



MITO RED LIGHT

SUPER MOBILE
USER MANUAL

www.mitoredlight.com

 mitoredlight

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 visit [our FAQ's on our website](#) or email us at 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:

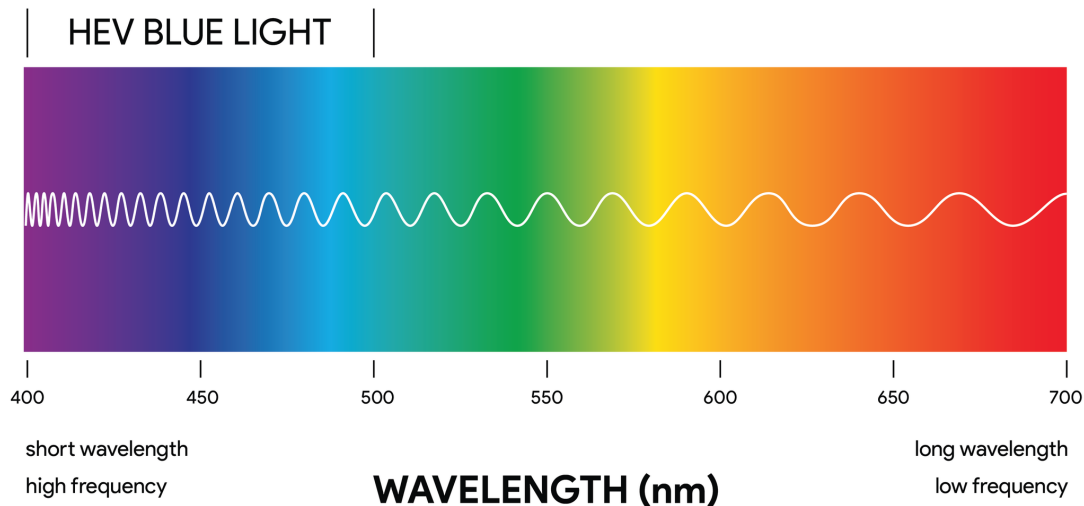
Mito Red Light, Inc
9319 N 94th Way,
Suite 400
Scottsdale, AZ 85258

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 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!



