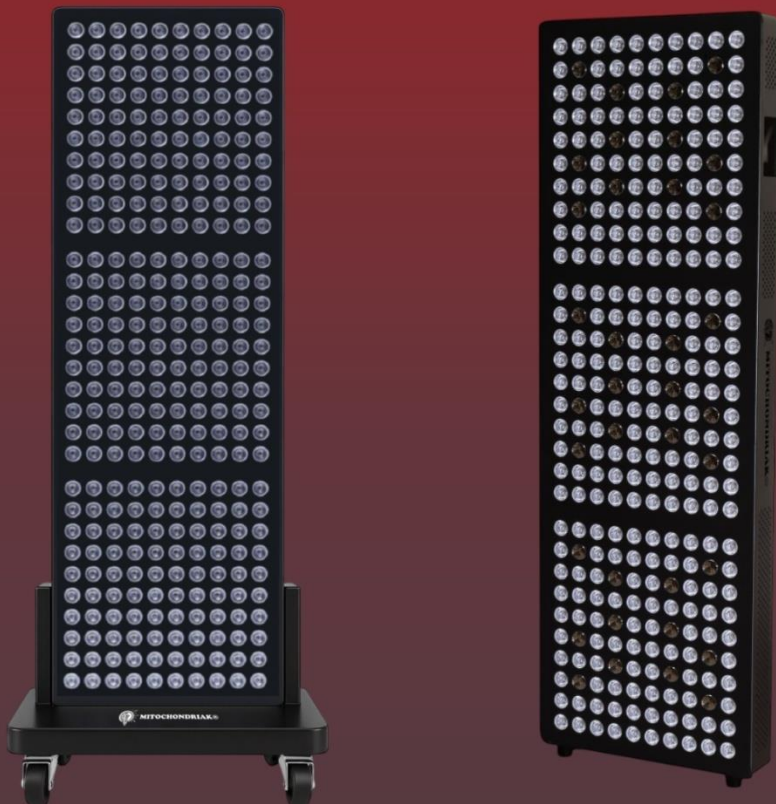


User manual



Mitochondriak® Maxi UVB

Please read this manual before first use!

Introduction:

Thank you for purchasing the **Mitochondriak®** light therapy device. You have chosen panels that have been deliberately designed to provide the most optimal experience, as well as the effect of red, infrared and even UV light therapy. With the new version of the Mitochondriak® panels, you will take your therapy to a new level. **Why settle for anything when you can have the best?**

Who are we?

Two brothers who are connected by more than just their **name** and a certain "**similarity**", but also by their mindset and approach to **LIFE** and **LIGHT**.

"We are both advocates of a **healthy lifestyle**, but at the same time we realize that our **health** is not only about diet and exercise, but first and foremost about **light**. Light is what affects our **mitochondria** the most, and **mitochondria** are our true "**energy source**!"

This is why - "**Mitochondriak**"

Disclaimer – how to use UVB:

- **Before using the Maxi UVB for the first time, please read this manual and especially the part „How to test your sensitivity to light“. Do not skip this step!**
- **Simple procedure on how to test your sensitivity to light, especially UV, and how to expose yourself to UV light can be found on page 8.**

Contents of the user manual:

Technical parameters Mitochondriak® Maxi UVB	5
Package content	6
Installation + first launching the device	7
General recommendations for using the device and UV light	8
Basic settings/functions	10
Preset programs – usage	22
Remote control	24
Pulsation – uses, benefits and recommendations	25
Light penetration depth + wavelengths used	28
Getting started + Frequently asked questions	31
Disclaimer/Important safety notice	35
Warranty conditions	35

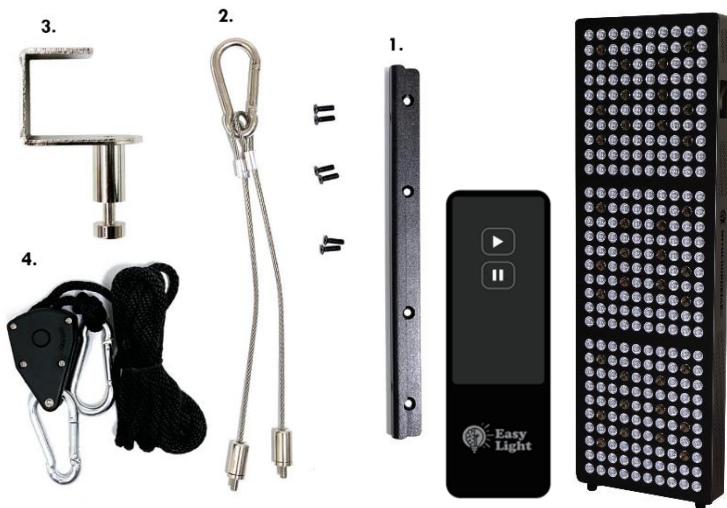
Technical parameters – Mitochondriak® Maxi UVB:

Model:	Maxi UVB
Dimension (mm):	910x298x65
Energy consumption (Watt):	482 W
LED (pcs):	300
Weight (Kg):	11
Cooling fans:	2
Angle of enlightenment:	30°
Wavelengths:	295, 380, 480, 630, 670, 760, 810, 830, 850 nm
Pulsation mode:	0-10000 Hz (RED, NIR, UVB, UVA+blue independently)
Brightness mode:	0-100% (RED, NIR, UVB, UVA+blue independently)
Suitable for use:	Half/Full Body
Timer:	Dual timer - RED/NIR (0–30 min), UVB/UVA+blue (1–30 min)
Multifunctional touch screen:	Yes
Pre-set programs:	Yes
Wireless synchronous mode:	Yes (built in)
Voltage:	AC 110-240 V
Frequency:	50/60 Hz
EMF:	at the recommended distance almost zero
Flicker:	Zero flicker
Flicker Pct:	0,9 – 5 %
Material:	Metal/Plastic
Lifespan LED:	50,000 hours (137 years at 60 min./day)
Warranty:	2 years
Certificate:	CE, FCC, ROHS

Package contents:

In the maxi device package you will find:

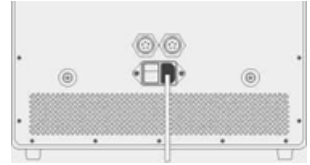
- Mitochondriak® Maxi UVB device,
- power cable,
- safety glasses,
- remote control,
- user manual,
- hanging system.



