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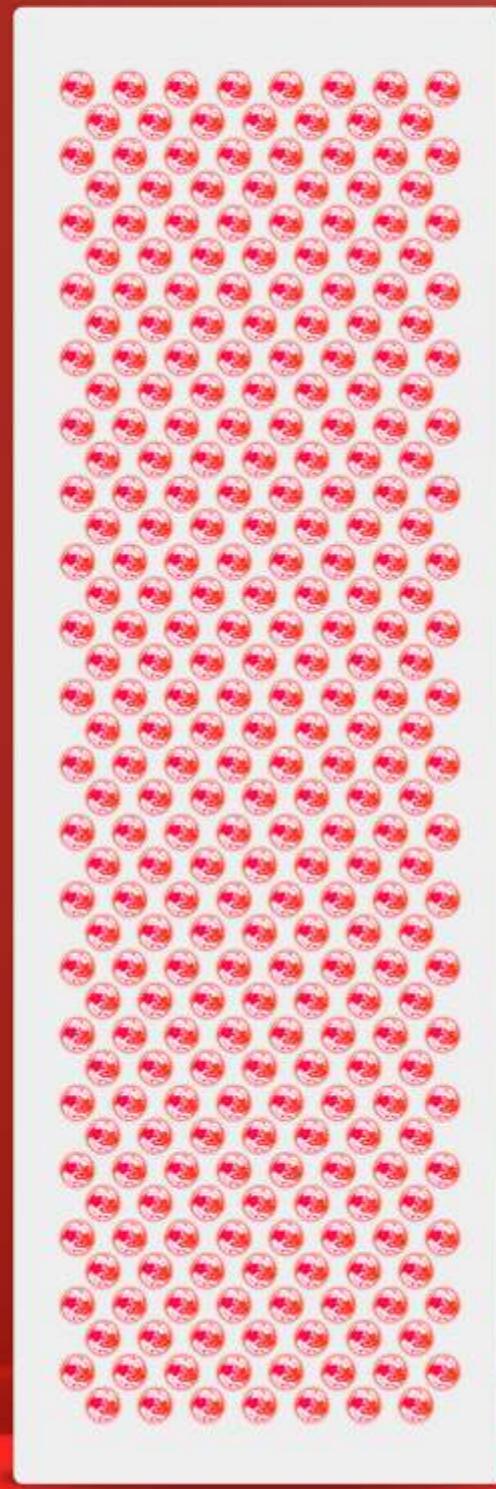
🌐 <https://hotsunled.en.alibaba.com>

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Avenue, Shiyan Street Office, Bao'an District, Shenzhen, China