13
43
February 10
Friday

USER GUIDANCE

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

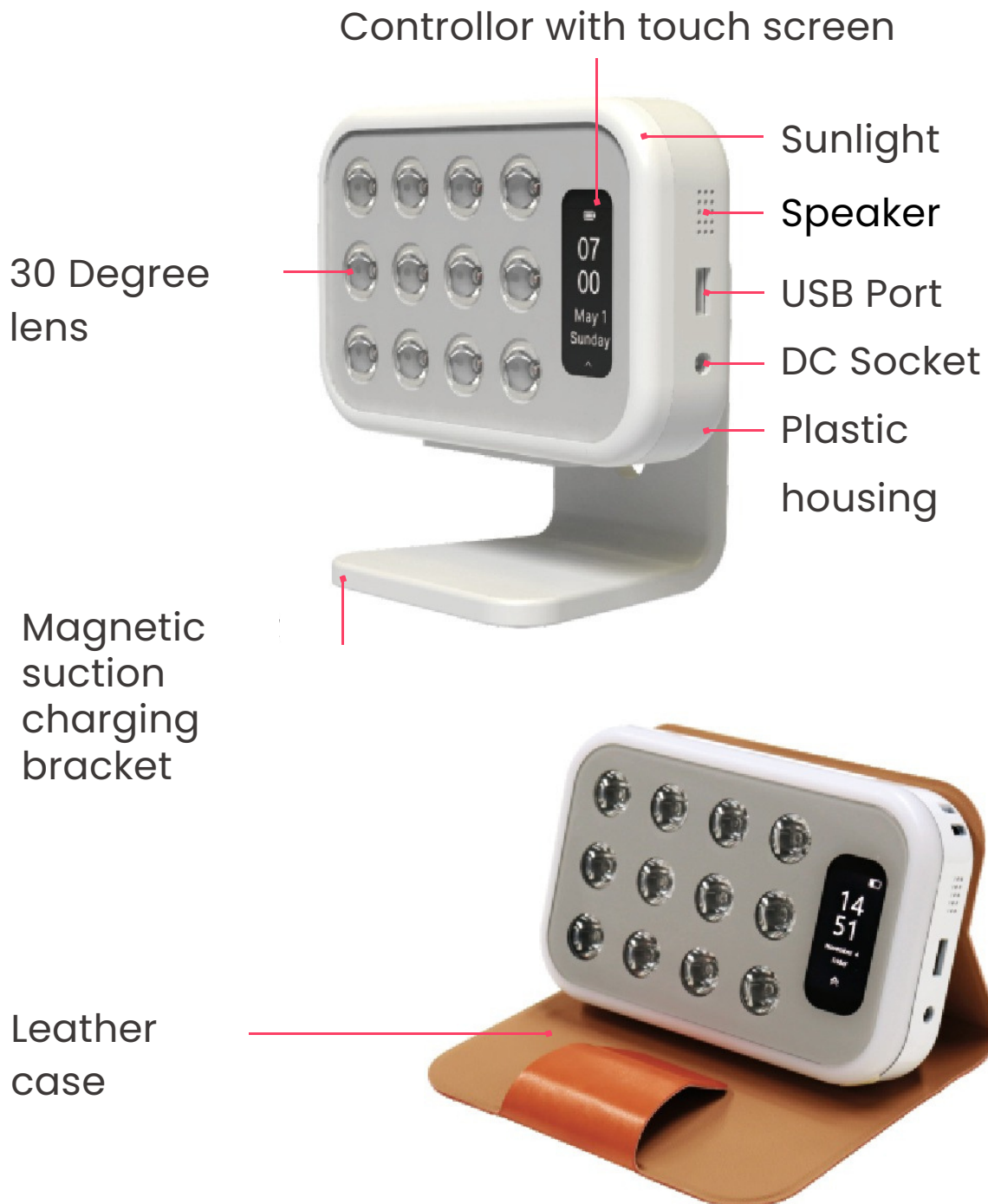
For first time users, we recommend starting out with 4-5 minute sessions per area, and slowly working up to a 10-15 minute session over the course of 2-3 weeks as your body acclimates to the therapy.

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.

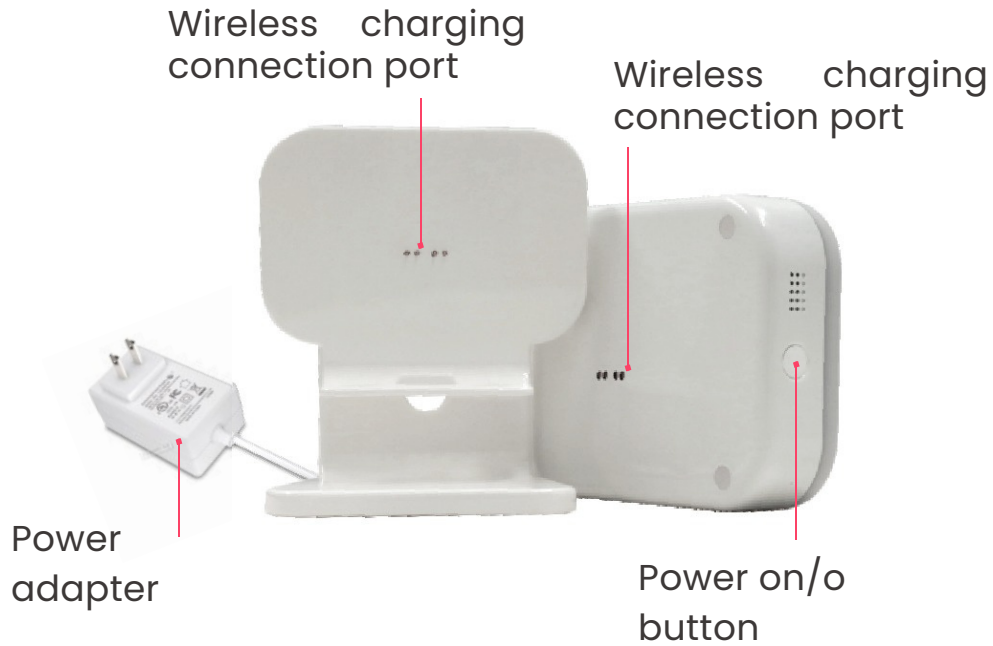
For this reason, we recommend you allow at least 6 hours between sessions of the same area. We also suggest no more than 30 minutes in any one session. And finally we invite you to use the device bare skin 4-10 times per week and taking at least one day off per week.