Installation + first launching the device:

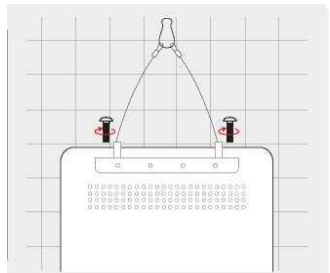
STEP 1.

Place the device on the ground, or hang it using a hanging system (see next point). Or place it in a suitable manual/electric stand (if you order that one too) according to the instructions, and check that the cables are not visibly damaged. **Press the orange power button** to start device.



STEP 2.

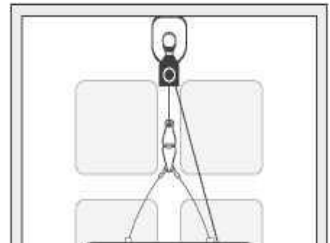
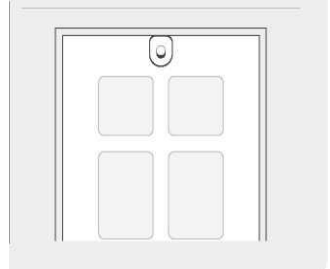
After pressing the power button, the side display lights up. This means the device is ready for use (see the next section “**General recommendations for using the device and UV light**” and “**Basic settings/functions**”).



Hanging:

The hanging system is included in the package with all **Mitochondriak® Maxi devices**.

1. Screw the bar to the top of the panel (see pictures).
2. Screw the suspension rope to the rail with a carabiner.
3. Place the hinge mechanism on the fixed door and use the mechanism to raise the panel to the desired height.
4. The height of the device can be adjusted (up and down) with rope.



General recommendations for using the device and UV light:

How to start tanning with our Maxi UVB:

Our MAXI UVB is an advanced device that you can use as a classic infrared panel with red (RED) and infrared light (NIR) or also with UV light..

- If you want to **use the device only with RED/NIR** from the beginning, **follow the first step.**
- If you **want to use the device with UV light, follow step two. DO NOT SKIP THIS STEP** and never skip the **SKIN TESTING** described in step two!

1. RED/NIR mode:

a. Test your skin sensitivity for light tolerance:

- Turn on RED+NIR.
- Expose a body part (e.g. forearm) 50-60 cm from the device to the light for 2 to 3 minutes.
- It is ideal to repeat at least 2 to 3 days.
- If you experience any redness or discomfort, you may be photosensitized and we recommend that you consult your doctor or healthcare provider before using the device.

b. The usage:

- Use from a distance of 50-60 cm (no closer than 30 cm).
- Turn on RED+NIR and start with 2-5 minutes, full intensity for 2-3 days.
- Gradually increase to 15 minutes per session. If everything is OK, enjoy the therapy as needed.
- **For superficial body treatments** (wrinkles, collagen production, muscle regeneration, pain, testosterone, thyroid, immune function), **apply for about 5-15 minutes.**
- **For deeper body treatments** (bones, organs, brain performance, fat loss, scarring, sleep quality, muscle regeneration, gut health and microbiome, hair growth, inflammation), **apply for about 15-30 minutes per session.**
- Keep your eyes closed during the therapy or wear protective glasses (included).
- **Use 5-7 times a week** (or twice a day if needed).

2. UVB/UVA+blue mode:

a. Test your skin sensitivity for UV tolerance:

- Start with our pre-set “Skin Testing” program.
- **Light a small part of your body** (e.g. forearm) from a recommended distance of 50-60 cm.
- **Wait 24 hours after session** and repeat the procedure for at least 2-3 more days.
- **If you experience any redness or discomfort, you may be photosensitized to UV light**, or your tolerance to UV is very low. In this case, we recommend using only red and infrared (RED/NIR) without UV for several weeks (see previous page) or consult your doctor or healthcare provider.
- Slight redness of the skin after using UV light is normal and desirable, but should disappear within 24 hours. However, the skin should not sting, hurt or be otherwise uncomfortable to the touch.
- **If everything is OK, we recommend applying the same procedure to a larger area of the body** (stomach, back, thighs) also for at least 2-3 more days and watch your skin for 24 hours.
- **If everything is OK, you can start using the device according to the instructions in the next section** “Usage of the UV light ” below.

b. Usage of UV light:

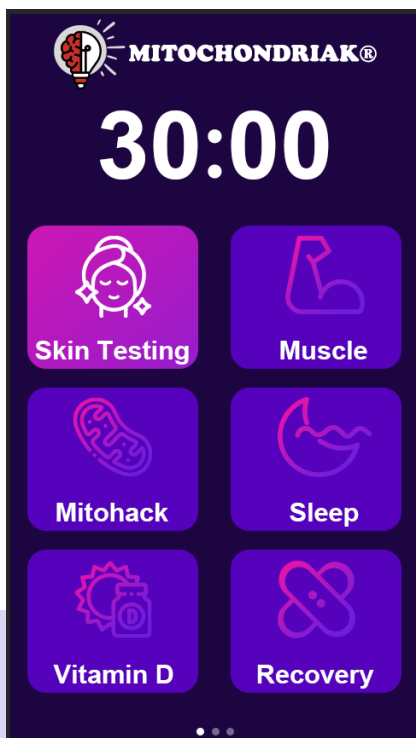
- **Never use only UVB or UVA+blue light alone without RED/NIR!**
- **Use UV light only at least 3 hours after sunrise and 3 hours before sunset.**
- **Avoid the face and eye area when UV/blue is turn ON. If you are using UV around face/eye, we recommend wearing protective glasses and consulting a doctor (especially if you have sensitive skin).**
- **Recommended/for „laymen“:** For general use, use the UV light by using our “Vitamin D” program. In this program, everything is automatically preset for you. Use the program once, maximum 2 times a day, on one to 2 areas (e.g. abdomen and then back).
- **For experts/“geeks“:** If you want to set the UV exposure by yourself, we recommend always turning on both UVB and UVA+blue light with RED and NIR.
 - **Turn on the RED/NIR**, set the timer for 5 to 15 minutes and then set the timer for the UV light as well (30 sec. to 3 min.).
 - We recommend using the UV light 100% intensity and without pulsation for a maximum of 30 seconds for the first few days, and gradually increase it by 30 seconds, up to a maximum of 3 minutes.
 - **Before extending the exposure time, always wait and monitor the condition of the skin after 24 hours** (see previous section).
 - We recommend using the UV light once, maximum 2 times a day.

