



 **mitoredlight**

USER MANUAL

MitoPRO X Series

www.mitoredlight.com

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ABOUT US

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
+1 866-861-6486

Mail correspondence can be sent to:

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

FOREWORD

IMPORTANT SAFETY AND USAGE INFORMATION

This user manual contains essential information for the safe and proper use of this product. The manual is considered a part of the product and must remain accessible at the location where the device is operated throughout its service life. Only individuals with appropriate training, knowledge, and experience should operate this product. All users must read this manual carefully before use. If ownership or use of the product is transferred, this manual must be provided to the new owner or user.

Reproduction, including reprinting, photographing, digital copying, or any form of duplication of this manual is strictly prohibited without prior written permission from Mito Red Light, LLC.

This product is designed to be safe and reliable when used as intended. However, misuse—such as operation by unqualified individuals or use for unintended purposes—may lead to safety risks. To help prevent accidents, please follow these guidelines:

- This product should only be operated under proper instruction or authorization.
- Maintenance must be performed by only Mito Red Light, LLC.
- If you encounter any operational issues not covered in this manual, please contact Mito Red Light, LLC directly.
- This manual may be updated or revised without prior notice.
- Keep this manual nearby for easy reference.

INDICATIONS OF USE

Use of Mito Red Light devices help promote healthy skin and overall health and wellness through supporting cellular function. Mito Red Light Therapy devices are over-the-counter class II devices that emit energy in the red and IR spectrum which may provide:

- Temporary increase in local blood circulation
- Support for cellular function
- Relaxation
- Support for mitochondrial energy production

WARNINGS

Please be sure to assemble and use the products according to the instructions contained in the User Manual. Please read the manual carefully and keep it properly for inquiry, as misoperation may lead to personal injury or property loss. If you have any questions, please contact customer service.

Any unauthorized modification is prohibited, modification of the device may lead to unacceptable risk.

The product should not be overused. Excessive irradiation may have an adverse reaction to the skin, such as swelling, or burning sensation.

Do not impact the device violently to avoid damaging the lamp.

When removing the device from a cold, hot or humid environment, it should be placed at room temperature for at least half an hour before use.

Do not block the ventilation port while using the device - doing so may cause smoke and / or fire.

Do not make direct eye contact with LED light while device is in operation. Excessive exposure to LED light can cause eye damage.

This equipment 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 place the product in direct sunlight for extended periods of time, which may seriously damage the product.

Do not leave the device unattended while on, which may cause fire or burns. Unplug the plug after each use.

The device should not be repaired or maintained when it is in use.

Users should be treated based on their personal circumstances and their doctor's advice, select appropriate wavelength, light intensity, and treatment duration according to individual goals.

The device is only for intact skin, not for mucous membranes or damaged skin.

The user of the device should also be the operator.

Further warning and precautions can be found throughout this manual.

GETTING STARTED

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 2 to 4 minute sessions per area, and slowly working up to a 10 to 12 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 on the device (see instructions).
- Sit 12-18 inches away from the device, making sure the light is shining onto the skin. Stay in the light for 3 minutes, unless you feel any sensitivity and want to end early.
- 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.
- DO NOT use if currently using retinol, acids (like AHAs or BHAs), or any products that can increase skin photosensitivity - SEE CONTRAINDICATIONS PAGE FOR MORE.

STANDARD USE

We recommend 10-minute sessions at 12-18 inches from your device. 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.

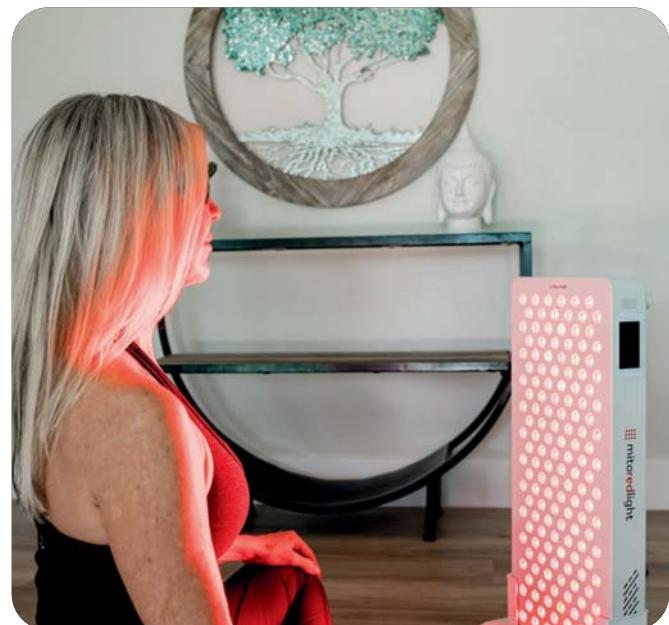
For this reason, we recommend you allow at least 6 hours between sessions on the same area. We recommend no more than 15 minutes in any one session. We recommend using the device 4-6 times per week. We recommend taking at least one day off per week.

