

User Manual

Full-Body Red Light Therapy Bed



Our products are not intended to diagnose, treat, cure, or prevent any disease. Our products are low-risk, general wellness / fitness products in accordance with the "General Wellness: Policy on Low Risk Devices" draft released January 20, 2015.

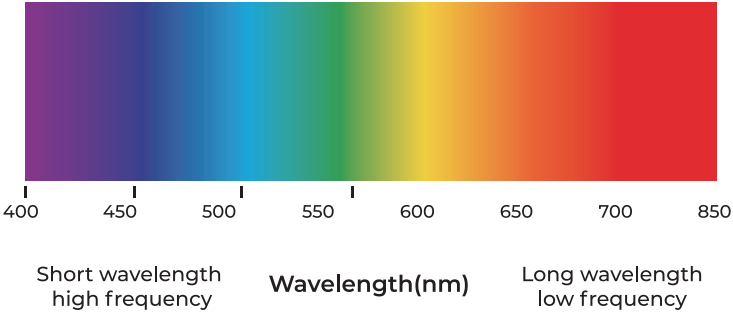


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LIGHT SPECTRUM CHART

Natural Light Spectrum In Nanometers



● Recovery, Healing, and Performance

Light therapy is widely used by trainers and pro athletes to im performance, and support the recovery process. Muscle cells require a great deal of energy, and grow and strengthen through a process of tears and repairs. Light therapy helps your body produce and use energy more efficiently.



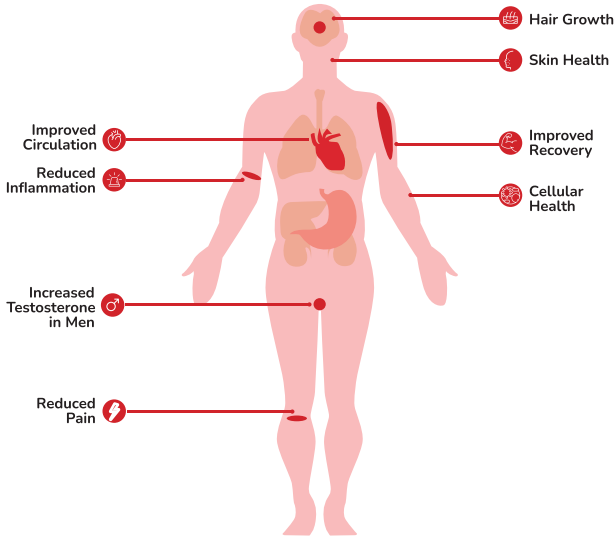
● Improved Blood Flow

In conjunction with a healthy lifestyle, light therapy can have they work by improving cellular health across the entire body.



● Enhanced Cellular Function

One of the potential benefits of light therapy is a significant increase in blood circulation. This indicates tissues are receiving more oxygen and other nutrients that are important for healing. At the same time, light helps the body and circulatory system rid itself of toxic byproducts.



● Therapy is healthy light

Therapy is Healthy light intake is essential for sleep and maintaining natural circadian rhythms. Our brains interpret light as a sign of when to be awake and asleep, and when to make crucial sleep hormones like melatonin. Bright blue light at night can knock your sleep cycle out of whack, but red light is a lower-intensity alternative that can help support longer, more restful sleep.



● Skin Health and Beauty

Taking in healthy light is crucial for skin cells, skin health, and beauty. Red and NIR light promotes balance across the body and skin by enhancing cellular respiration, making energy production more efficient, with less oxidative stress. Wh balance, your skin will look and feel softer and more invigorated.



● Inflammation and Pain Relief

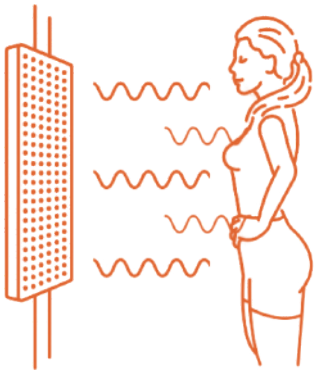
Light therapy help your body's natural inflammation process as you recover from illness or injury. Red light therapy also supports arthritis and joint pain relief by improving blood flow to damaged tissues.