SUPER MOBILE OVERVIEW

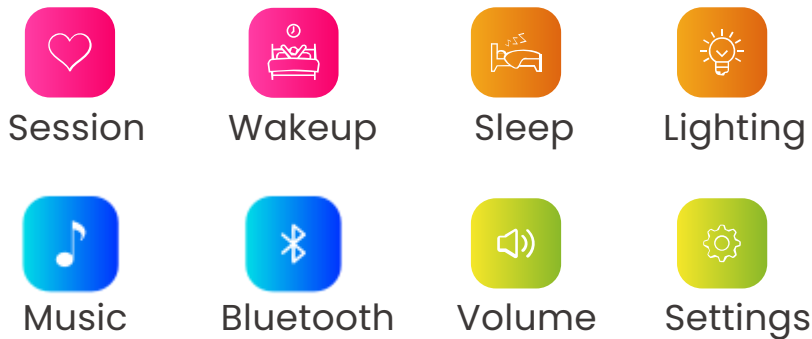


Tip: the device can be charged from the USB port

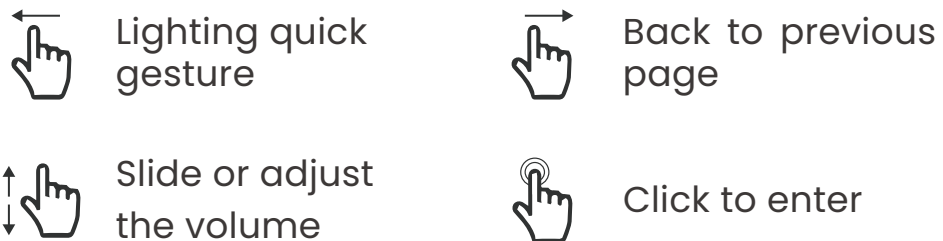
SUPER MOBILE OVERVIEW CONTINUED



Menu



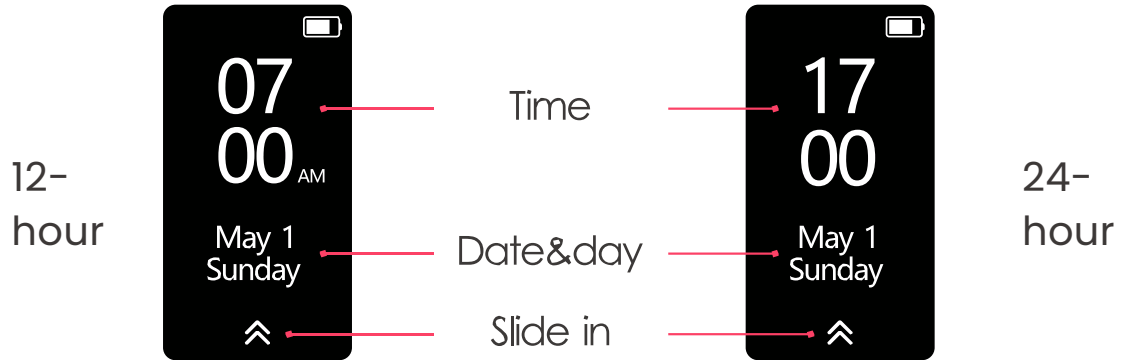
Operation gestures



GETTING STARTED

Press & hold the on/off button for 3 seconds to turn on the Mito Mobile Super.