# RED LIGHT THERAPY PRODUCT MANUAL

LIGHT FOR YOUR HEALTH





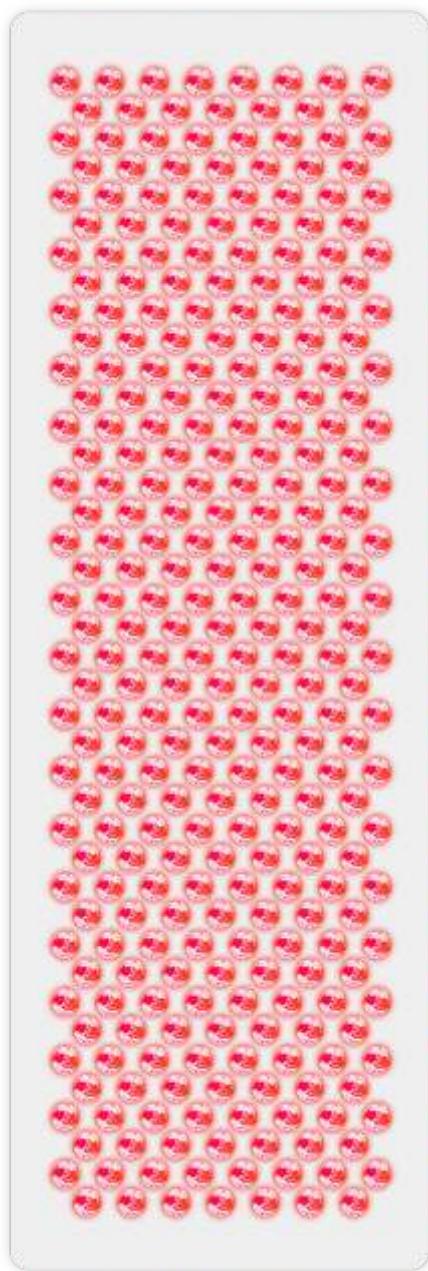
# Red Light Therapy Panel

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Red Light Therapy Panel are our most advanced series of lights, developed for users that want to take their LED light therapy sessions to the next level.

Combining five powerful wavelengths of light, the Red Light Therapy Panel features our patent-pending R+NIR+ spectral output utilizing a perfected blend of deep red light consisting of both 630nm wavelengths and 660nm alongside an optimized near-infrared blend of 810nm, 830nm and 850nm wavelengths. Additionally, the Red Light Therapy Panel includes fully digital controls with built in timer, allowing the ability to connect multiple panels together to create custom sizes, unique to your treatment needs.

