



 mitoredlight

MitoQUAD

USER MANUAL

www.mitoredlight.com

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RECOMMENDATION OF USE

Please read the complete instruction manual before using the **MitoQUAD**. It will give you a better understanding of how the product works, and you'll be able to enjoy the best session results.

Warning

- Do not leave the device unattended when turned on to avoid the risk of fire or burns;
- This device is not designed for use by persons with limited physical, sensory, or mental abilities, or lack of experience and knowledge, unless they are trained, supervised, or used together to avoid fire hazards or burns
- This device is not intended for use by children. Children should be supervised to ensure that they do not play with the equipment to avoid the risk of fire and burns.
- Do not put the external adapter in a place that is difficult to plug and unplug.
- Do NOT wash electrical parts with water or other liquids.
- Water and electricity are a dangerous combination, and in order to avoid the danger of the exit point,
- Do not use the device in a humid environment (e.g., in a bathroom or shower or pool attachment)
- Do not allow water to enter the device
- If the wall socket used to power the device is improperly connected, the device plug will heat up. Make sure the device is plugged into a properly installed wall outlet to avoid the risk of fire or burn.
- If the main cord is damaged, you shall have it replaced by Mito Red Light to avoid risk of electrocution.
- Do not look directly at the light-emitting diodes when using this device.
- Please keep the unit out of reach of children, since the strap can cause strangulation.
- 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 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 drop your device in water or other liquids or place it where it may fall into water or other liquids.

RECOMMENDATION OF USE

- 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 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 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 about 60°C.
- Do not use the device if it is damaged or its accessory such as the cord appears to have damage. Please return device to your closest sell or service area for inspection and repair.
- DO NOT place the Red Light Belt Series directly over an open wound.
- 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.
- Do not attempt to disassemble the device as this may cause damage to the device.
- Keep the device away from flammable liquids and aerosol products or the place where it is filled with oxygen.
- Please avoid using this product when it was stacked with other equipment or near the interfering equipment because it will be harmful to the product and it could cause unexpected session result.
- Use of accessories other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity.
- If face filling plastic surgery (hyaluronic acid and other infusions) has been accepted within one month, it is not recommended to use this product.
- If there is sunburn in the past 2 weeks, it is recommended not to use this product.

RECOMMENDATION OF USE

- Please keep children away from this device.
- Before installing or using the device or system, keep an appropriate distance from radio frequency (RF) sources whenever possible. The sources include but not limit to:
 - Radio, FIXES radio broadcast stations and TV stations;
 - Portable and mobile RF communication devices (cell phones, two-way radios, base station, etc.) amateur radio equipment (radio amateurs) operating from 136 kHz to microwave.
 - High-frequency surgical units, such as diathermy, electrocautery, argon beam coagulators, etc.
 - X-ray, CT, or MRI devices
 - small mains frequency transformers (50 Hz and 60 Hz), e.g. in a clock radio on a bedside table;
 - HF SURGICAL EQUIPMENT;
 - wireless local area networks (WLAN);
 - paging systems.
- These devices are also possible sources of interference as they may emit higher levels of electromagnetic radiation.
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 12 inches to any part of the MitoQUAD device or system, including cables specified by the manufacturer. Degradation of the performance of this equipment could result.
- Use of accessories and cables other than those specified or provided by the Shenzhen Idea Light Limited manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

RECOMMENDATION OF USE

- Magnetic and electric fields may interfere with the performance of the device or system. Make sure that all peripheral components operated in the vicinity of the device comply with the relevant EMC requirements. X-ray equipment, MRI devices, radio systems (cellular phones) and so forth, are possible sources of interference because they may emit higher levels of electromagnetic radiation. Verify the performance of the system before use.
- Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
- Check if the voltage indicated on the equipment corresponds to the local mains voltage before you connect the equipment to avoid risk of electrocution or permanent damage to the equipment.
- Always unplug the appliance after use and in case of a power failure to avoid risk of damage to the equipment