Screen saver interface



Session



Start session with the saved settings or default settings (R100% / IR100% / 20min / 0Hz / music all)

Set values and save



Set intensity of red group (0-100%)

Set intensity of infrared group (0-100%)

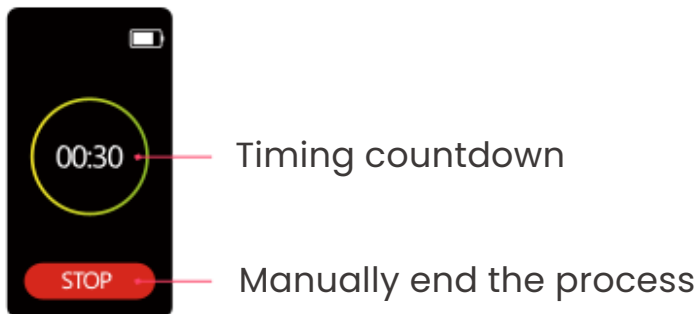
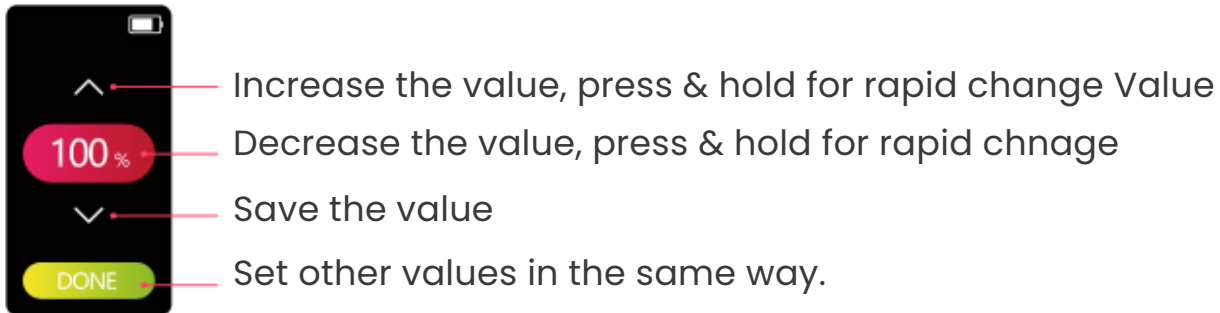
Set timing (1-30min)

Set pulse (0-9999Hz)

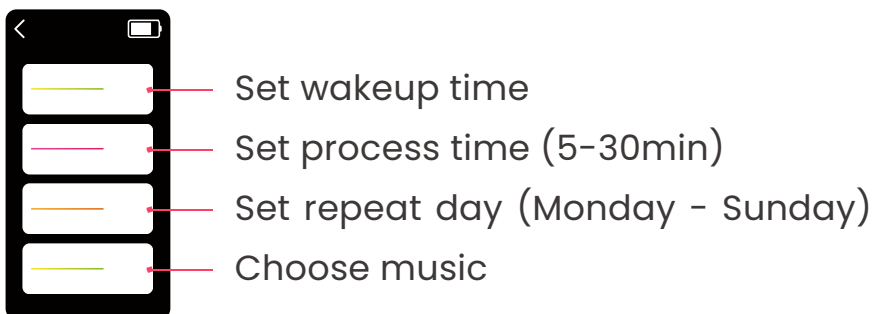
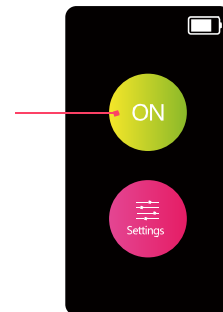
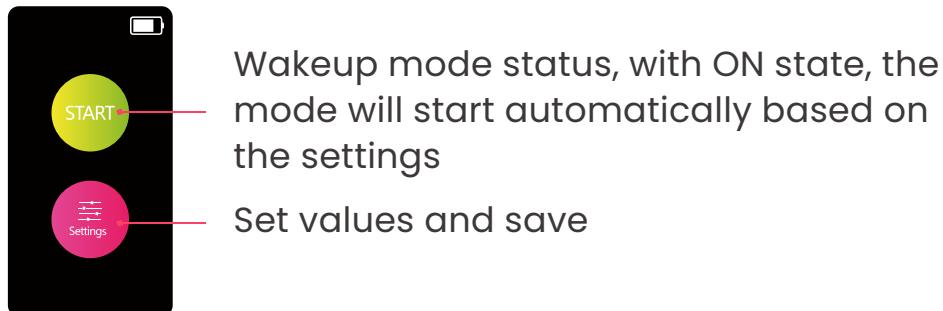