Mitochondriak® device - Basic settings/functions:

You have control. Simply and intuitively with a touch/swipe of your finger.

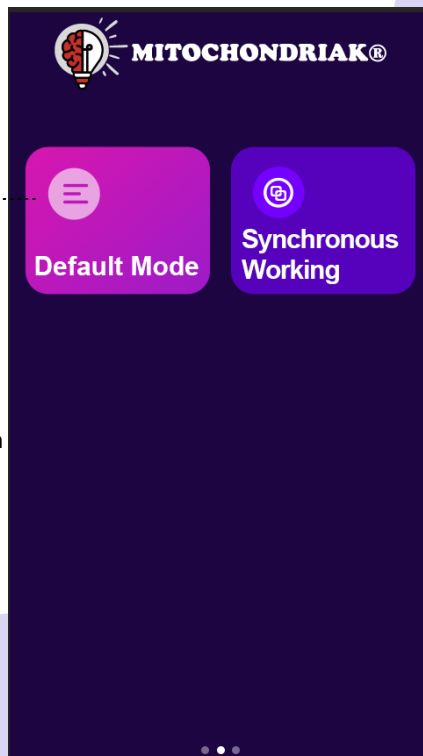
1. **SCREEN:** When you turn on the device for the first time, you will see the home screen with preset programs.

Backlight shows
ON/OFF. Just click to
program to turn ON or
OFF.



2. SCREEN: Swipe ("scroll") to reach the second screen.

Here you will see „**Default mode**“ (option to save/delete and run manually set programs) or "**synchronous working**" (if you want to pair multiple devices of the same model).



Your **saved modes**, which you can set and save yourself (see explanation on next pages).

Synchronization mode (see explanation on next pages).

3. SCREEN: Swipe (scroll) to get to the third - basic screen.

Here you see the **basic screen**, where you can set everything by your self: the **pulsation, timer and intensity separately** for **red (RED), infrared (NIR), UVA+blue** and **UVB** light..

On this screen you can see and set everything about **UVA+blue, UVB** light.

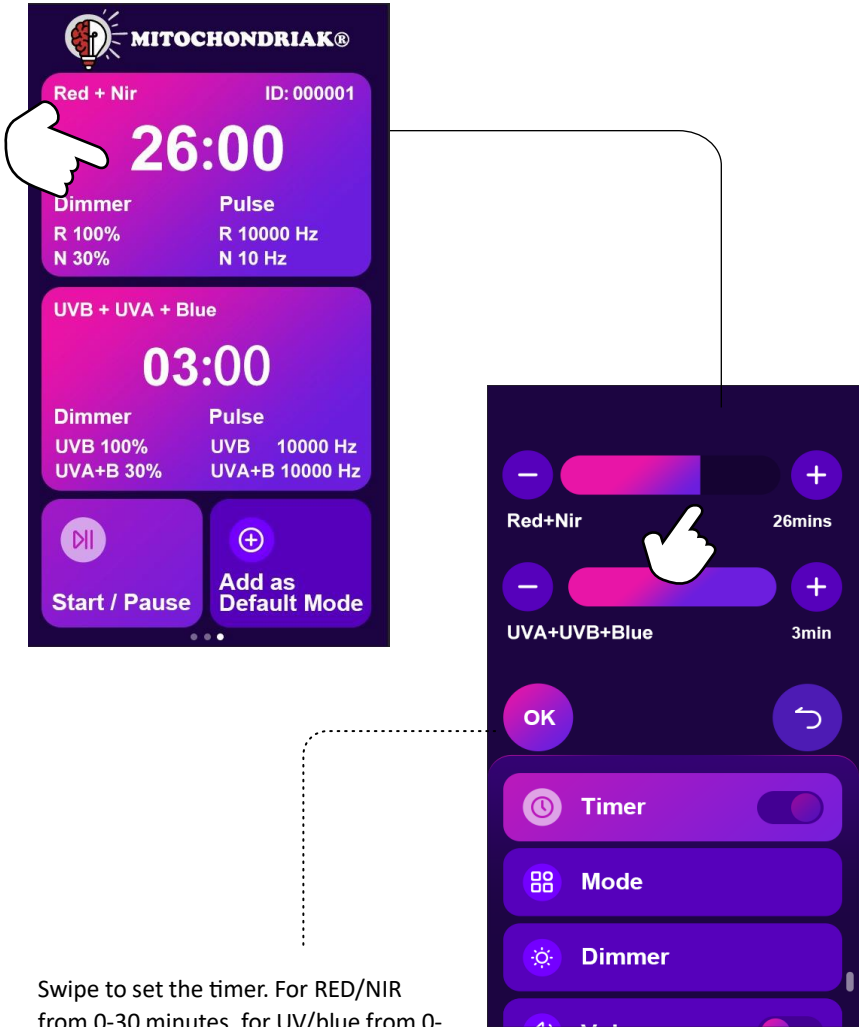


On this screen you can see and set everything about **red (RED) and infrared light (NIR)**.