PRECAUTIONS

- Stop using the Red Light Belt Series if you experience any adverse reactions. If you have a concern regarding the Red Light Belt Series, please consult a medical physician as you may be light sensitive.
- Discontinue use if the device overheats or becomes uncomfortably hot.
- Always unplug the device from the outlet after using is complete.
- Do not store the device in direct sunlight as this may cause damage to the coating.
- Do not attempt to open or repair the device.
- Do not attempt to modify the device in any way. Modifying the device will void your warranty. The device contains no serviceable parts.
- Do not subject the package or device to shocks, such as dropping it onto the floor. Because it may change the performance of the device, like result in hazardous radiation exposure.
- Do not maintenance while the device is in use.
- Do not impact the lamp, or subject the device to heavy shocks, to avoid risk of damage to the lamp.
- Contact your doctor if you have any medical questions regarding use of this device.

CONTRAINDICATIONS

- Do not use the device if you are under the age of 22.
- Do not use the device if you have the Fitzpatrick Skin in Type V and Type VI.
- Do not use this device if you have any photosensitive disorders or genetic conditions of the eye.
- Do not use the device if you are pregnant, breastfeeding, or preparing to get pregnant.
- Do not use the device on infants or children.
- Do not use the device if you have a medical history of seizures that were triggered by light.
- Do not use the device if you are taking photosensitive drugs.
- Do not use the device over malignant and nonmalignant tumors.
- Do not use the device over open or bleeding wounds.
- Do not use the device if you have or may have heart disease.
- Do not use the device over area with phlebitis, thrombophlebitis and varicose veins.

ADVERSE REACTIONS

If you have any adverse reaction from using this device, stop using it immediately.

Note: If you experience any discomfort, such as skin discoloration, skin damage, skin irritation or any other concerns develop, stop using the device immediately and consult your physician.

INDICATIONS OF USE

The MitoQUAD is an Over-The-Counter device where used in home healthcare environment, intended to emit energy in the visible and near infrared spectrum to provide topical heating for the purpose of elevating tissue temperature for a temporary relief of minor muscle and joint pain and stiffness, minor arthritis pain or muscle spasm, the temporary increase in local blood circulation, and the temporary relaxation of muscles.

PRODUCT DESCRIPTION

The MitoQUAD is a body-worn device that has two models: TLB400, TLB400-B, each of which has 405 LEDs. The MitoQUAD has an LED array of 630nm, 660nm, 810nm, 850nm; with three modes to select from -

model: RED+NIR: 630nm, 660nm, 810nm, 850nm

mode2: RED 630nm and 660nm

mode3: NIR 810 and 850nm

The controller provided can control the brightness from 1% to 100% adjustment, session time from 1 to 20 minutes, each adjustment for 1 minute.

The MitoQUAD is powered by an external power supply. A power bank is available to purchase separately to allow the belt to be used on the go.

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 doing a light sensitivity test (see below). If the test shows no reaction, start 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.

Follow the instructions below to check if you are light-sensitive:

- Firstly, power supply to the device (see instructions).
- Then, apply the device to you, making sure the light is shining onto the skin and wear it for a 3 minutes session.
- After the session is complete, visually check the area. If you experience pain or discomfort, or redness that lasts for more than 2 hours, you might be light sensitive. Please consult a doctor for advice.