What is Red Light Therapy

Red Light Therapy is a process of emitting light wavelengths through the skin to stimulate your bodies natural healing and regeneration processes.

When delivered within the optimal wavelengths and energy levels, red and near infrared light protect your body's cells from nitric oxide damage, which can otherwise stop the cell's production of ATP when you're stressed or ill. Red light photons allow your cells to continue utilizing oxygen effectively by minimizing the absorption of nitric oxide. Only red light therapy can reach all the way into a cell's mitochondria to stimulate healing and regeneration to help improve your appearance, performance, and overall well-being.

How Does It Work



At the highest end of the visible light spectrum is red light, which goes from a little over 600nm to approximately 700nm.

Above the visible light spectrum is near-infrared (NIR) from about 700nm to a little over 1,100nm. It is specifically these red and near-infrared wavelengths that have amazing effects on our bodies. Most research showing benefits of red light and near-infrared light have used wavelengths in the ranges of 620-680nm and 800-880nm. There have now been literally thousands of studies done in both animals and humans.

Overall, red and near infrared light has been repeatedly shown to have positive effects on cell function in animal and human studies and aid in improving a wide range of conditions.

Efficient Cells Can Enhance Health

Please read the instructional manual to get the most out of your device.

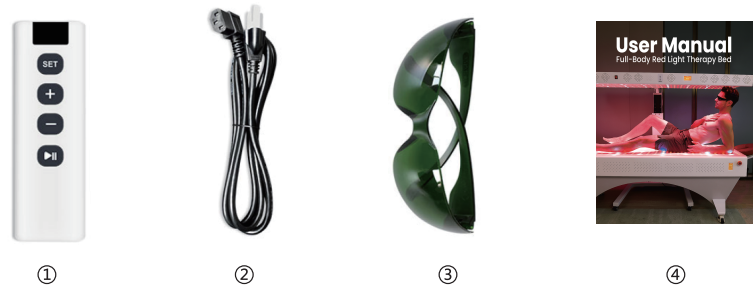
Congratulations on taking control of your pain! Now you can use the LED Red Light Therapy to provide direct, non-addictive, drug free pain relief.

Features:

1. Perfect performance for body treatments like weight loss and pain relief.
2. Portable design so you can use it in different situations.
3. LEDs with wavelength 660nm 850nm infrared.
4. We provide 1 year warranty for belt.



What is inside



1. Controller

Controller is provided to set the timer and heat for each treatment when used. This will assist you to not use the wrap for more than the time required.

2. power cord

For standard use of the Red Light Therapy Belt.

3. goggle

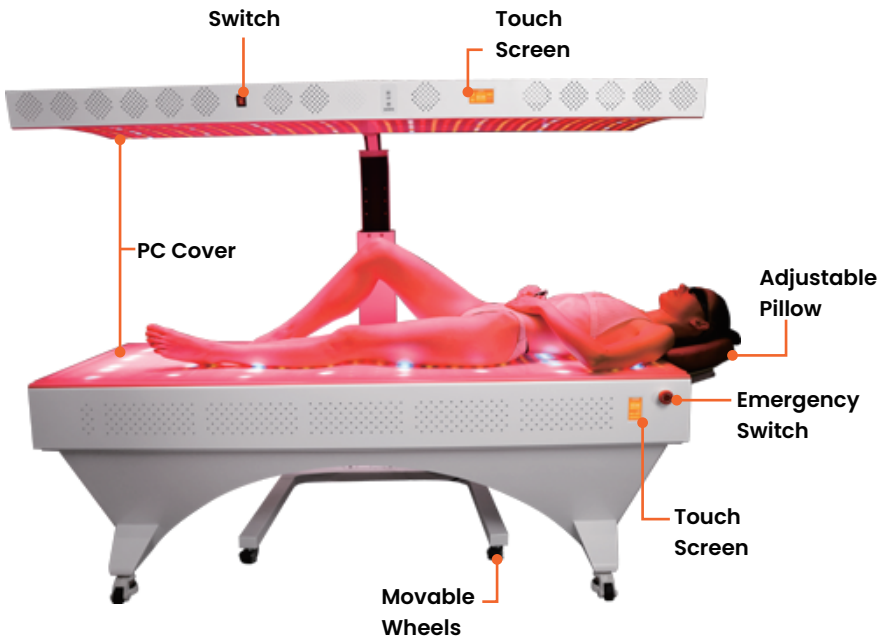
4. User Manual



Accessories

Under no circumstances should you use anything other than our accessories. Any others may not be compatible with your unit and could degrade the minimum safety levels.