Click **START/PAUSE** to turn on/off your SET values.

TIMER

By clicking on SCREEN you can set the timer separately for RED/NIR and for UVA+blue, UVB.



Swipe to set the timer. For RED/NIR from 0-30 minutes, for UV/blue from 0-3 minutes.

Then confirm by clicking **OK**.

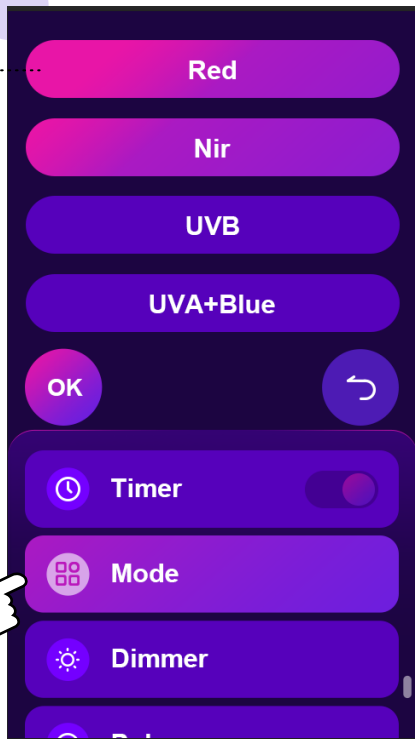
MODE SELECTION

Click on SCREEN to access the settings again. Here you can turn **ON/OFF** each mode separately: **RED**, **NIR**, **UVA+blue** and **UVB**.

Kliknutím môžete ZAPNÚŤ/VYPNÚŤ každý mód samostatne. Červenú (RED), infračervenú (NIR), UVB a UVA+modrú.

Farebne podsvietený mód je zapnutý.

Následne potvrdíte kliknutím na **OK**.



WARNING

When turning on UVB or UVA+blue mode, you must confirm our preset **WARNING**.

Never turn on the light separately (without RED/NIR) and do not use it for longer than recommended. Always wear protective glasses when using UV.

The full procedure for using UV light and how to test yourself for first time, can be found on page 42.



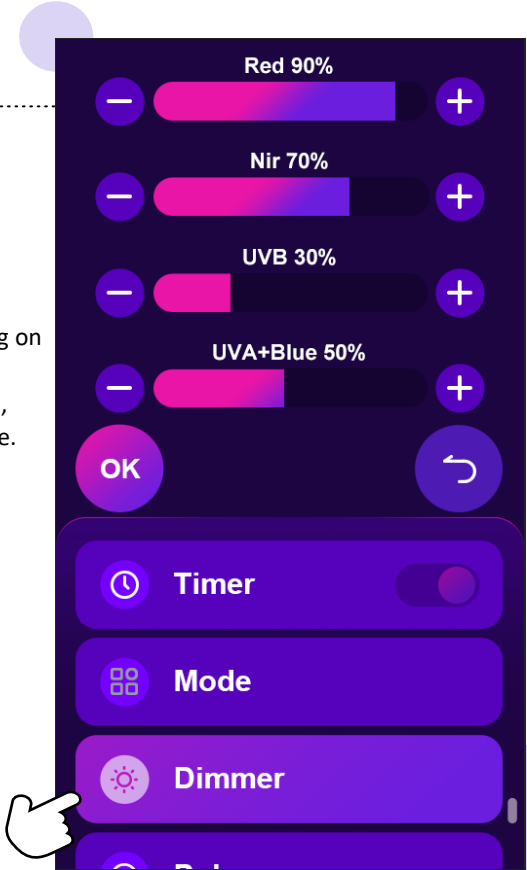
INTENSITY

You can set the intensity separately for each mode: RED, NIR, UVA+blue and UVB – from 0 to 100%.

Recommendation: For general/lay use, we recommend using intensity/pulsation change only for RED/NIR. When turning ON the UV light, leave it at 100%/0 Hz.

By dragging your finger or clicking on "+" or "-" you can adjust the intensity separately for red (RED), infrared (NIR), UVB and UVA+blue.

Then confirm by clicking **OK**.



PULSATION

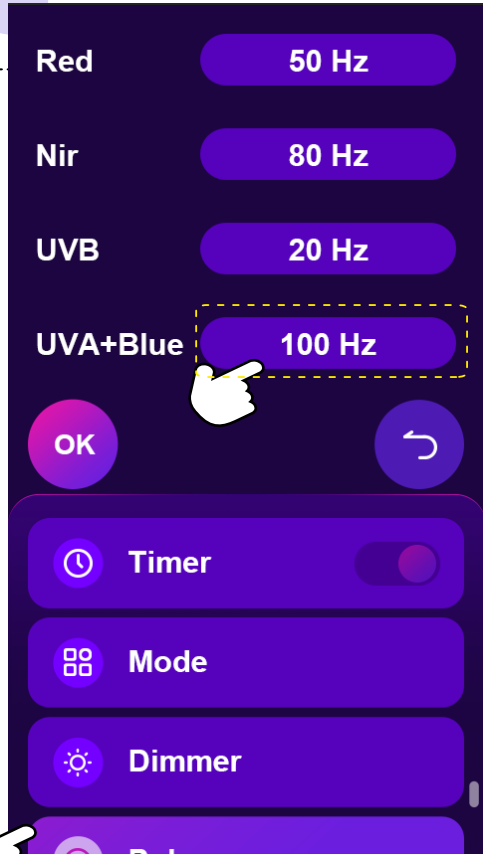
You can set the pulsation separately for each mode: RED, NIR, UVA+blue and UVB – from 0 to 10 000 Hz.

Recommendation: For general/lay use, we recommend using intensity/pulsation change only for RED/NIR. When turning ON the UV light, leave it at 100%/0 Hz.