Standard Use

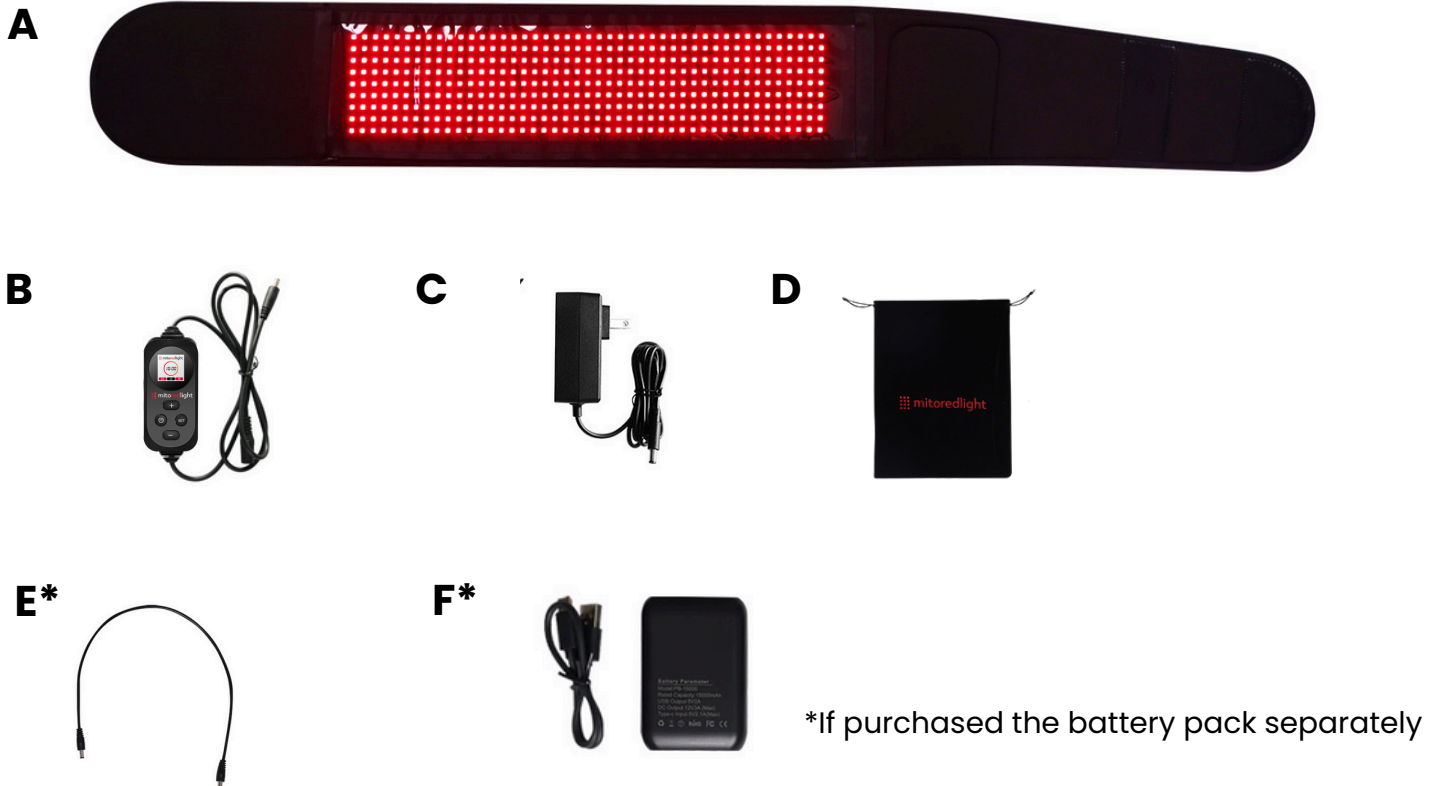
We recommend 10 to 15 minute sessions per area. Additional 10- minute sessions for specific areas may be beneficial, but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better. The maximum timer duration is 20 minutes.

For this reason, we recommend you allow at least 6 hours between sessions of the same area. We recommend no more than 20 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.

PACKAGE CONTENTS

This package includes the following. Check that none of the parts are missing or damaged, see "Accessories List". If parts are missing or damaged, contact the sales company for assistance and send a picture of the damaged part, a picture and a copy of the receipt along with your e-mail. The customer service might ask you for more information.