DON'T FORGET YOUR EYEWEAR: Because the LEDs are very bright, eye protection should be worn when looking directly towards the light, particularly when NIR is active.

CONTRAINDICATIONS

CONTRAINDICATIONS FOR RED LIGHT THERAPY

There are no industry-wide accepted contraindications for red light therapy or list of accepted contraindications that is designated or enforced by regulatory agencies. Research in red light therapy is ongoing, and contraindications are derived from existing research and clinical inferences.



POTENTIAL HAZARDS

Heat - Red light therapy will generate thermal energy as light is absorbed. This heat may present a hazard in some conditions.

Light - The electromagnetic radiation used in red light therapy is low in energy, but it may affect tissues that are sensitive to light.

Tissue Stimulation - Red light therapy is intended to stimulate tissues. In some disease states this may be undesirable.

Malignant Cancers - There is a theoretical risk that red light therapy may increase cell proliferation in malignant cancers.

Hyperthyroidism (Neck & Upper Chest) - Red light therapy on the neck and upper chest may increase thyroid activity in those with hyperthyroidism.

Pregnancy (Abdomen) - The effects of red light therapy that reaches a developing fetus are not fully understood and may potentially have a negative effect.

Eye Disease (Eyes) - Red light therapy's effects on various eye conditions is not fully understood and light sensitive cells in the eyes may respond unfavorably to intense red light.

ABSOLUTE CONTRAINDICATIONS

Recent Burns - Recent burns may still contain residual thermal energy that may be increased by heat from red light therapy.

Light Sensitivity - Individuals with rare conditions causing extreme sensitivity to light or who have previously reacted to red light therapy should avoid its use.

RELATIVE CONTRAINDICATIONS

Fever or Infection - There is a theoretical risk that the use of red light therapy can worsen existing hyperthermia caused by fever or infection.

Systemic Lupus Erythematosus (SLE) - SLE can cause skin sensitivity, increasing the risk of a reaction to red light therapy.

Severe Bleeding or Blood Loss - Some research suggests that red light therapy may slow the body's ability to stop bleeding.

Use of Photosensitizing Medications - Medications that increase sensitivity to light may increase risks of sensitivity to red light therapy.

Tattoos - Red light therapy may cause cosmetic defects to body art, especially body art that uses red inks may be prone to fading when exposed to intense red light. The tattoo ink may also cause uneven absorption of red light, causing therapy to be less uniform.

Dark skin pigmentation - The effect of skin pigmentation on red light therapy is still being studied. Those with darker skin tones

may find that their skin absorbs more light, making it warmer than those with lighter skin tones would experience. A smaller amount of red light may actually reach deeper tissues, however, this effect is not likely to be large.

Dark hair - Darker colors of hair may absorb more light, causing increased warmth and decreased penetration of red light. This effect is not likely to be large.

Melasma / Hyperpigmentation - Our own product study showed improvement from red and NIR light on hyperpigmentation, particularly when paired with a high antioxidant serum. However, in rare instances users can experience the opposite effect. We suggest starting slowly and using red light only if this is a concern.

A detailed discussion of this can be found in our article: [Red Light Therapy & Hyperpigmentation](#).

Anyone with a contraindication to red light therapy (or any health condition at all) should consult with their physician before using red light therapy.

FAQS

IS RED LIGHT THERAPY SAFE? ARE THERE SIDE EFFECTS?