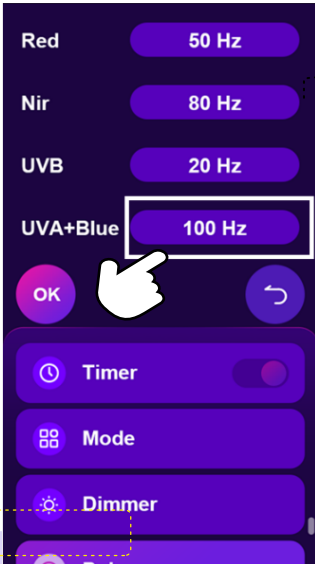
By clicking on the desired pulsation you can set the number.

You can choose from our preset pulsations Hz, or choose any number from 0 to 10,000 Hz, even decimal.

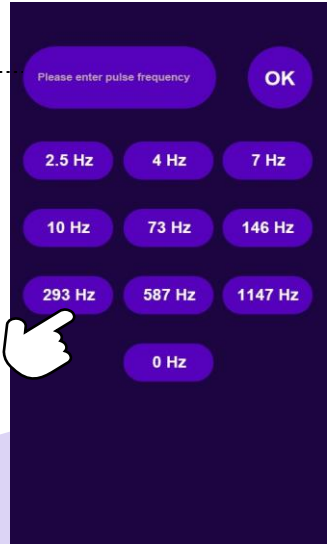
Then confirm by clicking **OK**.



1. Click on the mode you want to set the pulsation for.

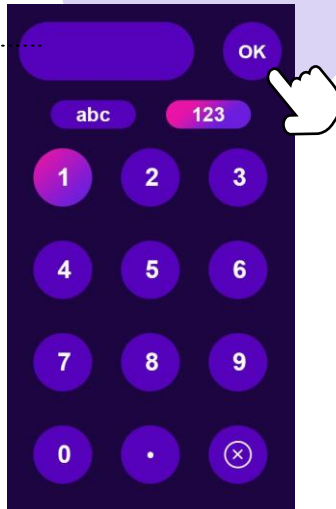


2. You can then select a pulsation from our presets



3. Or click on "Please enter pulse frequency" and type any number from 0 to 10,000.

Finally, always confirm with OK.



DEFAULT MODE – select/save/delete

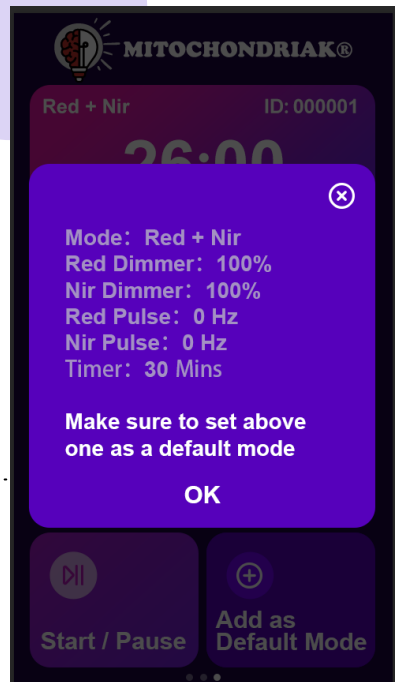
You can save any custom settings (pulsation, intensity, mode, timer) as your "default" mode and name it.

You can then easily **save** and **delete** your modes.



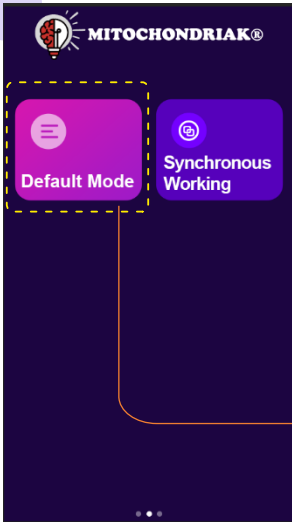
Click on „Add as Default mode“ you will save all your values.

Then confirm by **clicking OK**.



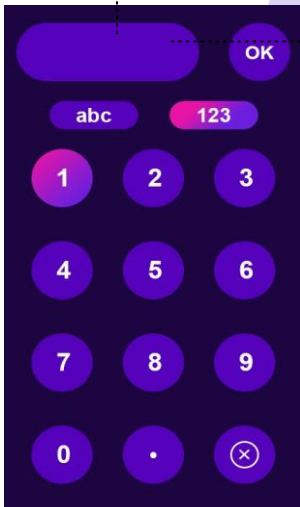
You can run, rename or save your program as follows.

1. Click on "Default mode".



2. Select the program you want to rename, run, or delete.

To run it, just **click on it**. To rename it, **hold your finger** on it for a few seconds.



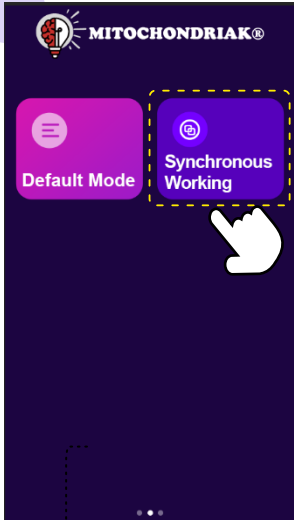
3. Name the program and click OK.

To **delete a program**, swipe left and click the trash can icon "DELETE"!



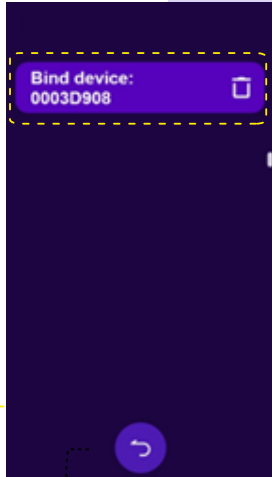
SYNCHRONOUS (Synchronous working mode)

If you own two or more of the same devices, you can easily sync them via our wireless system.