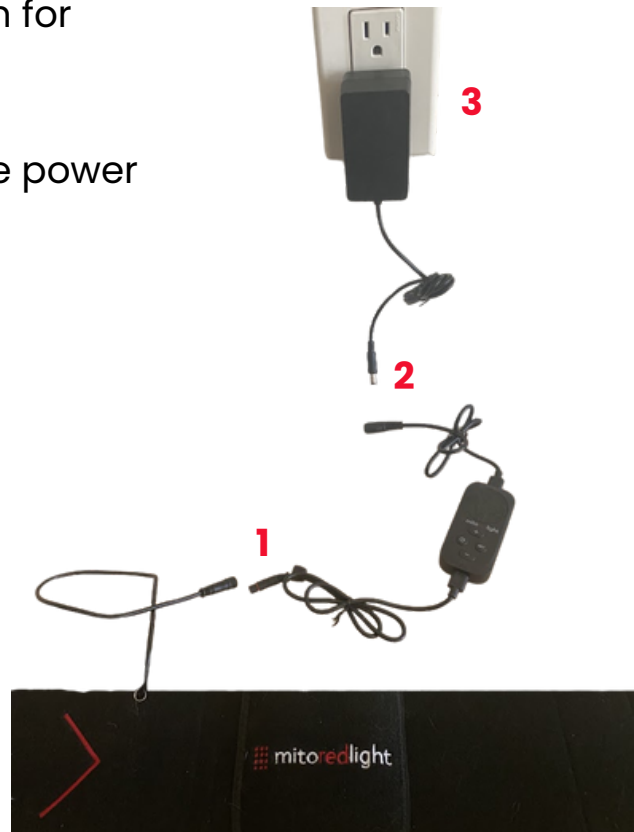
- A - MitoQUAD Belt - easily wrap the belt around waist, leg, arms
- B - Remote control
- C - Adapter plug
- D - Carrier pouch
- E* - Jumper cable - only needed if using power bank
- F* - If purchased separately - power bank and cable



USER INSTRUCTIONS

Connecting your MitoQUAD Belt with the AC Adapter

1. Connect the male end of the remote control cable to the DC power port attached to the light therapy belt (1).
2. Connect the wall power adapter to the female end of the remote control cable (2).
3. Plug the power adapter into a standard wall outlet (3).
4. Use the remote control to power the belt on and off by holding the button down for 3 seconds.
5. Once the session is finished, remove power adapter out of the wall outlet.



USER INSTRUCTIONS

Connecting your MitoQUAD Belt with the external battery:

If you have purchased a separate power bank, which will allow you to use your belt on the go, follow these instructions. The battery can be charged using the USB cable (see page 16 for important safety information).

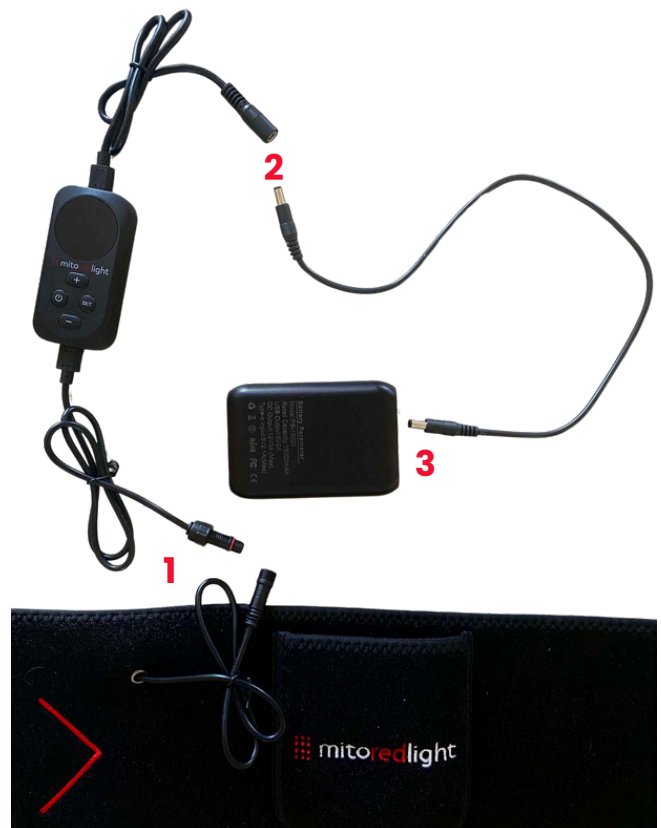
1. Connect the male end of the remote control cable to the power port attached to the belt (**1**).