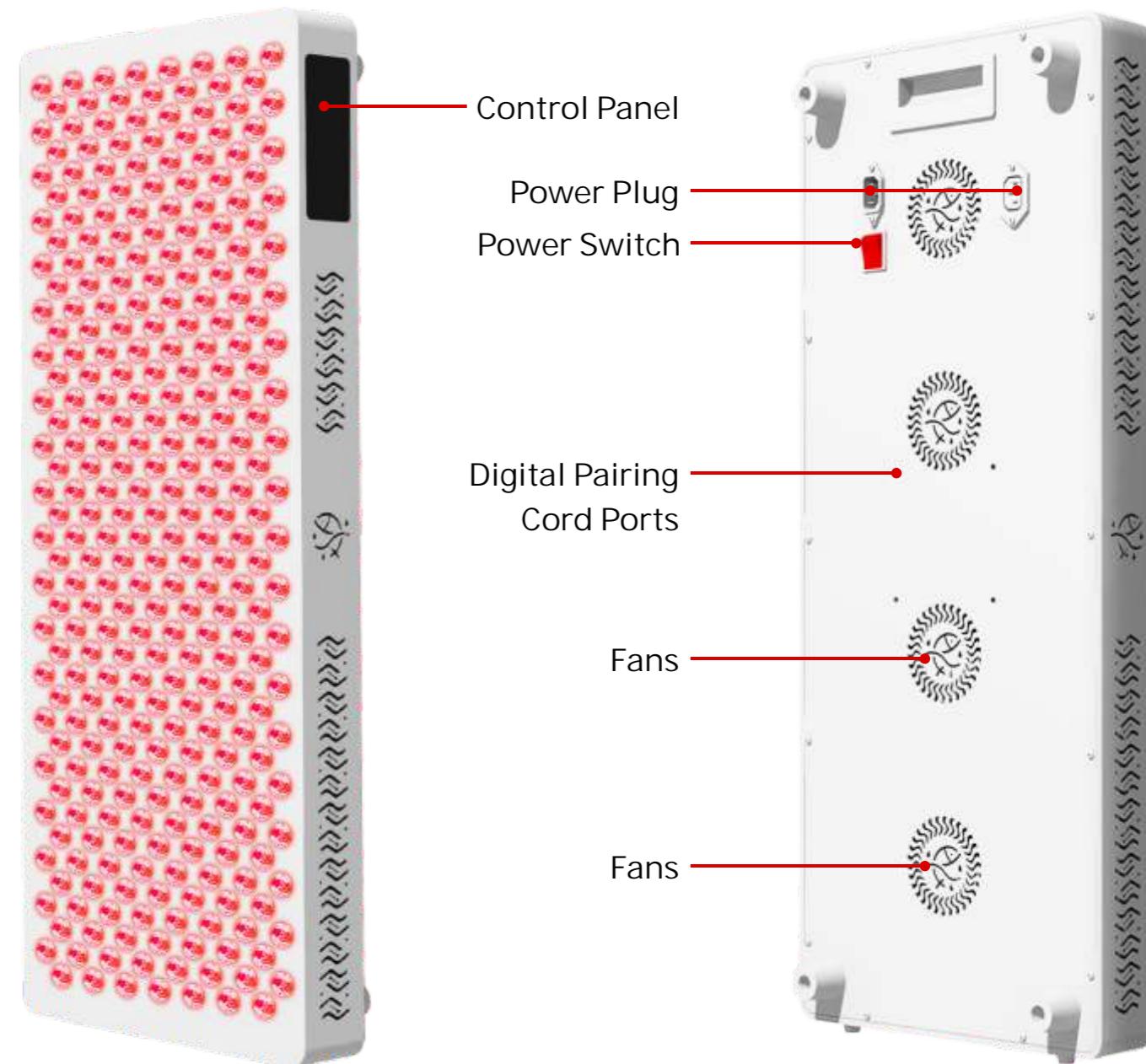
# Model Specifications



## B300

Rating Power	450W
Net Weight	9.5kg
Material	Metal
G.W.	13.5kg
LED QTY	300LED*1.5W
Lifespan	50 000 Hours
Irradiance	0 inch>220mW/c©O
Wavelengths	600nm-850nm*300pcs
Product Size	300*910*75mm
Single weight	11.5kg
Single size	350*1000*120mm
Carton size	1140*465*175mm
Timer	5/10/15/20/25/30 minutes

# Getting to Know Your Red Light Therapy Panel





A



B



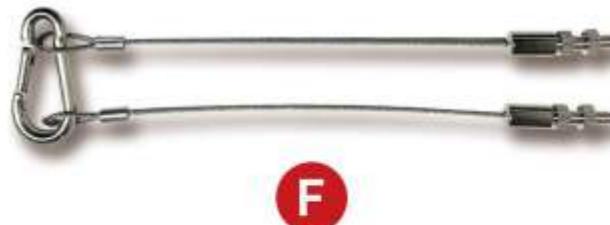
C



D



E



F



G

## Package Contents

A. LED Therapy Light

B. Eye Protection

C. Door Hook

D. Power Cable

E. Patch Cable

F. Hanging Hardware

G. Cable Assembly & Snap Links

# Connecting to the App

Before beginning assembly of your therapy light, we recommend downloading our companion app. The app will guide you through the setup and configuration of your therapy light.

 Download on the  
**App Store**

 PRE-REGISTER ON  
**Google Play**



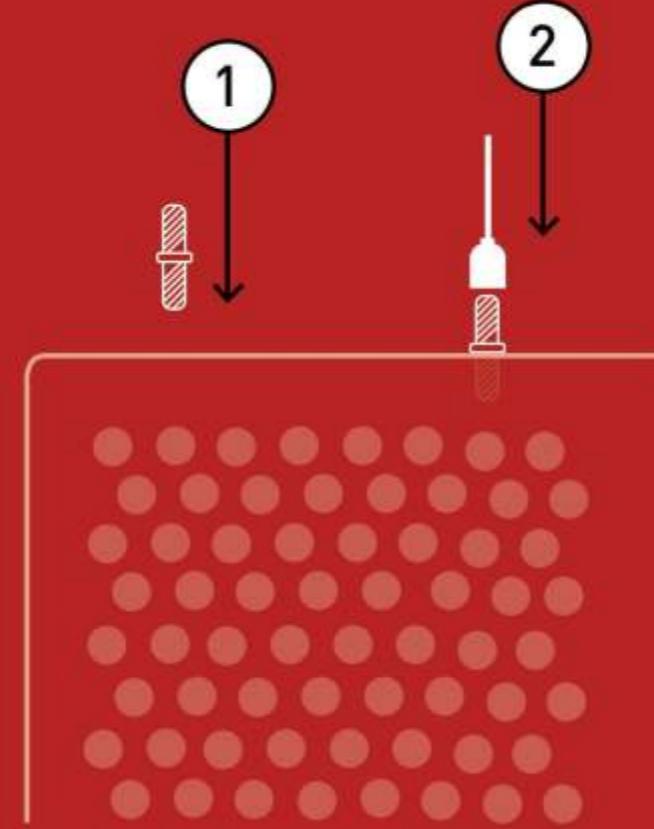


## 1 Get Ready

Lay your red light therapy and all of the included hardware out on a padded surface. For a list of included parts see page 5.