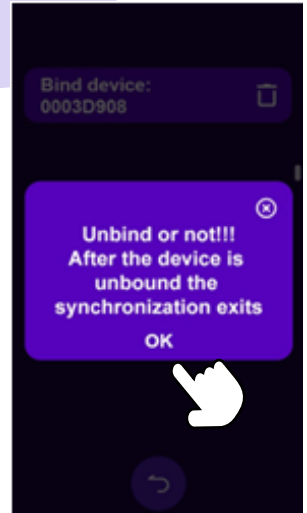


Just click on „Synchronous working“ and hold for 5 seconds to enter synchronization mode.

Do the same on the second device.



Click on the device you want to pair (you can find the device name on the device in the same way) and the devices will pair.



To cancel synchronization, hold down "Synchronous working", click on the trash can icon and confirm by clicking "OK"!

Preset programs – usage:

Skin Testing

A program to test your sensitivity to light!

Wear protective glasses when using!

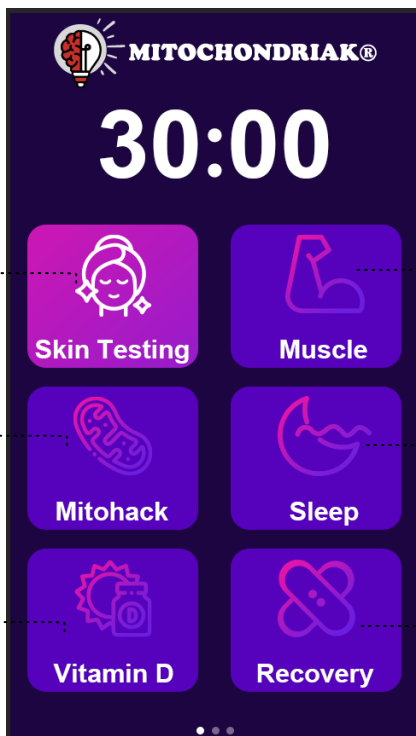
Mitohack

Program to support mitochondria, cognitive function and fat burning!

Vitamin D

Program for producing your own vitamin D.

Wear safety glasses when using!



Muscle

A program designed to regenerate muscle fatigue and improve muscle endurance!

Sleep

Sleep improvement program.

Recovery

A program designed to support regeneration (both physical and mental).

Skin Testing:

- **Usage:** Apply the program for the first 1 to 7 days after purchasing the device to determine your sensitivity to light and especially UV light. Do not skip this step!
- **Duration:** 30 seconds.
- Mode used: RED, NIR, UVA+blue and UVB are active. No pulsation, 100% intensity.
- **Application:** Apply from a distance of 50 - 60 cm (with protective glasses) on the forearm area once a day. For further instructions, see the section "**General recommendations for using the device**" [on page 42](#).

Mitohack:

- **Usage:** Program to support mitochondria, cognitive functions and fat burning!
- **Duration:** 15 minutes.
- **Mode used:** RED and NIR are active. RED 100 Hz/100% intensity, NIR 40 Hz/100% intensity.
- **Application:** Apply from a distance of 50 - 60 cm, at any time of the day (but not close to bedtime and immediately after waking up). Once to max. 2 times a day.

Vitamin D:

- **Usage:** Program for the production of vitamin D in the skin.
- **Duration:** 10 minutes.
- **Mode used:** RED, NIR, UVA+blue and UVB (turned on sequentially).
- **Application:** Apply from a distance of 50-60 cm once a day, to the area outside the face (stomach, back, thighs,...). We recommend changing the area every day and always perform a **SENSITIVITY TEST** before first use ([see page 42](#)).

Muscle:

- **Usage:** A program designed to regenerate muscles and improve muscle endurance.
- **Duration:** 20 minutes.
- **Mode used:** RED and NIR are active. RED (146Hz/80%), NIR (73Hz/60%)
- **Application:** From a distance of 50-60 cm, during the day when you feel muscle fatigue, whether after a hard workout or excessive strain. Once to max. 2 times a day.

Sleep

- **Usage:** To improve sleep quality and fall asleep more easily.
- **Duration:** 15 minutes.
- **Mode used:** RED and NIR are active. RED (90%), NIR (10Hz/50%).
- **Application:** Consistently 1x per day from a distance of 50-60 cm, for at least 14 days. The ideal time for therapy is about 2-3 hours before bedtime.

Recovery

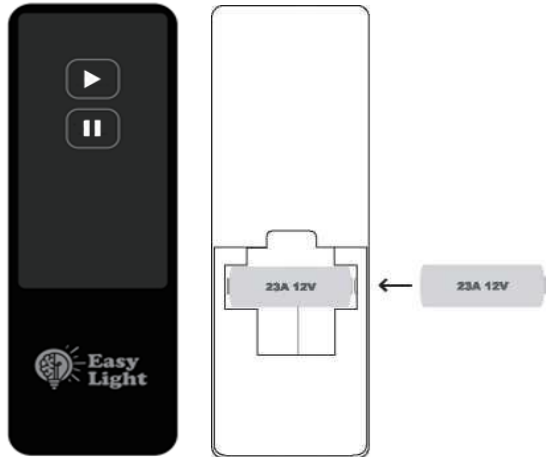
- **Usage:** Program designed for better regeneration.
- **Duration:** 10 minutes.
- **Mode used:** RED and NIR are active. RED (292Hz/40%), NIR (292Hz/40%).
- **Application:** After training, after injury, or after prolonged exposure to strong sunlight. Recommended distance is 50-60 cm from the device.

Remote control:

For the remote control, use a **23A 12V battery**. You can buy it at a regular electrical store. The battery is not included in the package.