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.

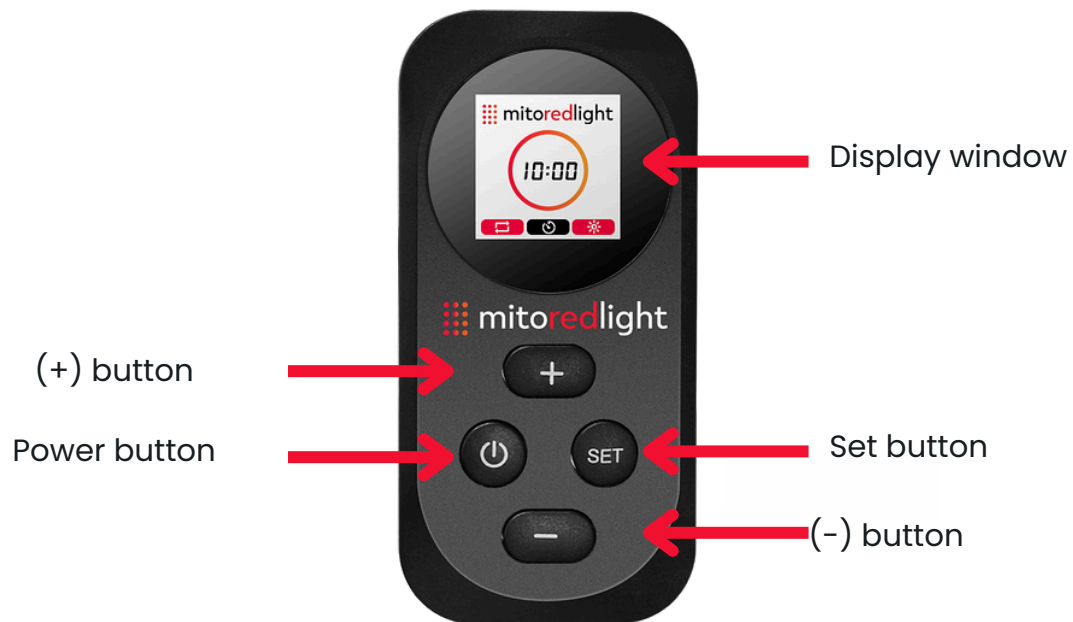
4. Place the battery in the pocket at the front of the belt during use.

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.



To charge the power bank, use provided USB cable and plug into a USB plug (not provided). Do not overcharge. See page 16 for more safety details.

USER INSTRUCTIONS



Power button : When the device is turned on, long press for three seconds to turn on the device; Short press the power button to pause/run the control session while the device is running;



"+" button: can adjust the mode, increase the session time and increase the brightness.



"-" button: The mode can be adjusted downward, the session time can be increased or decreased, and the brightness can be reduced.



"Settings" button: When the Set value points to the mode, the mode can be switched by "+" and "-". The session time and brightness are also used in the same way. There is a symbol pointing to the selected item. With each press, a toggle is made between the three parameters