Choose music

GETTING STARTED



Wakeup



Tips: when it is time, the sunlight lights up gradually in 5 minutes, and music in 3 minutes (if set). When time is up, music over, and the sunlight closes gradually in 5 seconds.

GETTING STARTED



Sleep



Start Sleep mode

Set values and save

Max 50%

Max 10% 1-

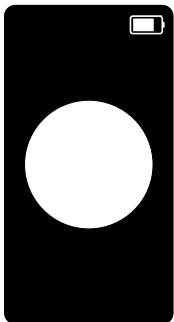
30min

Choose

music



Lighting



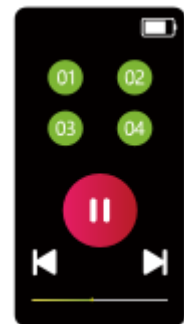
Sunlight can be manually turned on/off for lighting

Lighting quick gesture (from menu interface)



Music

There are 4 Built-in music choices to choose from



Bluetooth

Open Bluetooth, find device "Super" in your phone, connect to play music.



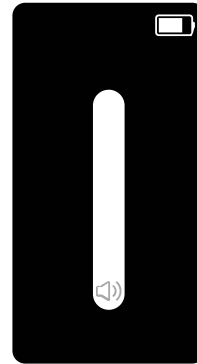
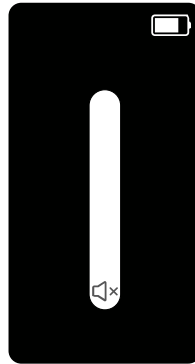
GETTING STARTED



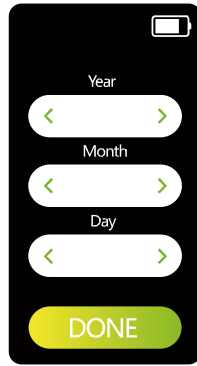
Volume



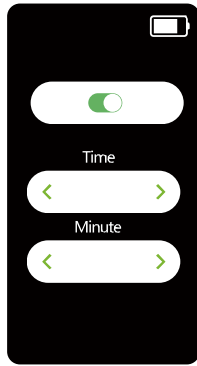
Slide to adjust the volume



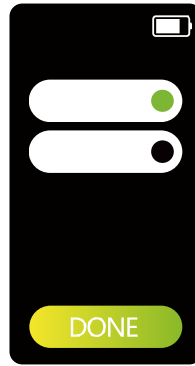
Settings



Date



Time



Language



Brightness

CHARGING AND OTHER TIPS

Charging

- Use the adapter to charge the device from the DC port directly, or
- Plug the adapter to stand, charge the device from wireless charging connection port, or
- Charge your phone from the USB port.

Tips

- When turning on the Bluetooth, the built-in music will be automatically turned off. To play built-in music, you need to turn off Bluetooth first.
- If the built-in music is selected in the settings, it will be played automatically when the mode is running, and Bluetooth music cannot be played even when connected.

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.

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

The Mito Red Light Super MitoMOBILE is warranted against defects in materials and workmanship for a period of ONE (1) YEAR from the purchase date with a free replacement. Please contact Mito Red Light if there are any cosmetic damages to the unit within five (5) days of delivery. Warranty does not cover the following damage(s): product has been modified, improper installation or use, improper cleaning, electrical surges, or nature caused damage. Warranty does not cover the loss of third party with direct or indirect damage(s).

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.

CAUTIONS & DISCLAIMER

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.

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.



www.mitoredlight.com



User Manual and Instructional Videos

This user manual and instructional videos can be found here:

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

Updated January 2024



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