.
- Store the MitoClear LED Mask as recommended in the manual.
- If you have skin conditions such as Rosacea or Eczema, consult with your healthcare provider before using the mask.

## TRAVEL TIPS

The device's lightweight design makes it a perfect travel companion. Here are some travel tips:

- If traveling outside the U.S., do not use the device if the electrical outlet does not meet the specifications: AC100-240V, 50Hz/60Hz.
- Confirm with the airline crew whether the device can be carried and/or used on the airplane.

## CONTRAINDICATIONS

Do not use this device if any of the following apply to you:

- Do not use this device if you are photosensitive.
- Do not use if you are allergic to silicone.
- Do not use it on infants or children.
- Do not use it if you have a history of seizures triggered by light.
- Do not use the MitoClear LED Mask on the thyroid gland in the neck area.
- Speak to a dermatologist if you have severe cystic acne.
- This device should not be used by people who are:
  - Under the age of 18
  - Pregnant or breastfeeding
  - Taking photosensitive medications.

## ADVERSE REACTIONS

If you experience any adverse reactions from using this device, stop using it immediately. We have a full 60 day refund policy available.

Note: If you notice any discomfort, such as skin discoloration, skin damage, or other concerns, discontinue use right away and consult your physician.

## WARNINGS

- This device is not for use over the eyes or on eyelids. Do not look directly at the light-emitting diodes while using this device.
- Do not attempt to operate this device if there is any evidence or suspicion of damage. Contact technical support if you notice any damage to the product.
- Only authorized personnel should service this device. Contact MitoRed-Light for service or repairs.
- Do not place body weight on the device. It is not designed to support human weight or heavy pressure. Avoid placing the device under clothing, blankets, sheets, or towels.
- Connect the USB port to the adapter before plugging the adapter into the power supply.
- Do not place the MitoClear LED Mask where it may fall into water or other liquids. If the device falls into water or liquid, unplug it immediately.
- Do not use the MitoClear LED Mask while bathing or showering.
- Keep the device away from heat and hot surfaces.
- Do not attempt to disassemble the MitoClear LED Mask, as this may damage the device and void the warranty.
- Children under 18 years old should not use the MitoClear LED Mask without close supervision.
- If the device overheats, turn it off immediately.
- Keep the device away from flammable liquids and aerosols.
- Only use accessories specified or provided by the manufacturer, as other accessories may result in damage or harm.
- We do not recommend using the device if you have had a sunburn within the past two weeks.
- If you have received facial fillers or Botox within the past month, consult your healthcare provider before using the mask.
- If you have had skin cancer, please consult your healthcare provider before using the mask.

# MAINTENANCE

## CLEANING

The mask is reusable and should be cleaned after each use. Follow the steps below to clean the mask properly:

- Use a clean, damp cotton cloth (with water only, no cleaning products) to wipe down the surface of the mask.
- Do not oversaturate the cloth; avoid letting any liquid enter the interior of the device.
- Note: Check the device for any visible contaminants. If any remain, repeat the cleaning steps above.
- Use a clean cotton cloth lightly moistened with 70%–75% alcohol to clean the surface. Again, avoid oversaturating the cloth to prevent liquid from entering the device.
- Visually inspect the device to ensure it is free of dust, impurities, or other pollutants. If necessary, repeat the cleaning step.
- Let the device air dry naturally.
- Note: Never use abrasive cleaning agents, and never immerse the device in water or other cleaning liquids, as this can cause damage to the device.

## TROUBLESHOOTING

If the device fails to perform as intended, the following notes will help to identify potential problems with the device and its setup.

Problem	Solution
Device cannot turn on	Ensure that the power supply (controller) of the mask is connected securely
	Ensure that the controller of the mask has been fully charged
	Ensure that the controller is unplugged from the power socket
The device suddenly shuts off (out of essential performance)	Ensure you are not using other devices that may interfere with the device
	Ensure that the controller of the mask has been fully charged

### **Disposal of Electrical and Electronic Equipment Waste (E-waste)**

Each city has its own regulations for e-waste disposal. To find out about recycling or disposal programs in your area, search online for "E-waste recycling or disposal." You can also contact your city's sanitation department (or equivalent office) to learn more about local e-recycling policies.

## SPECIFICATIONS

Product name	MitoClear LED mask
Dimensions Weight	207mm 322.5g
LED bulbs LED	66 double-core LEDs
wavelengths Output	415nm, 590nm, 660nm
Power Density	415nm: 15mw/cm <sup>2</sup>
	590nm: 15mw/cm <sup>2</sup>
	660nm: 15mw/cm <sup>2</sup>
Operating Temperature	-10°C to 35°C / -4°F to 95°F 20°C to
Storing/Transport Temperature	60°C / -4°F to 14-°F 30% to 80%
Operating Humidity	without condensation 30% to 80%
Storage/Transport Humidity	without condensation 5V-2A,USB-
Charging Supply and Port	C USB-C to USB-A, 1.2meter/3.937
Charging Cable Battery	feet 3.7V, 2600mAH Lithium Battery



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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>

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