USER INSTRUCTIONS

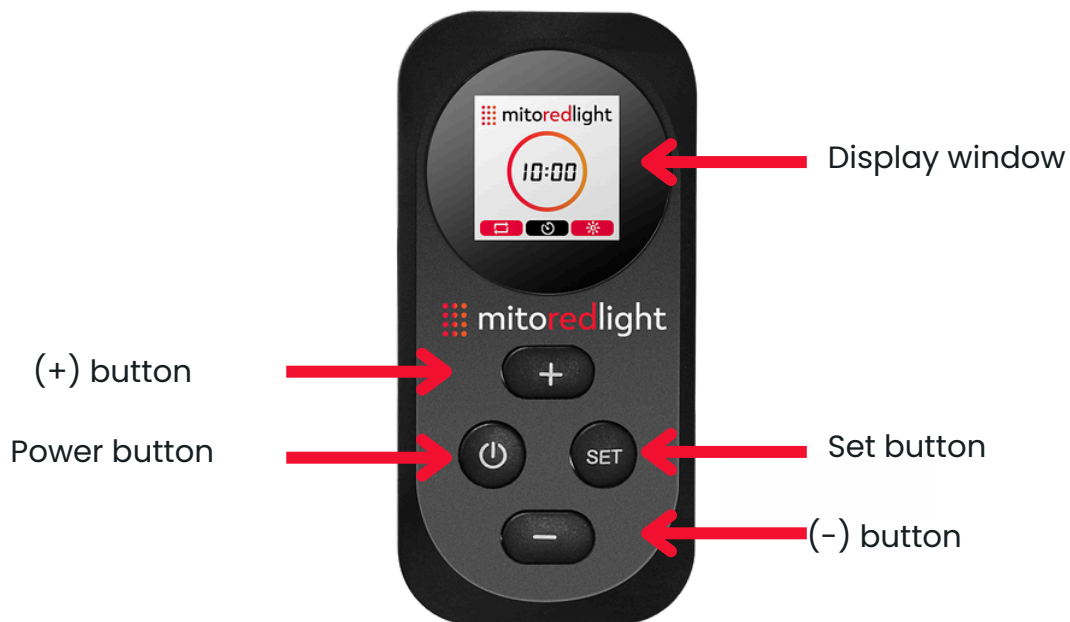
Using the remote

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. 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: 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.

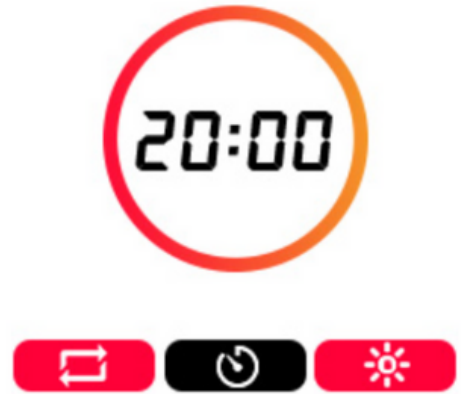
For brightness: Press the "set" button until the black highlight is over the sun image. Adjust the light intensity from L1 to L5. L1 represents lower powered light, while L5 represents the strongest light setting.



USER INSTRUCTIONS

Display Screen:

In the display screen, the session time is displayed inside a circle in the center. "20:00" in the figure means that the session time set by the device is 20 minutes. The three symbols at the bottom stand for mode, time, and brightness.



Turn off the Device:

When the set session time is over or when the power button "power" is pressed for 3 seconds, the device will shut down. And then, please unplug the mains plug of the power cable to avoid the risk of causing a fire or even threatening your own safety.

MAINTENANCE AND CLEANING

After each use, clean the device.

- Turn the device off and remove the plug.
- Wipe the LEDs light with 70% alcohol.
- Wait for the device to air dry naturally.
- Visually check whether the device is still dirty. If yes, repeat the above cleaning steps and visual inspection.

Note: Do not use cleaning sprays on the device, cleaning sprays could harm light panel and controller.