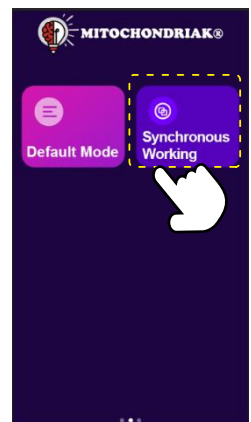
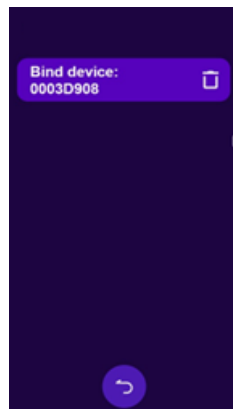
The top button starts the panel and the bottom button stops the program. Programs must be set on the display on the panel, the controller is only for turning on and stopping the already selected program.

NOTE: The EMF from the remote control is minimal, but as with any wireless electronics, we recommend holding it in your hand only when switching!



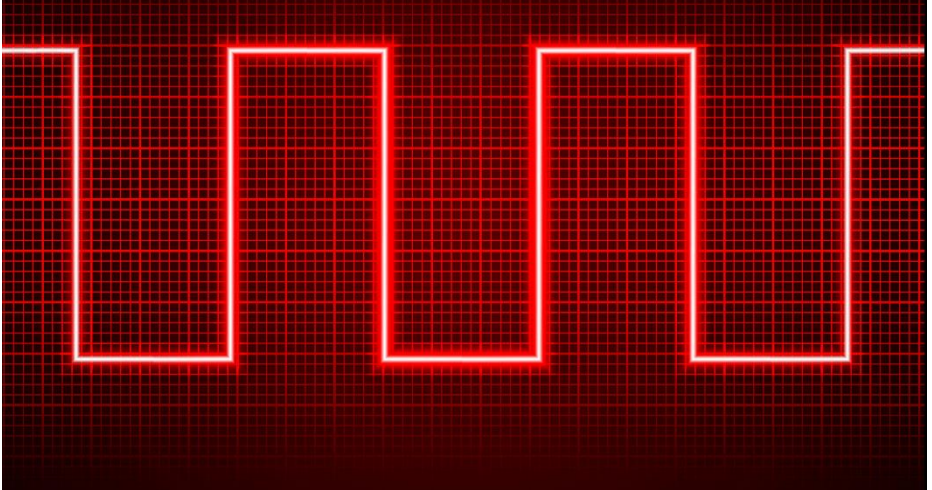
Synchronizing the remote with the device: The remote is normally synchronized with the device from the factory, but it may happen that you own a second device of the same generation and want to pair the remote, or the remote has become desynchronized. **The procedure is simple:**

1. Turn on the device and prepare the remote control.
2. On the display, press and hold „**Synchronous working**“.
3. The display will show the name of the panel, e.g. „**0003D908**“. **Click on it with your finger. A tick and countdown will appear.**
4. Then press the top button on the remote control. **Done.**



Pulsation – uses, benefits and recommendations:

Pulsation is a relatively new technology that can bring additional, additive benefits to therapy. In our new prototype, you can choose the pulsation frequency as you like.



You can also find more information about pulsations on our website.

Many people who deal with alternative medicine or holistic counseling know that frequency, whether in the form of sound or light, has a great influence on a person and they can choose the pulsation easily, according to themselves/the client.

For someone who is dedicated to e.g. **acupuncture** or **sound healing**, it can be beneficial to **add lighting with the same frequency to the therapy**, but for anyone who does not know what pulsation frequency to use, we have **prepared a brief summary of general, recommended tips - what frequency to set for the most widespread problems**. Some frequencies also fall into the so-called **Nogier frequencies**.

Notice: Frequencies below 60 Hz are visible to the human eye and may be irritating to the eyes. Therefore, we recommend wearing protective glasses or using only invisible NIR light at frequencies lower than 60 Hz.

We also recommend alternating the pulsation modes over time, try one for a few days, then another and find which works better for you.

Here are general recommendations for pulsation frequency along with a brief explanation and usage (some of the pulsations are preset by us):

Recommended use of individual recommended pulsation modes (some we have preset for you):

- **2,5 Hz** – this is a very slow frequency, such as e.g. our brain waves during the deep DEEP stage of sleep. **They can be suitable in the evening, especially for people who have little deep sleep.** These slow pulsations can reduce stress and anxiety and are associated with deep meditation, deep sleep, pain relief, reduced cortisol and better "access to the subconscious" (fantasy, visualization,...).
- **4 Hz - delta to theta waves** are associated with deep to REM sleep, reduced anxiety, relaxation, as well as meditative and creative states. **They are more suitable for people who lack more REM sleep. Use mainly in the afternoon to evening.**
- **7 Hz – Theta to alpha waves** to promote deeper REM sleep and relaxation.
- **10 Hz - alpha waves**, which are especially suitable for **pain and relaxation/regeneration (induction of slow alpha waves)**. We recommend using NIR in particular or wearing protective glasses when turning on RED/NIR (because you will see the pulsation with your eyes). For pain, beneficial wavelengths, especially 670 and 810 nm, are shown.
- **40 Hz** - especially for the brain and cognitive functions, you can use it directly to illuminate the head (we also recommend using protective glasses, or turning on only NIR). Especially suitable during working hours.
- **73 Hz** - especially for the brain and cognitive functions, supporting thinking/learning.
- **100 Hz** - especially to support mitochondria, fat burning and therefore weight loss. Mitochondria have a frequency of 100 Hz when they "parasitize" on fat and beta-oxidize. We at EasyLight therefore believe that by pulsing RED and NIR light of the same frequency, we can better synchronize the mitochondria and help them with resonance.
- **146 Hz** - especially for muscle support and regeneration.
- **250 Hz** - especially for **improving the microbiome, for people who don't have time to spare**. In some studies (PMID: 30074108) it was shown that after 14 days of abdominal illumination with 810 nm, 3 times a week, with pulsation of 250 Hz, with a total amount of delivered energy of **10**

Joules/cm², the microbiome changed for the better. You can reach this intensity of 10 Joules in just **5 minutes** using pulsation.