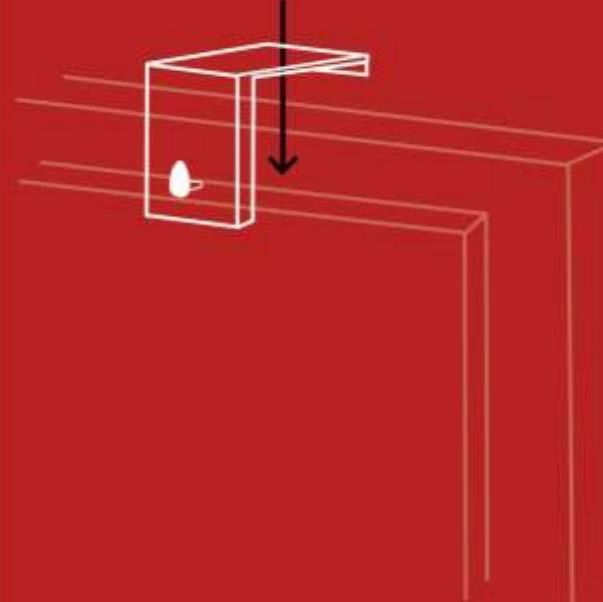
## 2 Attach Hanging Hardware

Screw the threaded posts into the top of your light. Next, screw the cable supports to the top of the threaded posts.



## 1 Attach Door Hook(s)

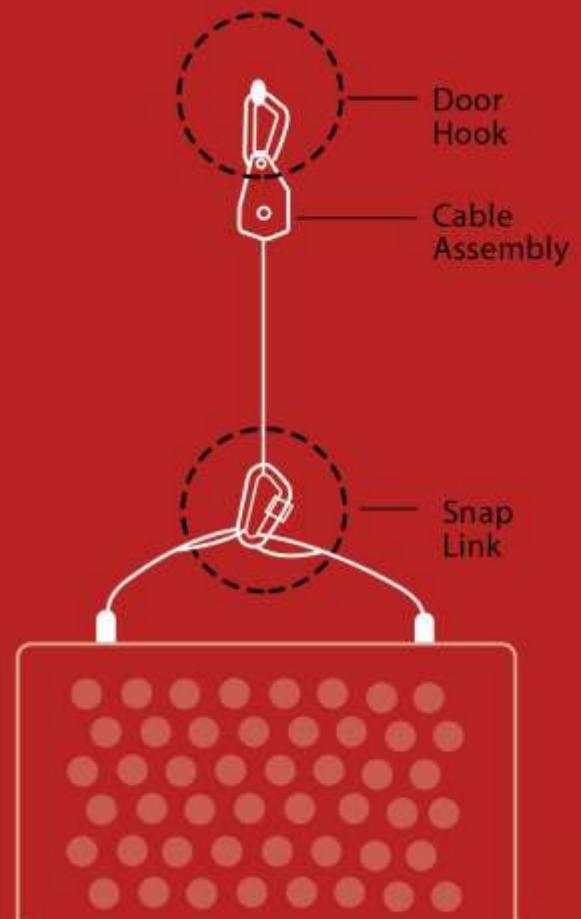
Hang the door hook on the top of any standard-sized door.



