

XTI-R05-01-A Installation and User Instructions

Included in this carton is an XTi LED lamp programmed specifically to maximize targeted biological responses.

Electrical Specifications

Supply Voltage	120V-240 Vac, 50/60 Hz.
Maximum Ambient Operating Temperature	104° F (30° C)
Power Consumption	9 Watts (typ.)
Operating Current	120 mA (typ.)

Installation

The lamps are provided with a standard light bulb base for easy installation into an existing lamp or ceiling mounted light socket. Before installing the XTi lamp, disconnect the power to the light socket, and remove any existing light bulb.

To install the XTi lamp, simply screw it into a lamp or light socket in an area where you will be using the lighting session. Ensure that the lamp is screwed in securely.

Activation

1. Download the XTi app from the from the App Store or Google Play
2. Once downloaded, open the app and create a user account
3. Make sure that Bluetooth is on and Pair the lamp with your device
4. Using your smart phone or tablet, scan the barcode on the side of the lamp.
5. Apply power to the lamp (lamp will not illuminate)
6. Using the on/off button on the app screen, turn the lamp on. A slider bar will adjust the lamp intensity. Select the light application you want to use (Sleep/Recover or Perform). Adjust the lamp intensity to a level that is comfortable to look at.



Use

Important - Maintain a distance between the lamp and yourself, or others, of no less than 24 inches. The recommended distance for application of the lamp's treatment is between 3 and 6 feet.

Daily Sleep/Recover Light Use: Users should use the XTi Luman™ Sleep/Recover light for a minimum of 45 minutes every night before bed. Light needs to be placed within 3-6 feet of the face and user needs to have a direct line of sight to the light.

This should be done in a dark and quiet environment to enhance relaxation and promote better sleep quality. For maximum effect, users should avoid exposure to blue light from cell phones and TV's 60 minutes prior to bed.

Post workout use of XTi Luman™ Sleep/Recovery light for recovery. Users should use the XTi Luman™ Sleep/Recovery light as soon as possible after a workout. The light should be used for a minimum of 30 minutes. Research shows that this increases melatonin levels and reduces inflammation, speeding recovery. *

Perform Light Use: Users should use the XTi Luman™ Perform light for a minimum of 30 minutes just prior to exercise and during training. It is recommended that exercise and training take place within 30 minutes of completing the Perform light session. Current research shows increased strain and often improved PRs along with benefits to both bone density and improved muscle protein synthesis. *

Regulatory Statements

FCC ID: 2BFLZR0501

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by XTi could void the user's authority to operate the equipment.

IC: 32426-R0501

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux CNR exempts de licence d'Innovation, Sciences et Développement économique Canada. L'exploitation est soumise aux deux conditions suivantes :

1. Cet appareil ne peut pas causer d'interférence.
2. Cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un fonctionnement indésirable de l'appareil.

Notices

- The added weight of the lamp may cause instability of a free-standing portable luminaire. Use only with a portable table luminaire that is provided with a shade. This lamp is not intended for use with emergency exits.
- Le dispositif constitue un poids supplémentaire ce qui peut causer l'instabilité d'un luminaire portatif autonome. Utiliser uniquement avec une lampe de table dotée d'un abat-jour. Ne convient pas aux sorties de secours.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must be at least 20 cm from the user and must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment complies with the IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

Cet équipement est conforme aux limites d'exposition aux rayonnements ioniques RSS-102 Pour un environnement incontrôlé. Cet équipement doit être installé et utilisé avec un Distance minimale de 20 cm entre le radiateur et votre corps.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.