Product Structure



Product Specification:

Product model:	RLPRO2000L-B
Dimensions:	1900*704*594mm(L*W*H)
Spectrum:	480/590/630/660/670/810/830/850/1060nm
Bead quantity:	1152 Pcs
Input voltage:	100V-240V
Power:	1600W
Dimming:	1-100%
Warranty period:	3 years



Product Specification:

Product model:	RLPRO2000L
Dimensions:	1924*900*1275mm(L*W*H)
Spectrum:	480/590/630/660/670/810/830/850/1060nm
Bead quantity:	1152 Pcs
Input voltage:	100V-240V
Power:	1600W
Dimming:	1-100%
Warranty period:	3 years



WARNING!

Severe personal injury and property damage can result from improper installation or assembly.

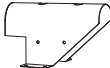
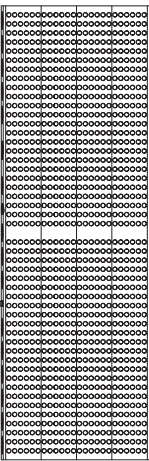
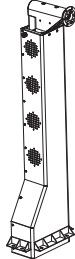
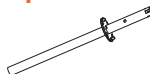
Read the following warning carefully before beginning.

- 1 If you do not understand the instructions or hardware is damaged or missing, please contact a qualified local installer.
- 2 Do not install or assemble if the product or hardware is damaged or missing, if you require replacement parts, please contact your local distributor for assistance.
- 3 This product fits the Optix 180 with a maximum of 200lbs/90.9kg
- 4 This product contains moving parts, please use with caution.
- 5 Do not use this product for anything other than the original design.
- 6 The manufacturer disclaims any liability for the modifications, improper installation, or installation over the specified weight range. The manufacturer will not be liable for any damages arising out of the use of, or inability to use, the product.
- 7 Death or serious injury may occur when children climb on Mobile rack and/or light fixture. A remote control or toys placed on the light fixture may encourage a child to climb on the light fixture and as a result the light fixture may tip over on to the child or equivalent.
- 8 Relocating light fixture equipment to Mobile rack not specifically designed to support collapsing or over turning onto a child or equivalent.
- 9 Use with products heavier than the maximum weights indicated may result in instability causing possible injury.

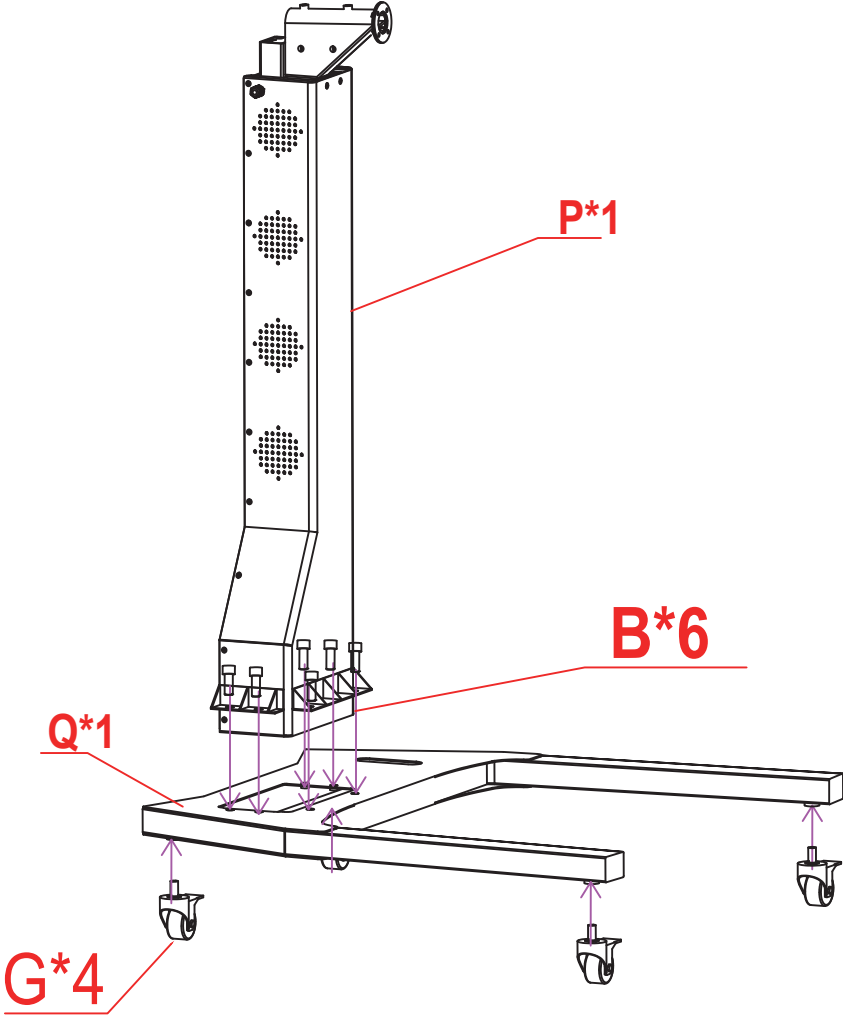
è All images are for reference, to successfully assemble the product.