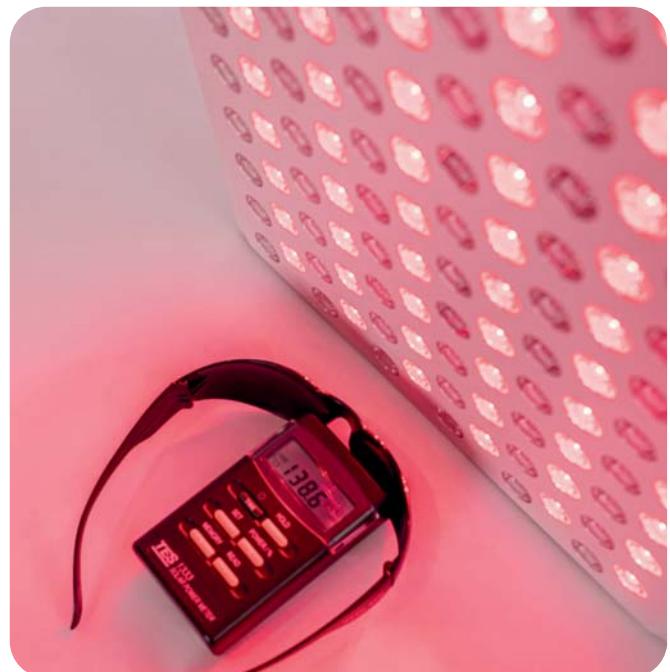
Mito Red Light uses only the red and near infrared wavelengths that are clinically proven to be effective and safe. However, we always recommend consulting with your healthcare provider for specific questions about any concerns or health conditions.

DO I NEED SAFETY GLASSES WITH THIS LIGHT?

While there is a growing body of scientific research suggesting that modest amounts of red and NIR LED light may benefit certain eye conditions, Mito Red's plug-in lights are very bright! As such, eye protection is provided and should be worn when facing the lights, particularly when NIR is active.

WHEN USING, DO NOT STARE DIRECTLY INTO THE LIGHT EMITTING DIODES (LEDS).

Again, our Mito Red Lights are very bright and if you have any eye problems, or any other health conditions at all, please consult with a licensed healthcare professional before using a device like Mito Red.



MAINTENANCE

The Mito Red Light® does not require any maintenance beyond basic care and regular cleaning. Cleaning the light is easy, just unplug the light and wipe the surface with a dry cloth or paper towel. Do not use harsh cleaning chemicals or bleach because they may damage the light. Make sure the light is dry before using it again. For safety, the light is only intended for use indoors.

FAQS

ARE THE NIR LEDs NOT WORKING?

NIR is just beyond the visible spectrum and is invisible to the naked eye. You will only actually be able to see a pink dot, or a subtle pink glow emanating from the LEDs when they are on. Please rest assured that there is a significant amount of light energy emanating from those LEDs and your Mito Red Light is in fact working exactly as designed.

Helpful tip: For peace of mind, take out your phone and take a picture of your panel with the NIR on only. You will see the bulbs illuminating.

Please note: The 'yellow' 590 nm light may look green as the eyes and brain adjust to the bright light. It is completely normal for the 590nm LEDs to appear green at times.



Panel off
(through camera lens)



NIR on only
(through camera lens)

WILL LIGHT THERAPY CAUSE DETOX SYMPTOMS?

It is possible that a Mito Red Light session can cause some detox related symptoms while your body acclimates. If you experience these types of issues, we recommend stopping use until the symptoms go away. Then start out at 2-3 minutes per session area and work your way slowly up to 10 minutes over the course of 2-3 weeks. This will help your body adapt... (continue to next page)

... If you continue to experience detox-related symptoms and have any concerns regarding the use of red light therapy, we recommend stopping use and consulting with your healthcare provider.

We have a full 60-day no hassle trial and full refund policy.

WHAT IF MY SKIN IS BURNED OR DAMAGED?

While red light therapy has been shown to help damaged skin heal from cuts, burns, and other blemishes, we recommend consulting with your healthcare provider before using the device.

WHAT IF I HAVE A PRE-EXISTING HEALTH CONDITION OR TAKE MEDICATIONS?

Mito Red Lights are classified as a general wellness devices. Out of an abundance of caution, we recommend you consult with your healthcare provider if you have any pre-existing conditions or if you take photosensitizing drugs. Steroids work to suppress the immune system while red light therapy may work to stimulate it. To the extent that the two therapies may work against each other, we do not recommend they be used together.

CAN CHILDREN USE MITO RED LIGHT®?

Clinical studies have shown red and NIR light therapy to be quite safe, but the equipment is not intended for use by children. If you are considering using it with children, we recommend consulting with a healthcare professional. All sessions should be done under adult supervision.

CAN PREGNANT OR NURSING WOMEN USE THE LIGHTS?

As there has been no clinical research with red light therapy on pregnant or nursing subjects, do not use the device if pregnant or lactating before consulting with your healthcare provider.

OTHER CONSIDERATIONS: BOTOX, BREAST IMPLANTS AND LASIK

Users with a history of facial fillers and/ or Botox injections should consult their dermatologist prior to use.

Users with breast implants should consult their plastic surgeon prior to use.