## 2 Connect Hanging Cables

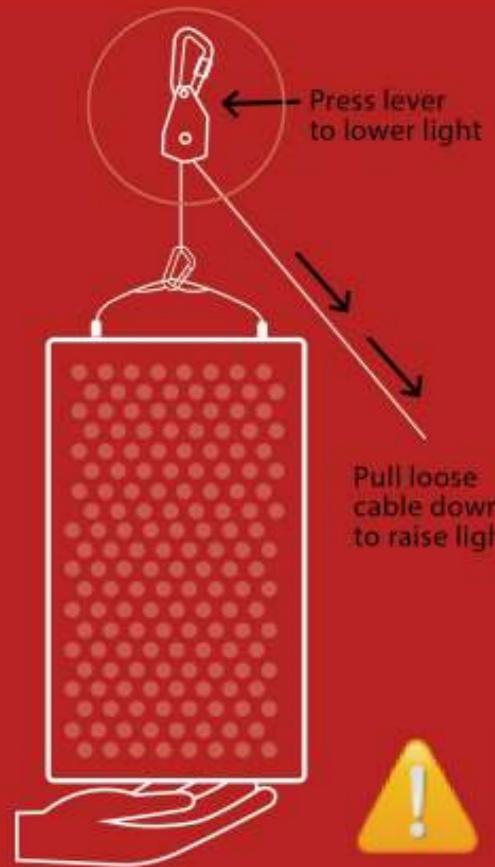
Connect cable supports to the snap-link. Then, hang the other end of the cable assembly directly on the door hook.

The snap link and attached cable gripper allows you to adjust the height of your therapy light.



# Assembling Your Therapy Light

# Hanging your light



### 3 Adjust light Height

To raise the height of your therapy light, pull down on the height adjustment cable while supporting the bottom of your light with your other hand.

To lower your light, press the lever on the cable box.

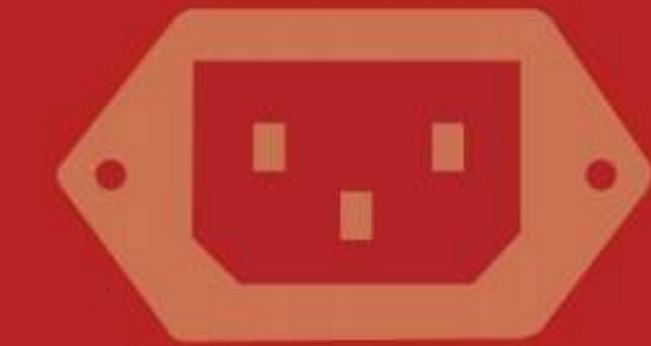
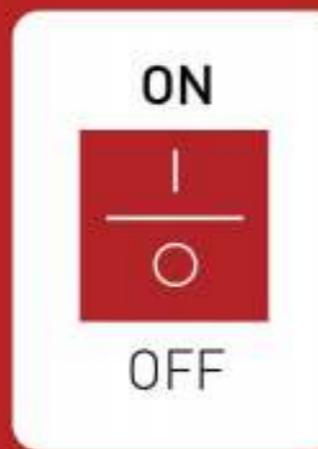
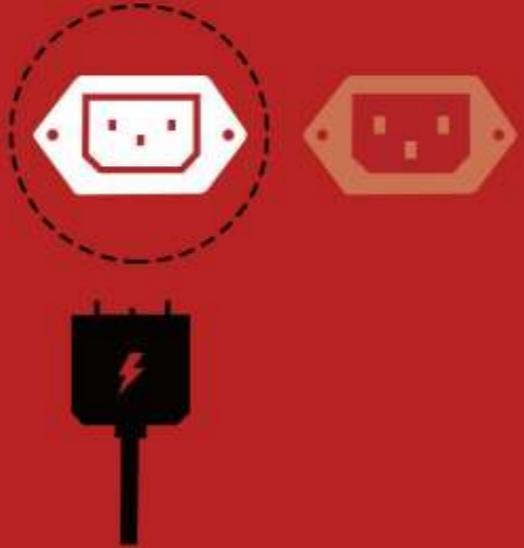
### 4 Connect Power Cables

Plug the power cord into the female socket of your therapy light. Next, plug the other end of the power cord into a wall socket.



Be sure to support your light during adjustment to avoid causing damage or injury.

