



 mitoredlight

# USER MANUAL

## MitoHYDRO™

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# INTRODUCTION

Water with a hydrogen content exceeding 800ppb is referred to as hydrogen-rich water. Molecular hydrogen comprises the smallest molecules found in nature.

This molecular hydrogen is exceptionally permeable, swiftly absorbed by the human body via the respiratory tract, bloodstream, skin, and digestive system.

When the hydrogen water bottle is filled and operates for 5 minutes, the concentration of hydrogen molecules in the water can reach approximately 2000ppb. After 10 minutes of operation, this concentration can increase to about 5000ppb. Continuous operation may loosen the bottle lid when the bottle is full. Do not operate for the bottle for more than 10 continuous minutes as it may cause excessive pressure buildup.

To ensure safe handling, always follow the instructions provided in the manual. Do not attempt to perform repairs to the bottle yourself.

The MitoHYDRO was independently tested by H<sub>2</sub> Analytics, located in Henderson, Nevada and Certified to IHSA Standards. The bottle was tested in a Gas Chromatograph Instrument, This is the MOST accurate way to test hydrogen levels in water.



The third party testing validates that the advanced technology in the MitoHYDRO generates a concentration range of 2,000 to 5,000 parts per billion (ppb) in 3-10 minutes. The MitoHYDRO has also tested free of chlorine.

# INSTRUCTIONS

## This package includes:

- A - User manual
- B - MitoHYDRO bottle
- C - Charging cable

## Quick start:

- Remove your MitoHYDRO from the packaging box.
- Disassemble the bottle:
  - Twist the cap counter-clockwise to unlock and remove the bottle.
  - Twist the glass from the generator to detach it from the generator.
  - Remove the clear plastic cap that is covering the electrode plate.



- Hand wash bottle and cap.
- Remove clear protection film from the top of the bottle and the front of the bottle.
- Once your bottle is fully charged, fill your bottle with water to the top of the colored section near the threads. Then press the start button near the front bottom of the bottle. Press once for 5 minutes of hydrogen production, or twice for 10 minutes.
- Listen for the beep once the timer has ended then drink and enjoy!

# INSTRUCTIONS

## Charging

- Ensure the water bottle and all parts and cables are dry. Then connect the device to the power supply.
- Wait until the blue light illuminates on the USB magnetic suction head.
- Attach the USB magnetic suction head to the cup holder magnetic suction head.
- The display will indicate that charging has commenced.
- Once fully charged, the battery symbol will remain constant.
- At this point, disconnect the power source.



## Washing the generator

You can clean the outside of the hydrogen water bottle with a wet wipe, but avoid washing it with water. If the power connection part becomes wet, ensure it is thoroughly dried before charging again.

## Cleaning the air vent

Note: Prolonged use may cause a buildup of minerals in the air vent, leading to reduced air flow. It's important to clean it regularly.

If mineral buildup is stubborn, dissolve 5 grams of citric acid powder in warm water and soak the bottle for 30–60 minutes. After Soaking, begin a 5 minute session. Once timer goes off, dump out the water and wash the bottle.

**WARNING:** Avoid excessive pressure buildup and lid seal issues by refraining from repeated hydrogen generation. If unintentionally repeated, allow sufficient time before attempting to open the bottle. If the lid remains stuck, contact customer service rather than attempting to handle it yourself.



# PRECAUTIONS

- Before initial use, fill the hydrogen water bottle with pure water and connect it to the power supply to charge the generator. Once fully charged, switch on the hydrogen production.
- Use ONLY clean water. The water source quality must be "Drinking Water Hygienic Standard". Optimal choices include bottled mineral water, pure water from household purifiers, or cold boiled water. DO NOT use fruit juices or other chemical solutions to maintain hydrogen production efficiency and prevent damage to the bottle.
- Ensure the water temperature during operation remains below 60°C.
- Hydrogen dissipates quickly in water, so it's advisable to consume the produced water immediately.
- If white crystalline particles accumulate in the water after prolonged use, soak the bottle in warm white vinegar or citric acid solution (heated to around 40°C) for 60 minutes. Then, rinse the bottle thoroughly with clean water.
- Store the hydrogen water bottle with a small amount of water in the generator in a cool place when not in use. Before using it again, empty the water from the generator and clean it.
- Keep the magnetic suction head clean, preferably by wiping it with alcohol.
- In case of malfunction, refrain from disassembling the hydrogen water bottle on your own. Instead, seek professional assistance.

# SPECIFICATIONS AND DISPOSAL

Name	Hydrogen water bottle
Model	MitoHYDRO Water bottle
Capacity	230ml
Net weight	368g
Size	60mm*190mm
Electrode material	Platinum titanium alloy
Membrane	Proton exchange membrane
Main unit material	Food grade PC
Working time	5 minutes/10minutes
Battery type	Lithium polymer battery
Battery capacity	3.7V/1500mAh
Charging input	5V 1A

## Disposal

Before disposing of the appliance, remove the battery from the device by following these steps: tear off the bottom pad, unscrew the bottom cover plate, and carefully extract the battery, ensuring to avoid short-circuiting the positive and negative poles.

Ensure the appliance is powered off before removing the battery, and dispose of it safely.

# CAUTIONS & DISCLAIMER

## 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 access or service the battery as this will damage the device and void the warranty.
- Device includes only an ON/OFF button. All settings are set to the factory setting.
- Charge the device only with the supplied USB-C power charging cord and a universal USB-C 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 Inc 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  
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Mail correspondence can be sent to:

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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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