Do not use the device during the healing period post Lasik eye surgery. Before resuming use, we recommend getting clearance from your doctor. As always, we recommend following our user guidelines and making sure to use the provided eye protection when facing directly into the light panel.

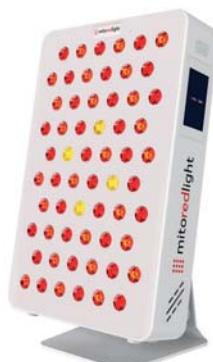
GETTING STARTED:
MitoPRO X Series

Step 1: Unbox your MitoPRO X device and accessories:

- A** - 1 x user manual
- B** - 1 x power cord
- C** - 1 x eye protection googles
- D** - 1 x eye protection glasses
- E** - 1 x over the door hook
- F** - 1 x hanging cables
- G** - 2 x small vinyl straps
- H** - 2 x large vinyl straps



Step 2a: If you have a MitoPRO 300X, pull out the table top stand and place on a level surface.



GETTING STARTED:

MitoPRO X Series

Step 2b: If you have a MitoPRO 750X or a MitoPRO 1500X and would like to hang your panel on a door, attach the included steel cables to the top of the panel.

Then attach the door hook onto a door and hang.

Optional vinyl straps are included to add length. Vinyl Straps can be doubled up for added hanging security. Straps can also be folded over to create a shorter length (use carabiner on both sides).



Step 3:

Connect the power cable into the plug located on the back of the unit. And then connect to an outlet. Turn the power switch on (green switch).



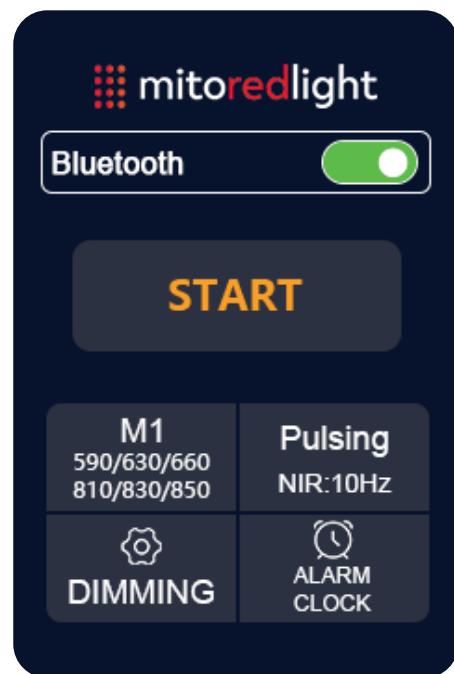
GETTING STARTED:

MitoPRO X Series

Your MitoPRO X has touch screen control.

From the home screen you can:

- 1) Press the M button to select the mode
- 2) Pulse function
- 3) Press the Dimming button to change brightness
- 4) Press the Alarm button to set the clock and/or alarm
- 5) Toggle Bluetooth on / off



GETTING STARTED:

MitoPRO X Series

1 - Mode selection

Press the 'M' button to go to the mode selection screen.

M1: The panel will emit all 6 wavelengths (recommended for most use cases).

M2: The panel is entirely red and yellow light (590nm, 630nm, 660nm).

M3: The panel is entirely Near Infrared light (810nm, 830nm, 850nm).

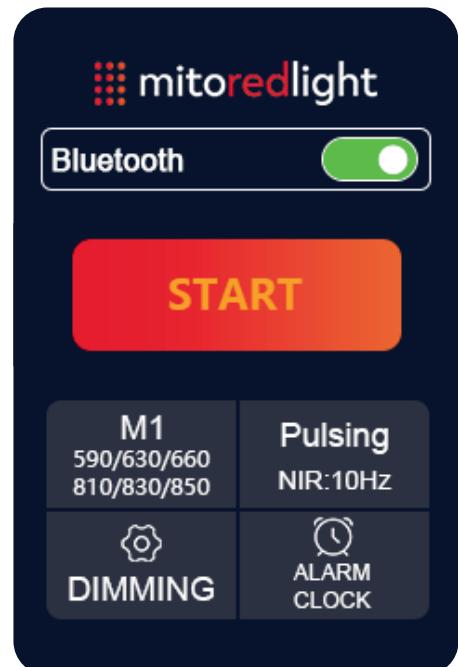
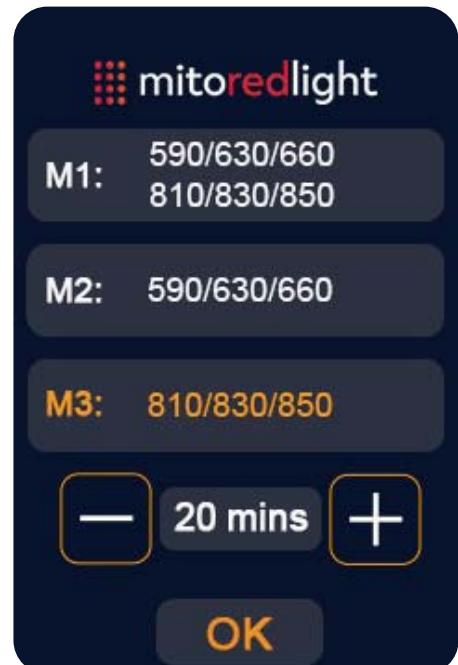
Please Note: M3 is the ENTIRE PANEL operating at NIR. Since NIR is invisible, to prevent unintentional extended exposure, M3 is limited to 10 minutes on the control panel.