							
Tightening Direction	Loosening Direction	Phillips Screwdriver	Metre Ruler	Adjustment	By Hand	Hex Wrench	+Tightening -Loosening

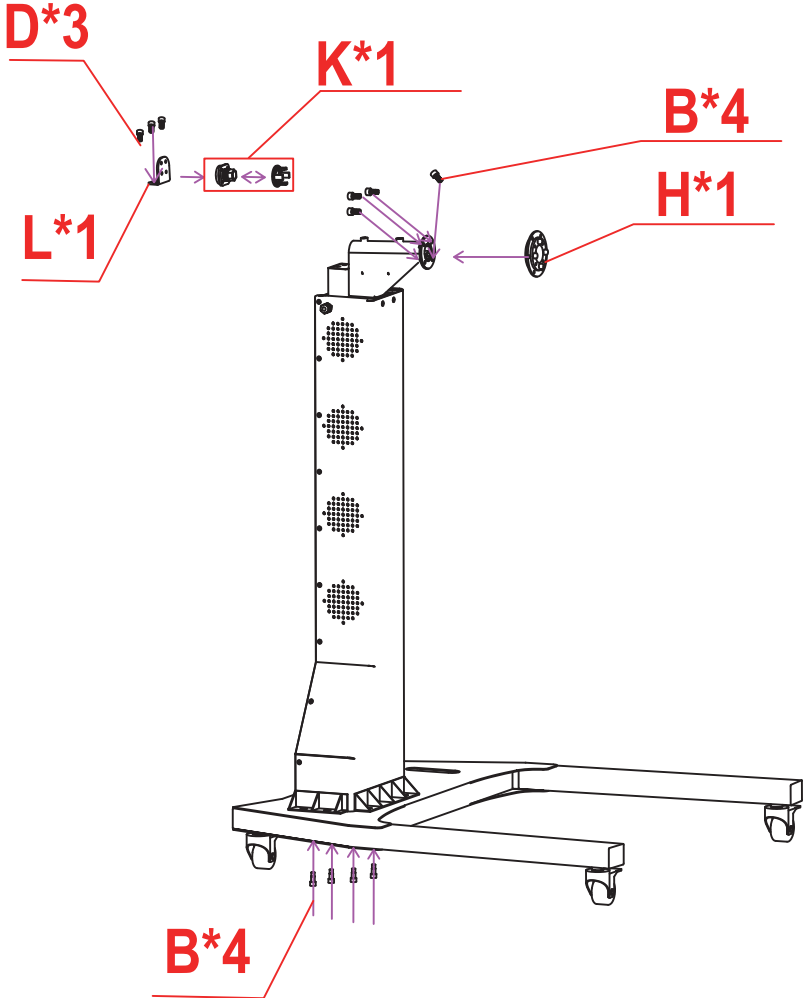
Parts list

N*1 	M*1 	K*1 		
Q*1 		L*1 		
P*1 		H1 		
		G*4 		
		F*1 		
A*6  PM5*30MM	B*16  M8*12MM	C*4  PMW4*10MM	D*3  M6*12MM	E*1  Hex Key