IMPORTANT BATTERY SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE PRODUCT

Storage / Transportation

- Turn Off: Switch off the power bank when not in use.
- Keep in a Cool, Dry Place: Store the battery in a temperature-controlled environment, away from direct sunlight and moisture. Do not expose to liquids of any kind.
- Avoid Extreme Temperatures: Keep batteries away from extreme heat or cold during transportation. Do not expose a power pack to fire or excessive temperature. Exposure to fire or temperature above 100°C (212°F) or below -20°C (-4°F) may cause an explosion, leakage or reduced performance.
- Keep Away from Children: To reduce the risk of injury, close supervision is necessary when the product is used near children.
- Transportation: comply with: UN 38.3 (transport safety), DOT hazardous material regulations, and IATA lithium battery shipping guidelines. Consider using a fire-proof container or bag for additional safety.
- Secure during transportation to reduce damage and risk of circuit shortage or failure.

Charging

- Use the Correct Charger: Always use the charger specifically designed for your battery to avoid overcharging or overheating.
- Monitor Charging: Never leave the battery charging unattended. Check for any signs of swelling, overheating, or smoke.
- Do NOT overcharge the battery. Unplug the charger when fully charged to avoid overheating and battery damage.



IMPORTANT BATTERY SAFETY INSTRUCTIONS

Handling / Use

- Avoid Physical Damage: Do not puncture, crush, or otherwise damage the battery. Handle it with care.
- Do not use a power bank that is damaged or modified. Damaged or modified batteries may exhibit unpredictable behavior resulting in fire, explosion or risk of injury.
- Do not disassemble the power bank.
- Do not attempt to open, repair, or modify the battery. Incorrect reassembly may result in a risk of fire or injury to persons.
- Do not put fingers or hands into the product. Use power bank only for this product.
- Do not use the power bank in excess of its output rating. Overload outputs above rating may result in a risk of fire or injury to persons.

Disposal / Emergency Procedures

- Follow Local Regulations: Dispose of batteries properly according to local laws. Do not throw them in regular trash.
- Take old or damaged batteries to designated recycling centers.
- Know the Signs of Failure: Be aware of swelling, leaking, or unusual heat. If any of these occur, stop using the battery immediately. Have a Fire Extinguisher Ready: Keep a Class D fire extinguisher nearby in case of a battery fire.
- Do NOT use water, sand, or regular fire extinguishers.

PLEASE SAVE THESE INSTRUCTIONS FOR FUTURE USE. IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT TO INFO@MITOREDLIGHT.COM







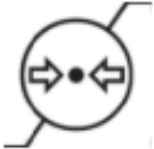

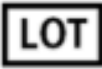
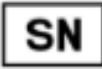
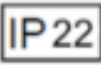
TROUBLESHOOTING

Trouble	Cause	Solution
The device cannot power on	The device is not powered on	Check whether the device is connected to the power supply
The device cannot turn off	The user did not long press the switch button.	Press and hold for 3 seconds to turn off the device.
The display doesn't show anything or doesn't light up	The device is not powered on.	Check whether the device is connected to the power supply.
During use, the main unit shut off before the end of session time.	Overheating of the device leads to corresponding functional failures.	Shut down the equipment and wait for cooling before operation. If it cannot be solved, contact Mito Red Light
During use, the main unit does not shut off after the end of session time.	Overheating of the device leads to corresponding functional failures.	Shut down the equipment and wait for cooling before operation. If it cannot be solved, contact Mito Red Light.
The controller cannot operate the belt.	The connection between the controller and the belt is loose.	Check whether the connection between the controller and the belt is normal.
When use the product, cannot select the modes, set times and adjust the brightness.	The normal steps are not followed.	Perform normal operations according to the instructions.
The device suddenly shuts down.	The device has been used for too long, causing it to overheat and shut down.	Restart the device after it cools down.