To use all NIR mode for more than 5 minutes, you may use "NIR Extend" Mode (M4) within the Mito Red Light app. NIR Extend mode can be set for up to 20 minutes but will cycle to M2 for one minute, every 4 minutes.

Hit the + or - to change the time then hit 'OK'
Hit the 'START' button to begin your session.

To pause your session press 'PAUSE'.

To stop your session press 'STOP' and then the 'back' button.



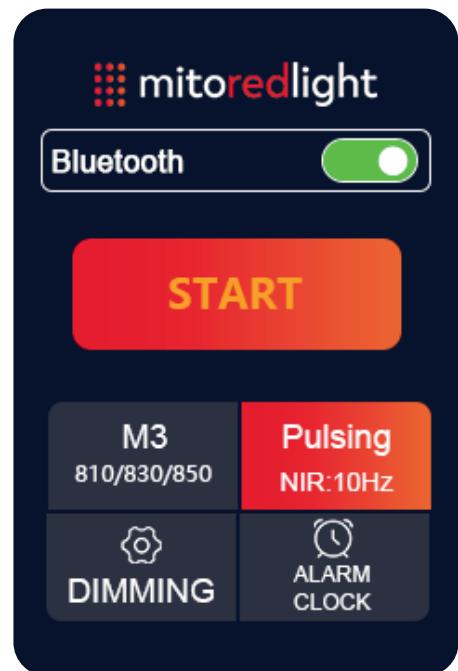
GETTING STARTED:
MitoPRO X Series

2 - NIR Pulsing

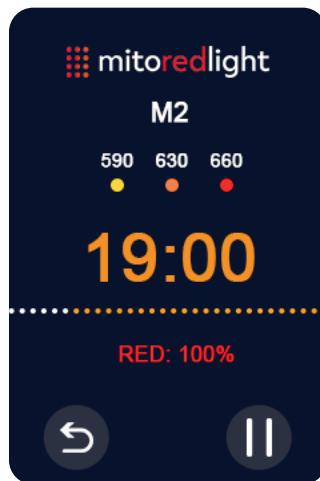
Press the 'Pulsing' button to enable NIR pulsing.

You will be able to see if the pulsing is active by looking at the display screen (see examples below).

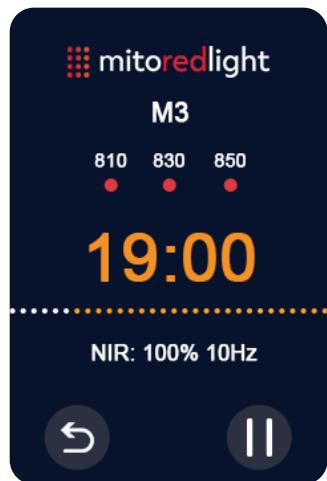
Please note: Only NIR (near infrared) which is invisible, will pulse. The visible red light will NOT pulse.