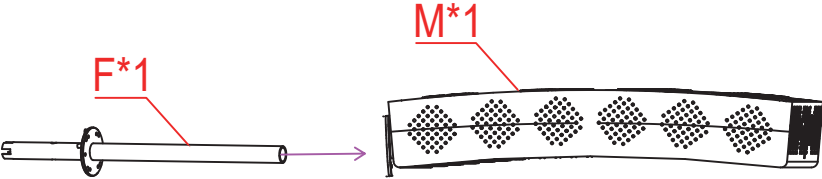
Support installation drawing



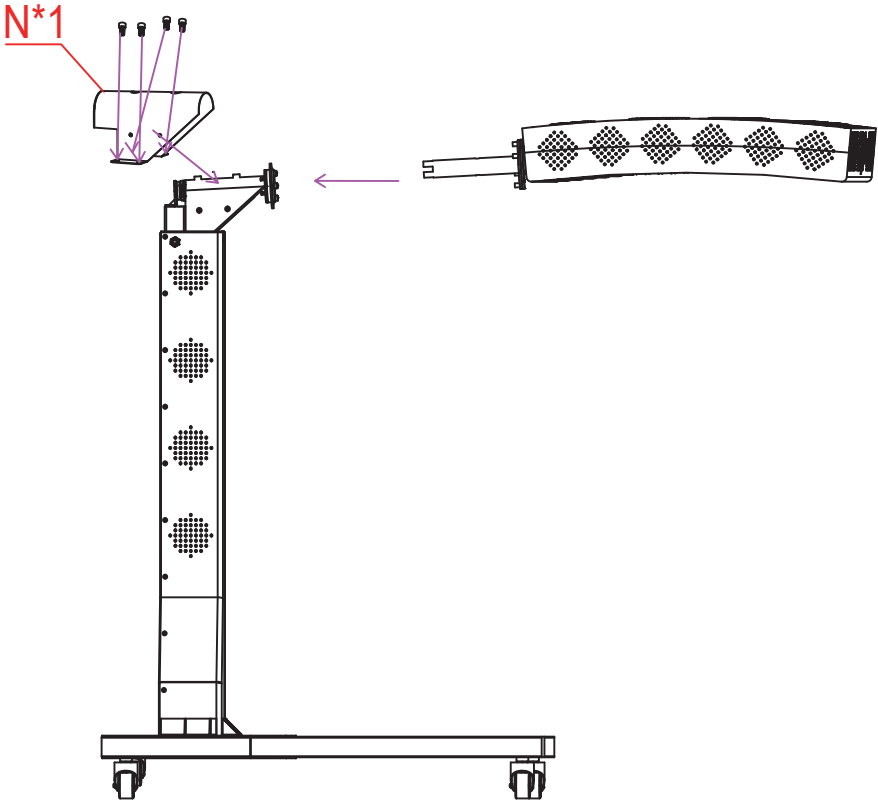
Installation drawing of electrical box



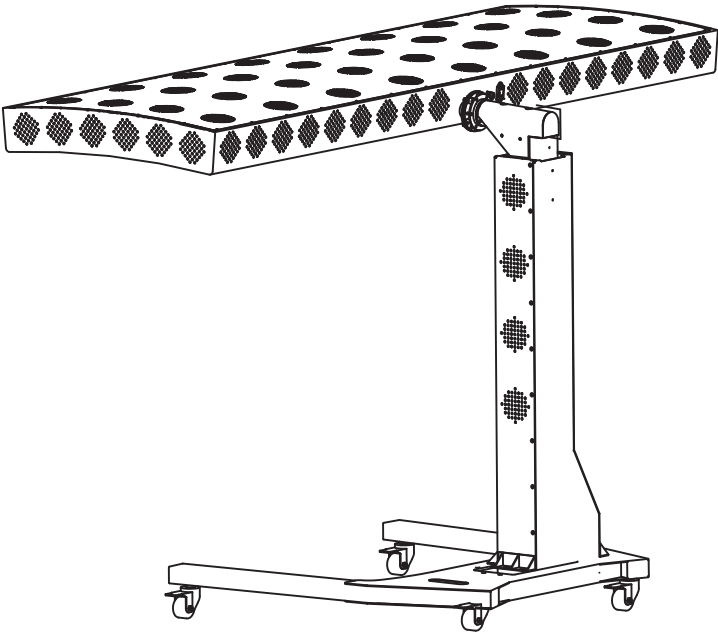
Support installation drawing



Lamp body installation drawing



Assembly Completed Picture



Operating Instructions for Touch Screen

1.Master interface

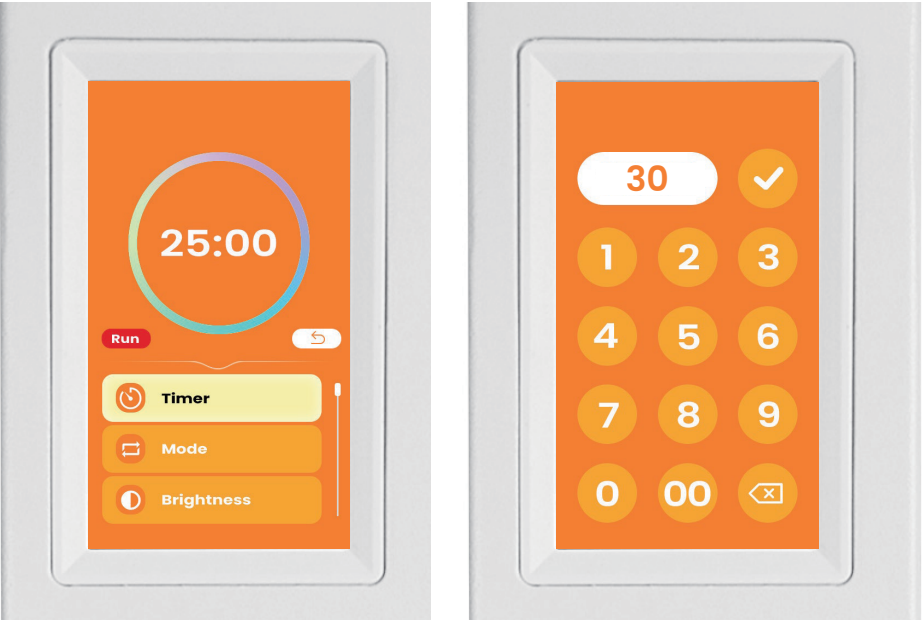
- ▶ 1) Here is the detailed result to show what you have settled for the Timer, Mode.
- ▶ 2) Scene: Press it to choose a fixed setting you need (Fat Loss/Skin/ Muscle/Joint Pain/Universal)