## Hanging Your Light (cont.)



### 1 Red Light Therapy Panel

Your Red Light Therapy Panel has one red power switches, one on either side of the power cord socket. Each switch controls 100% of the LEDs in your light.

All Red or All NIR Red Light Therapy Panel: Turn on either switch to the 'On' position to power the light.

Combo Red/NIR Red Light Therapy Panel: If you purchased a combo light, one switch will control all Red LEDs and will control all NIR LEDs. To distinguish between the two wavelengths, note that the Red LEDs will light up bright red, while the NIR LEDs will not give off any color. On a Red Light Therapy Panel, flip both power switches to the 'On' position to use both Red and NIR wavelengths. To use only Red or only NIR wavelengths, simply turn off the power switch for the wavelength you don't want to use.

## Powering On Your Red Light Therapy Panel



## 1 Initial Startup

Flip the red power switch to the 'On' position and make sure that it is illuminated.

The logo will display on the screen. The main menu will be displayed later.



## 2 Main Menu

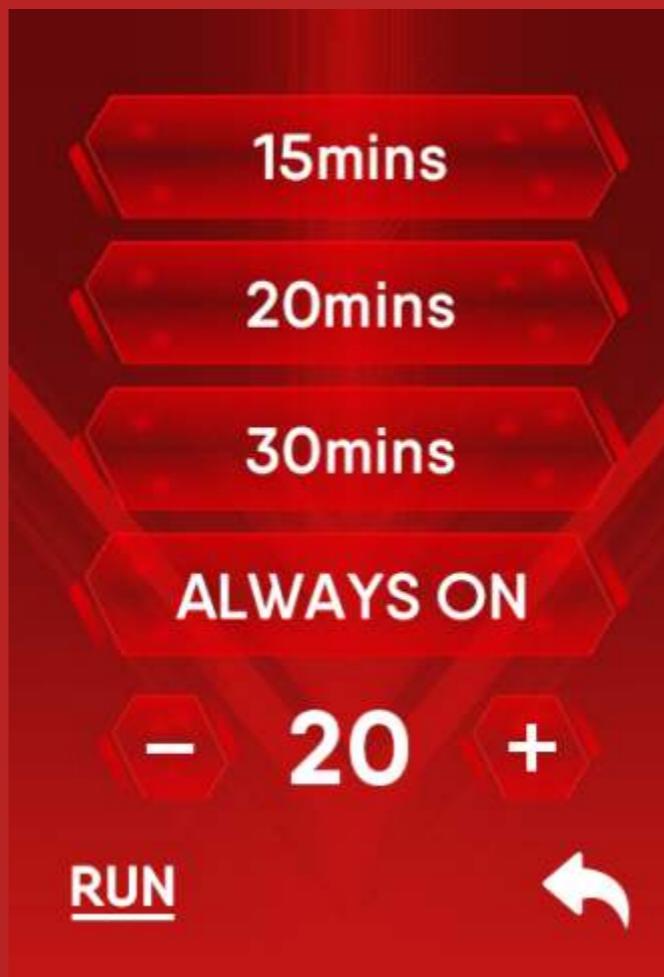
From the Main Menu, you may further select the sub-menus of the light.

Press ON/OFF to enter the (6) Operation screen, begin the timer and turn the light on using the existing settings in memory.

Press TIMER to enter the (3) Timer screen

Press CUSTOM MODE(4) Custom Mode screen

Press SET to enter the (5) Set screen



## 3 Timer

From the Timer screen, you may select a pre-set time or create your own time using the + and - keys. Once selected, this time will stay in memory and the light will default to this when started. Press RUN if creating a custom time to proceed to the (6) Operation screen, begin the timer and turn the light on using the existing settings.



## 4 Custom Mode

From the Custom Mode screen, you may dim the individual R+ and NIR+ arrays and create a custom time. Use the + and - keys to adjust the time if desired and press RUN to proceed to the (6) Operation screen.

The settings you make to the LED arrays and timer will stay in memory each time the light is turned on until you change them again.

