



 mitoredlight

MitoADAPT 2.0

QUICK START GUIDE

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**Scan to download
USER MANUAL**

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

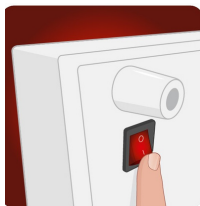
MitoADAPT 2.0 Quick set-up

WITHOUT USING THE MITO RED LIGHT APP

Congratulations on your new MitoADAPT 2.0 panel! Below is a quick start-up guide. Please do take the time to read the entire User Manual also included with your light. An electronic version of the User Manual and other helpful resources can be found at...

www.mitoredlight.com/pages/user-manual

Quick set-up without using the Mito Red Light app



Unbox your panel, plug in the power cord, and turn on the power switch.



This is the Home Screen. Using the '+' and '-' buttons you can adjust the time for the current session. If all the other settings look good, press 'GO' to start and stop your session.



From the Home Screen press 'SET' to navigate to the Settings Screen. To adjust the Default Time, Mode, Bluetooth connectivity, and Brightness settings press 'SET'.

Press +/- to change any specific setting.
Press 'SET' to toggle between each setting.



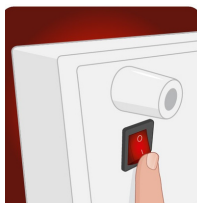
Once you have adjusted these settings, press 'GO' to go back to the Home Screen, and then press 'GO' again to start/stop your session.

Please note, changing the Default Time on the Settings Screen will not affect the current session. The panel must be turned off and back on to display the new Default Time.

MitoADAPT 2.0 Quick set-up

USING THE MITO RED LIGHT APP

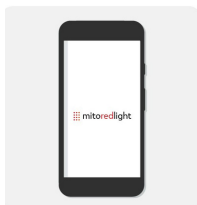
Yes, we have an app so you can control your MitoADAPT 2.0 from your mobile device.



Unbox your panel, plug in the power cord, and turn on the power switch. If you have multiple devices please make sure the panels are connected before starting the session.



Make sure the Bluetooth function is enabled on your primary device.



Download the Mito Red Light app using the QR codes below! Start the app and fill out the brief onboarding questions. Accept permissions and make sure the Bluetooth on your mobile device is turned on.



Select one of the 11 modes, and follow the prompts.

If you need to stop your session, press 'Stop' on your app or press 'Go' on the main panel.

Note: Modes 9, 10, and 11 are near infrared light only. NIR light is invisible to the naked eye so it may appear that the session is not running. Please rest assured that significant light energy is being emitted from the panel.

MitoADAPT 2.0 Usage guide

Usage Guidelines

For first time users, we recommend starting out with 2-3 minute sessions per area (at a distance of 6-18 inches) and slowly working up to a 10-minute session over the course of 2-3 weeks as your body acclimates to the light. We recommend wearing the included eye protection when facing the panel.

Modes

We recommend starting with Mode 1 as you get acclimated to the light. Then we recommend rotating your sessions through Modes 1-6 (i.e. one day do a session with Mode 1, the next session use Mode 2, etc).

Modes 1 through Mode 6 are various combinations of Red (peak 630nm & 660nm) and NIR (peak 810nm & 850nm) light. See the user manual for a summary of the modes.

Modes 7-10 have only 50% of the LEDs lit and can be used for gentler sessions. Mode 11 is 100% NIR and is available only through the app.

Troubleshooting

If the control panel is not working, make sure you are connected to power and that the power switch on the back of the device is turned on.

When resetting the Default Time on the Settings Screen, after the time is selected hit the 'GO' button then turn the power switch off then back on.

If there is no light coming from the panel when the session is started, confirm that the brightness is not set to 0% (also note that NIR light 830nm/850nm is invisible to the naked eye).

If app will not connect, make sure you are within 5 feet of the panel, close the app on your device and restart. Turn the panel off and on. Make sure your Bluetooth is enabled on your mobile device and your panel.

MitoADAPT 2.0 Mode Summary

RED & NEAR-INFRARED WAVELENGTH % RATIOS







If you have any further questions,
please feel free to contact us at: **info@mitoredlight.com**

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You can also call our phone number
Monday – Friday 9am – 5pm MST
+1 866-861-6486

Mail correspondence can be sent to:
Mito Red Light, Inc
9319 N 94th Way, Suite 400 Scottsdale, AZ 85258



User Manual and Instructional Videos
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