- ▶ 3) Start/Pause: Press it to turn on or turn off the light
- ▶ 4) Setting: Click to custom setting for Timer, Mode, Brightness, Frequency, Group Device, Alarm Clock, Date & Time etc.



Operating Instructions for Touch Screen

2.Slave Interface-Setting

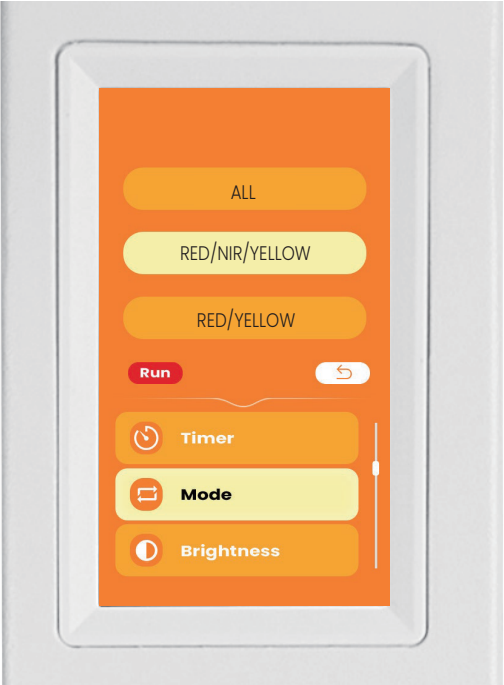
- ▶ 1) Timer: It supports 1-30Mins. Two ways for time setting,
 - ◀ Drag the bar on the circle to adjust time
 - ◀ Click the center of circle area, so you will get the following page, and enter your desired time number. then press tick mark to save.