## PAIR YOUR LIGHTS

CURRENT ID

16

SET ID CODE

PRIMARY

SECDNDARY

APP

SOLO

SCREEN



## 5 Set

From the Set screen, you may select to put the light in PRIMARY,SECONDARY or SOLO mode. This setting will stay in memory and you will not need to select it each time. Press PRIMARY if this light Will be used as the first light in a chain of connected lights.

Press SECONDARY if this light will be used as a connected light anywhere in a chain connected to a PRIMARY light. Press SOLO if this light is to be used by itself with no other lights connected in any way. This function turns off the wireless connectivity feature.



## 6 Operation

The Operation screen displays the countdown of the timer as well as the status of the light that was selected in the (5) Set screen.

# Additional Treatment Tips

## Session Duration & Frequency

For optimal cellular benefit in deep tissue treatment. we recommend 10-20 minute sessions for each desired treatment area at a distance of approximately 8"-14" inches from the device with a max of two to three treatment areas per day. For skin/superficial therapy,we recommend using a greater distance from the light at around 18"-24". Time and distance may vary depending on the individual's response to the therapy.

## Eye Protection

Eye protection isn't necessary, but we don't recommend looking directly into the LEDs as it can be uncomfortable. For this reason,we include a pair of sunglasses in each package for your comfort.

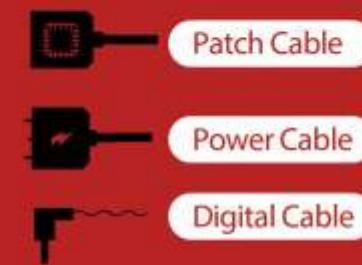
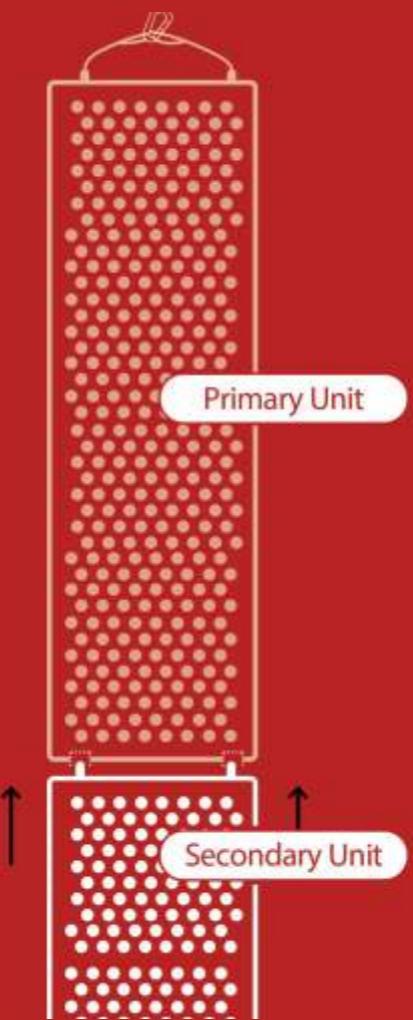
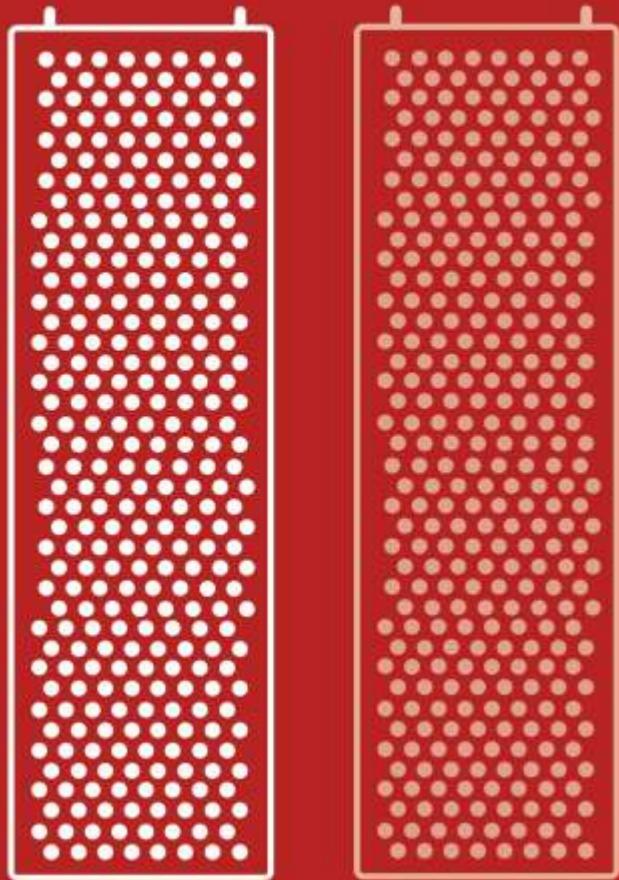
## Clothing