Mode 1



Mode 2

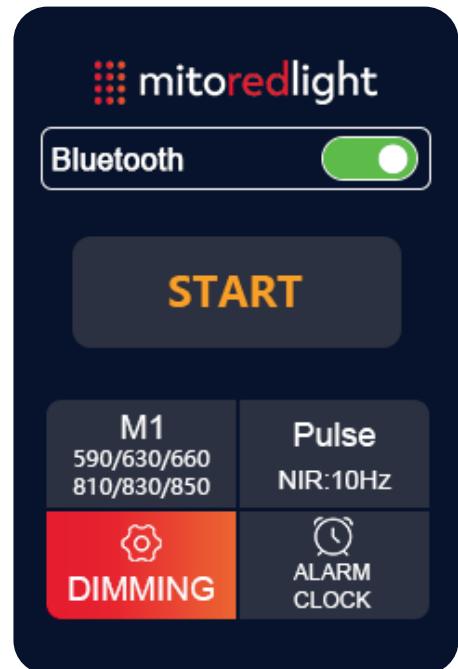


Mode 3

GETTING STARTED:
MitoPRO X Series

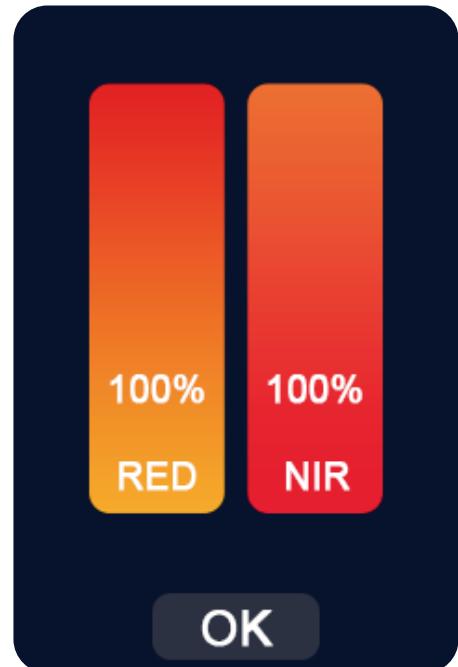
3 - Changing the Brightness

Press the 'Dimming' button



You will be able to slide the brightness up and down from 1% - 100% for both Red and Near Infrared

It is recommended to check the brightness each session to make sure the panel is set at the desired power output.



GETTING STARTED:

MitoPRO X Series

4 – Setting the Time and Alarm

The built in clock and alarm function allows you to have the light turn on at a predetermined time.

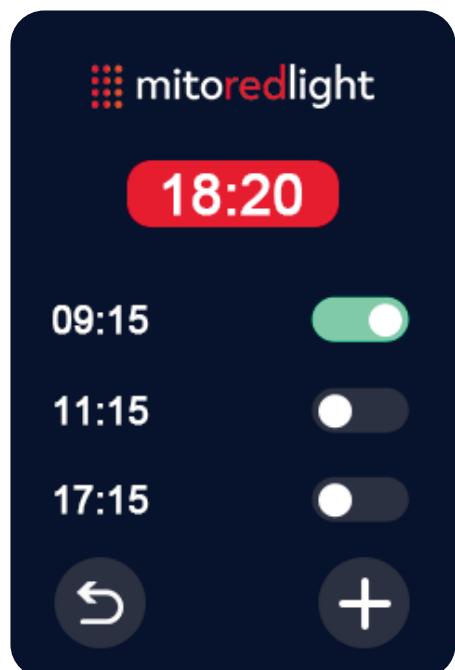
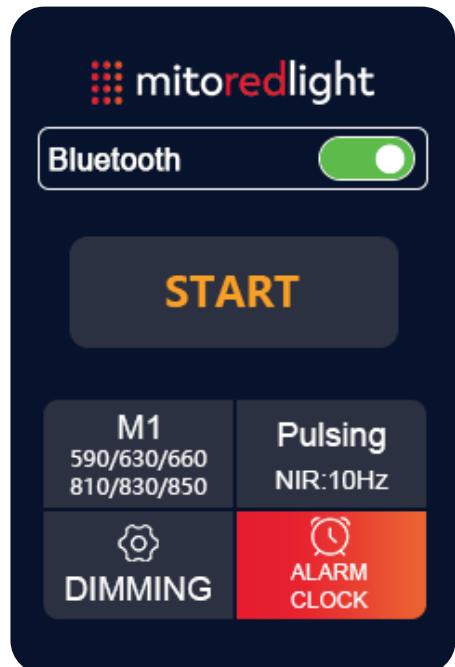
Keep your MitoPRO 300X on your nightstand and wake up to the soothing glow of red light each morning!

Keep your red light panel in your workspace and set alarms throughout the day to remind you take a stretch break, go for a walk or have a short red light therapy session break of course!

To configure the time or alarm, press the 'Alarm Clock' button on the home screen.

The top box displays the current time.

To set the time, press the top box (in red).



GETTING STARTED:

MitoPRO X Series

5 - Setting the time

After pressing that button, you will see the screen to the right.

Set the time to the current time and then press OK.