Operating Instructions for Touch Screen

► 2) There are nine modes:

- | | | |
|----------------------|--------------|----------|
| 1 All | 5 Nir yellow | 9 Yellow |
| 2 Red nir and yellow | 6 Red | |
| 3 Red yellow | 7 Nir | |
| 4 Red nir | 8 Blue | |



Operating Instructions for Touch Screen

► 3) Independent wavelength dimming:
It supports 0-100% brightness. Three ways for editing:

- a) Click the left **"-" or "+"**
- b) Sliding adjustment
- c) Click the %, and enter your desired brightness



Operating Instructions for Touch Screen

► 4) Independent wavelength frequency setting: It supports 0-10000Hz. Three ways for editing:

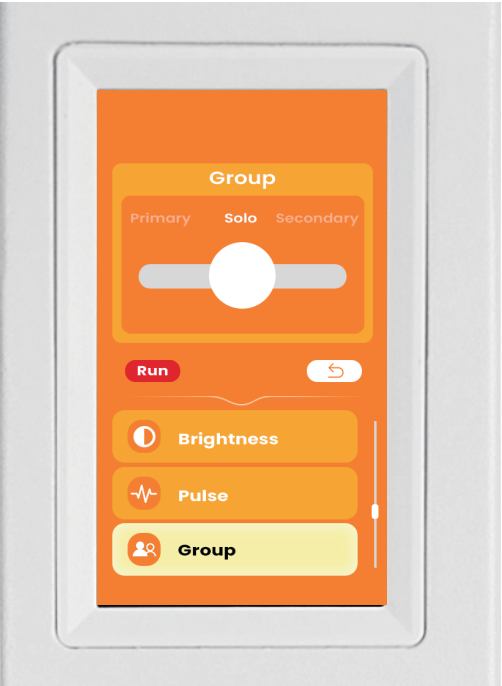
- a) Click the "-" or "+"
- b) Sliding adjustment
- c) Click the "NULL", enter your desired frequency



Operating Instructions for Touch Screen

► 5) Group Setting:

Set one panel to "Primary" and the other devices to "Secondary". At this time, all devices are only operated and controlled by the "Primary" device unless you press "Close".



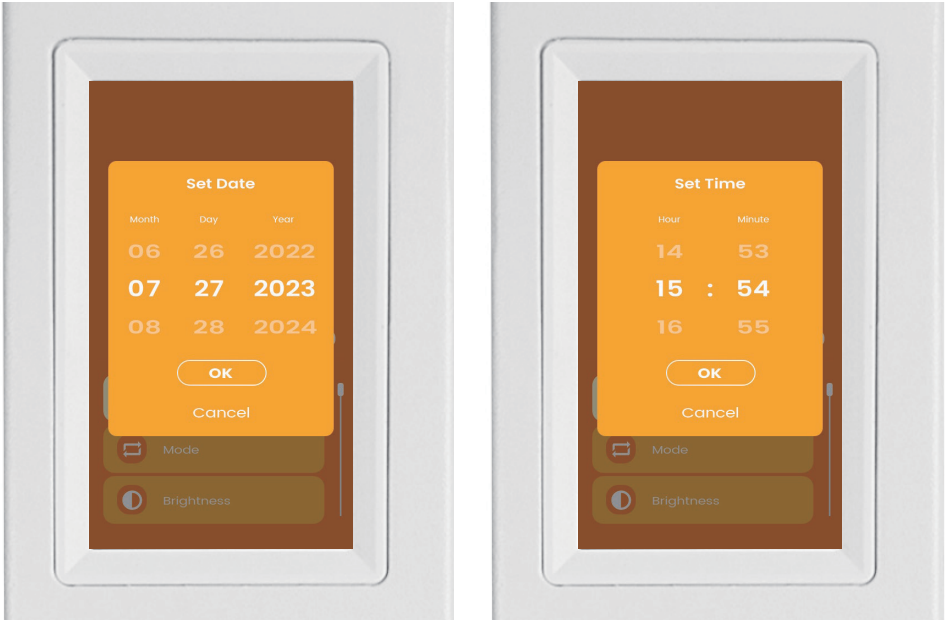
Operating Instructions for Touch Screen

- ▶ 6) Alarm Clock
 - a) Choose only once /Repeat everyday
 - b) Set the alarm time, timer, mode, brightness, pluse
(Tip:The alarm time is the ringing time, which also means that the lighting work has ended.
If you set the working time to 10 minutes, it will light up 10 minutes before the alarm rings)
 - c) Swipe left to turn off the alarm, swipe right to turn on the alarm.
 - d) Default 2 alarm clocks, but it allows to press "+" or "-" to add/delete alarm clock, max 10.