SPECIFICATIONS

Basic Specification	
Product/Model name	MitoQUAD
Power source	Input: 100-240Vac, 50/60Hz, 0.7-0.35A; Output rated: 12Vdc, 2.08A;
Dimensions(L*W*H)	558.8mmx 127mm
Energy Source	LEDs
Weight (only main unit)	About 0.54 kg
Wavelengths	630nm, 660nm, 810nm, 850nm
Total Irradiance:	132.8w/m ²
Session Time	15 minutes
Environment of Use	OTC
Risk group according to IEC 62471:2006	Risk Group Exempt
Safety and EMC	ANSI/AMMI / IEC 60601-1, IEC 60601-1-6, IEC 60601-1-11, IEC 60601-2-83, IEC 62471, IEC 60601-1-2
Biocompatibility	ISO 10993-1, ISO 10993-5, ISO 10993-10, ISO 10993-23
Operating Environment	Temperature: 0~35°C, Humidity: 30-80%RH Atmospheric Pressure: 700hPa-1060hPa
Storage Environment	Temperature: -20~60°C, Humidity: 30-90%RH Atmospheric Pressure: 700hPa-1060hPa
Warranty life	1 year
Expected service life	Light Belt: 10 years, Hand Controller: 3 years Switch adapter: 5 years
Burn the version number	MITOV100R002C01 20240506

SYMBOLS AND MEANINGS

Symbol	Description
	Manufacturer
	Date of manufacture
	The symbol indicates that the product should not be discarded as unsorted waste but must be sent to separate collection facilities for recovery and recycling.
	CONSULT INSTRUCTIONS FOR USE.
	Temperature limit
	Humidity limitation
	Atmospheric pressure limitation
	Type BF is applied to the lamp mat part
	Batch code
	Serial number
	Protects against fixed foreign objects with a diameter of more than 12.5 mm and is waterproof against drips with an inclination of 15°

SYMBOLS AND MEANINGS

Symbol

Description



Keep dry



Direct current



Medical device



MR Unsafe



For indoor use only



The environmental protection period is 10 years



Recovery



Class II equipment



Positive inside and negative outside



Warning - Heat - Causes burns



Lamp classification group in IEC 62471:2006



Indicates that the electromagnetic interference from the device is under the limits approved by the FCC



Symbol for CE Mark.



Indicates that the device compliants with the RoHS Directive



Symbol for certification TÜV Rheinland



UL Recognition Service

DISCLAIMER

The information provided in this manual and related materials has not been evaluated by the U.S. Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease and should not be construed as medical advice.

Mito Red Light products are marketed as low-risk general wellness devices under the FDA's "General Wellness: Policy for Low-Risk Devices" (January 20, 2015), and are intended to support overall well-being. These products are not medical devices and are not intended for use in the diagnosis, mitigation, or treatment of any medical condition.

Mito Red Light makes no medical claims or representations regarding the efficacy of this device in treating any health condition. Individuals with medical concerns should seek the advice of a qualified healthcare professional prior to use.

Mito Red Light and the manufacturer recommend that this device be used by adults only. In alignment with FDA guidance, an adult is defined as an individual aged 22 years or older.

WARRANTY

The MitoQUAD has a warranty of one (1) year, from delivery of device.

The warranty is valid only to the original purchaser if item purchased directly from www.mitoredlight.com or authorized reseller and is non-transferable. The warranty period starts the date the original purchased unit is delivered. The warranty covers any defects in material or workmanship under normal use during the warranty period. During the warranty period, Mito Red will replace, at no charge, products that prove defective because of improper material or workmanship, under normal use and maintenance. Mito Red will replace the products at no charge. For the first 180 days, Mito Red will be responsible for all shipping costs related to your request. After the first 180 days, buyer will be responsible for product shipping charges and related coverage while in transit to Mito Red. Please retain the tracking information for proof of delivery to us. The warranty does not cover any problem that is caused by damage resulting from your negligence, improper maintenance, improper use, experimental use, or modifications; the warranty does not cover theft or loss of the product.

To obtain warranty service, you must first contact us at info@mitoredlight.com to determine the problem and the most appropriate solution for you. You may be asked to provide proof of any defects, and therefore you should maintain photos and videos of any alleged defects.

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

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

User Manual and Instructional Videos

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

Updated March 2025

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