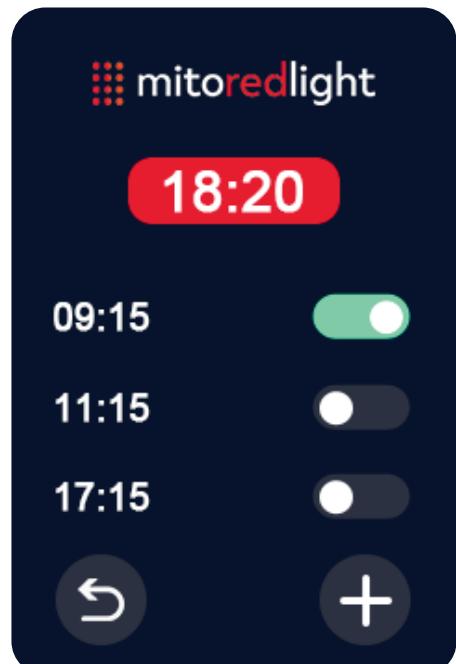
Setting the Alarm Times

After pressing OK you will be taken back to this screen.

Below the current time (red box) are the times that an alarm is scheduled

You may toggle the alarms on or off as desired.

To change the alarm times, touch the alarm time and adjust as needed



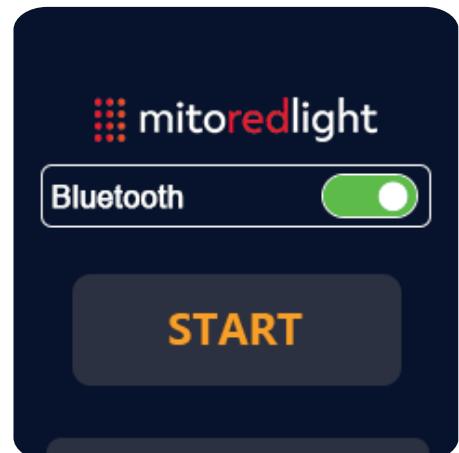
MOBILE APP USER GUIDE

DOWNLOADING THE MITO RED LIGHT APP

Make sure the Bluetooth function is enabled on your device.

APP Name: Mito Red Light

Model No: Mito PRO X



Download the Mito Red Light app by searching the app store, using the link or by scanning the QR codes below!

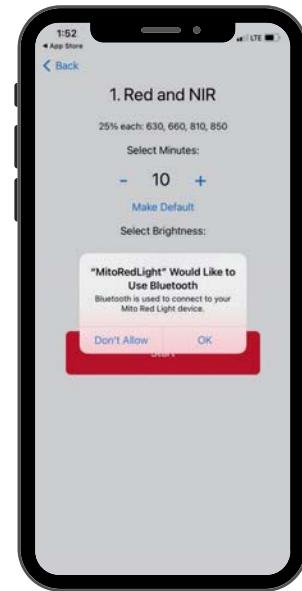
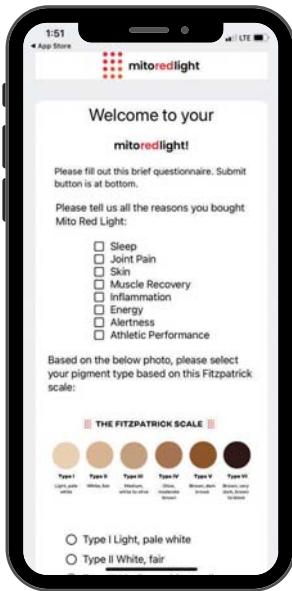


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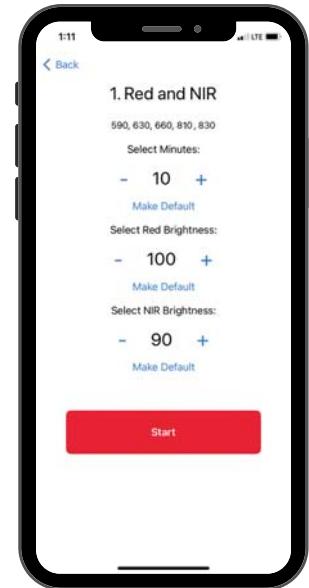
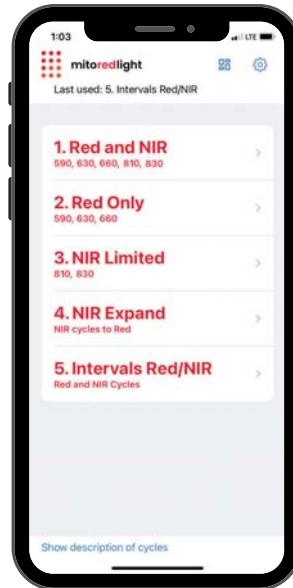
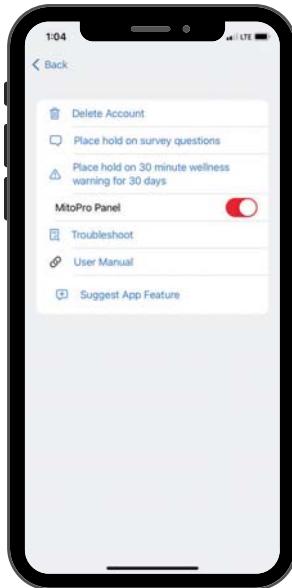
[https://play.google.com/store/apps/
details?id=com.mitoredlight&pli=1](https://play.google.com/store/apps/details?id=com.mitoredlight&pli=1)