Operating Instructions for Touch Screen

- ▶ 7) Date & Time: Set the date and time for your region.

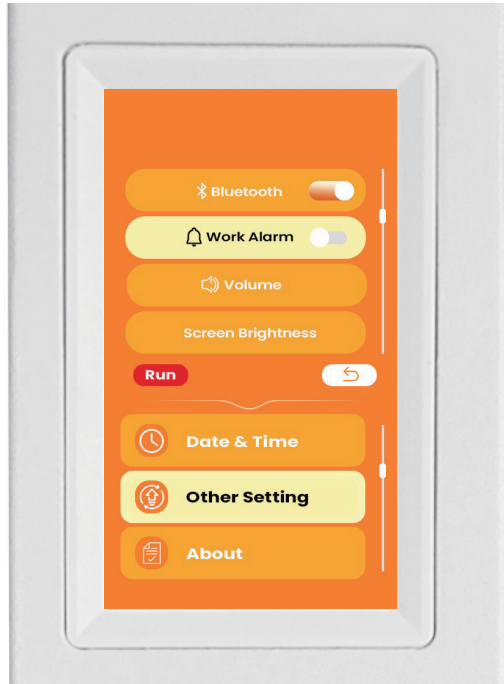


Operating Instructions for Touch Screen

► 8) Other Setting

- a) Bluetooth: open to connect APP.
- b) Work Alarm: It will "beep" when it has only half of its working time left. It is to remind you to treat different parts of the body.
- c) Volume: The sound of operational actions from 0% 25% 50% 75% 100%.
- d) Screen Brightness: 0% 25% 50% 75% 100%.
- e) Factory Reset.

► 9) About



Operating Instructions for App

► 1) Check if you have bluetooth turned on (your phone and device)

2) Find the app on Google Play/APP Store, download and open the app.

3) Connect to your device and use it (Check your device's BLE NAME from "Setting-About")



Contraindication:

This device is designed for use on adults over 22 years of age and not recommended for use on infants or children.

Do not use the device if you have the Fitzpatrick Skin in Type V and Type VI.

Do not use this device if you are photosensitive.

Do not use the device if you are pregnant, or breastfeeding, or preparing pregnant.

Do not use the device if you are taking photosensitive drugs.

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 have severe acne.

Do not use this device to treat skin that is painful to touch, raised (higher than surrounding skin), crusting or bleeding. This may be a sign of a more serious condition and should be checked by your doctor.

Care And Cleaning

Before cleaning your device(s), make sure the device(s) are powered off and power cords are unplugged from any power source. Please remove devices from their mounting accessories before cleaning. To clean your panel, except lens parts, you can use a microfiber rag with water to clean the body of the device. Do not spray or apply any moisture to the device directly. Be careful when wiping around vented slot openings, LED openings, and any input or output openings to avoid moisture intrusion.

***Caution:** Do not use chemical cleaning agents such as alcohol to clean the surface of lens of the device.

Storing the Device(s)

The device and accessories should be stored in a clean and dry location.
Storage Condition:

* Temperature 0°C ~ 40°C (32°F -104°F)

* Humidity less than 50% Warranty devices do not require any user maintenance.

If the device requires servicing, please contact at Nicole@szidealight.com

Devices and parts are covered by a 2-year limited warranty.

Warnings

1. The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
2. Children being supervised not to play with the appliance.
3. WARNING: Do not stare at the emitter. Read instructions carefully.
4. Please protection of the eyes against exposure to visible and infrared radiation; strictly follow the cycle time specified in the usage instructions
5. If unexpected side effects, such as itching, occur within 48 h of the first session of using an appliance, medical advice should be sought prior to further exposure;
6. The appliance must not be used if the timer is faulty or the filter is broken or removed.
7. Forbid replacement by the user and tools are needed to replace the emitters.