Make sure the area of your body you are treating is fully exposed to the light and not covered by any fabric or clothing. Areas not being treated may be covered if you are more comfortable, but clothing is not necessary.

## Effects

It is common to feel gentle warmth during and after your treatment. Over time, and with consistent treatment, you can expect to feel more muscle relaxation, reduced stiffness & inflammation, and pain relief. If any type of discomfort or excessive sensitivity is felt, please decrease your exposure time or increase the distance to the light.

## Primary Unit



### 1 Set light types

If you have more than one light unit, you'll need to connect your additional lights together. First, set one unit to be your "PRIMARY" unit using the instructions found on pages 13-14. Second, set all additional units to be your "SECONDARY" unit(s) using the same instructions.

NOTE - These settings should be made before assembling the lights on any stands!

### 2 Connecting Units Vertically

To connect units vertically, first hang your Primary unit on the door hook. Next, lift the second light and line up its threaded posts with the holes in the bottom of the upper device. Slide the lower threaded posts up into the holes and then push back to lock into place.

### 3 Connecting Cables

First, connect the power cable to your Primary unit and plug into a wall socket. Leave the main red power switch off for now.

Then, connect your Primary unit to your Secondary unit using the patch cable. This allows power to flow through both units.

Lastly, connect the units using the coiled digital connection cable. You may plug this cable into either of the jacks. Now flip both main red power switches to ON.

When connecting more than two lights together, repeat the chaining process to each light. Connect the first light to the second, the second to the third, the third to the fourth.

CAUTION: Never exceed a 15A total load when connecting multiple lights!

# Connecting Multiple Red Light Therapy Panel



# Troubleshooting

- Why do some of the LEDs look like they are not working?

Remember that we use NIR (Near infrared) LEDs in all BIO R/NIR Lights and Red Light Therapy Panel. These LEDs will appear to not be working or be very dim due to the fact that infrared light is virtually invisible to human eyes. They may not look like it, but they are EXTREMELY bright to your body! It is normal for the NIR LEDs to appear in this manner.

- Why is my panel not lighting up?

First, please check to make sure that the power cord is fully pushed in all the way into the plug on the light. The first time that the plug is inserted, you may need to use a little force since the materials are new. Next, try plugging the light into an alternate outlet. If the panel is still not lighting up and it is a Red Light Therapy Panel, check to make sure that the red, master power switch on the back of the light is flipped on and illuminated. Second, check the plug inlet on the light for the removable fuse. Remove and check. Please contact us for further assistance if none of the remedies work.

- Why is the second Red Light Therapy Panel connected not lighting up?

- Why is it not being controlled by the first panel?

First, please check to make sure that the jumper power cord is fully pushed in all the way into the plug on the light and that the red, master power switch is flipped to the on position and is illuminated. If the panel is still not lighting up, check the plug inlet on the light for the removable fuse. For digital control, make sure that the small, black cord is plugged into both lights in either hole. Make sure that the light that is plugged in from the wall - the "PRIMARY" light - has its menu option set to "PRIMARY". Make sure that the other light that is plugged into the "PRIMARY" light has its menu option set to "SECONDARY". If you are still experiencing problems, please contact us for further assistance.

## FCC WARNING

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.