MOBILE APP USER GUIDE



Once downloaded, start the app and fill out our quick questionnaire. Your feedback is greatly appreciated!

Ensure that Bluetooth permissions are accepted when prompted, if not accepted the app will not connect to your device.



Go to settings and turn 'on' the MitoPRO X option.

Select one of the 5 modes.

Adjust your time and brightness settings then hit the start button to begin your session.

APP TROUBLESHOOTING

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.

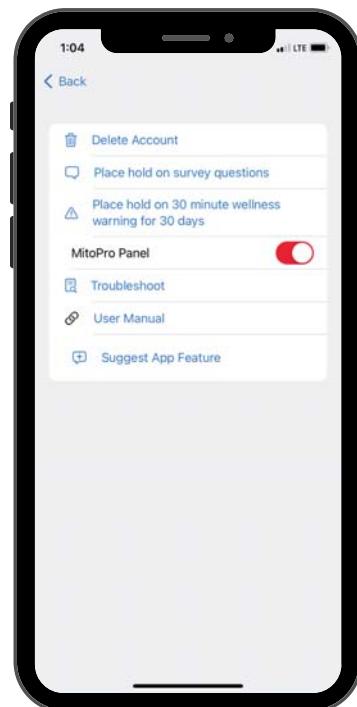
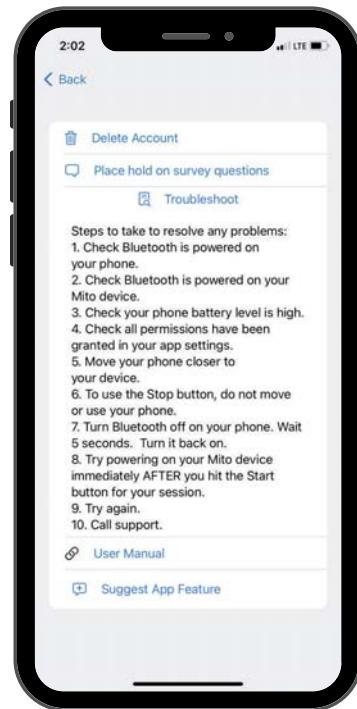
If there is no light coming from the panel when the session is started, confirm that the brightness setting is not set to 0% (also note that NIR light 810nm/830nm is invisible to the naked eye).

If app failed to 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 permissions are accepted through your devices' settings. Ensure Bluetooth is enabled on your mobile device and your panel.

If the app still does not connect, go to the settings screen in the app and make sure the toggle says MitoPRO X and not MitoADAPT 2.0.

You can also access this User Manual via the app by clicking the settings icon.





MITOPRO X BRACKET INSTRUCTIONS

The MitoPRO 750 X and 1500X can be combined to make a larger full body set-up!

When you order a bundle, brackets will automatically be added to your order. If you made the awesome decision to expand your red light therapy and need brackets, please reach out to our team and we will send you the brackets (info@mitoredlight.com).



Door hanging bracket

Horizontal stand bracket

Vertical stand bracket

Door and Vertical stand bracket



Please note:
Always place the
MitoPRO 1500X
on top.

At least 4 screws
on each side
should be used
to attach the
brackets to the
MitoPRO 1500X.

At least 3 screws
on each side
should be used
to attach the
brackets to the
Mito PRO 750X

Horizontal stand bracket



ADDITIONAL SAFETY INSTRUCTIONS AND WARNINGS

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-relate dangers, adhere to the following instructions:

DO NOT wash electrical parts with water or other liquids.

DO NOT drop your device in water or other liquids or place it where it may fall into water or other liquids.

DO NOT directly touch the light or touch the plugs or switches with wet hands.

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 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 115°F.

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. DO NOT cover the cooling fans while operating the light. The operating temperature of the panel is 32°F - 108°F.