- **293 Hz** – promotes wound healing and reduces inflammation. You can use it for common skin injuries or inflammations.
- **587 Hz** - especially suitable for the microbiome and organs of the gastrointestinal tract, such as the gallbladder, but also the lungs, bladder and thyroid gland. The frequency is also generally suitable for a deeper penetration of light into tissues and the subsequent regeneration of organs, joints and fascia.
- **700 Hz** - suitable for **improving the microbiome and diversifying beneficial strains of bacteria**. According to a more recent study (PMID: 34962422), it was shown that light with a **wavelength above 900 nm** and a pulsation **frequency of 700 Hz** at high power applied 3 times a week for 11 weeks to the abdominal area improved the microbiome of the study participants with an increase in the number of known beneficial bacteria .
- **1147 Hz** - Particularly suitable for **improving the microbiome** and for the organs of the gastrointestinal tract. The frequency is also generally suitable for deeper penetration of light into tissues and subsequent regeneration of organs, joints, fascia and muscles.
- **8 000 Hz** - suitable for improving somatic pain. Pulsation of red and infrared light with a frequency of 10 or 8000 Hz had the best effect on reducing the behavioral manifestations of somatic pain. You can't see such a fast pulsation, so you don't need to wear glasses, and we recommend shining the light especially on the area of the spine, where the pain is coming from.

We recommend alternating the pulsation modes, try one for a few days, then the other and find which works better for you. For example, someone with frequent back pain will benefit more from 10 Hz pulsation. However, another can turn on 40 Hz and shine with the panel a few cm from the top of the head or from the side (e.g. for memory, learning,...). Someone else can help their intestines and digestion faster with the pulsation of 587 Hz.

We also recommend wearing protective glasses for pulsations up to 100 Hz.

Note: Pulsation is still a hot topic today, which is why our devices are unique in that you can use pulsation, but you don't have to.

You can find more answers on our website: www.mitochondriak.com

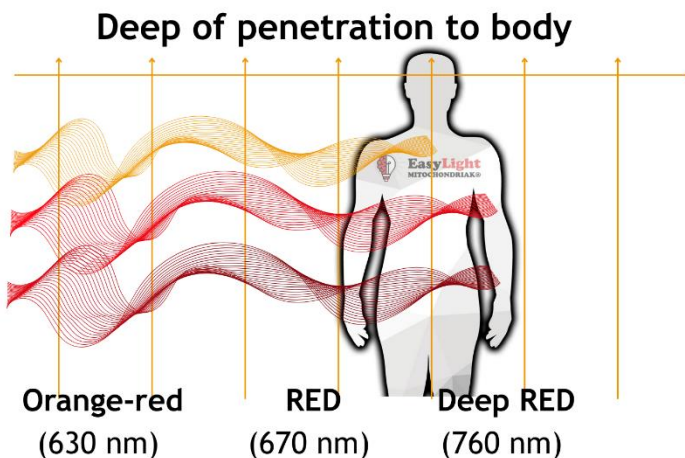
Penetration depth of individual wavelengths of light:

RED

Penetration: Penetrates to a depth of several cm

Features:

- Stimulates **mitochondria and water production**
- Increases hormone levels and fertility
- Stimulates skin and collagen regeneration
- Stimulates rejuvenation and health

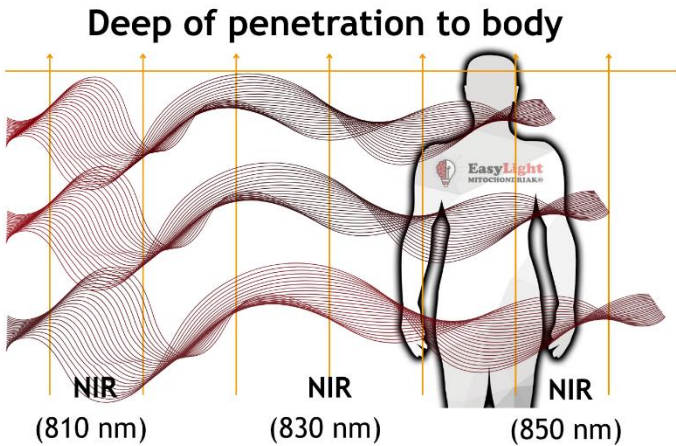


NIR (near infrared)

Penetration: Penetrates into deeper tissues and the skull (penetrates several cm)

Features:

- Stimulate **mitochondria**
- **Stimulate collagen production, brain function,...**
- Stimulate bones and regeneration
- Stimulates rejuvenation and well-being

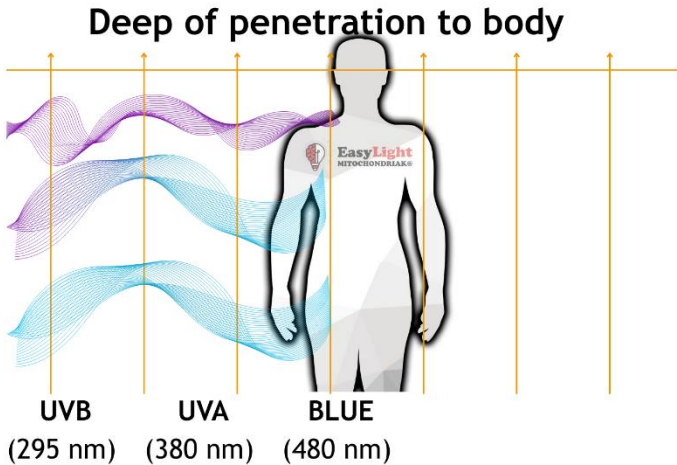


UV+Blue:

Penetration: UV only penetrates the epidermis, and blue light penetrates to a depth of a few mm.

Features:

- Stimulates **OPSINS** and **circadian rhythm**
- Stimulate **serotonin, melatonin,...**
- Stimulates the **production of vitamin D**, nitric oxide and **melanin**.



Let's start + Frequently asked questions:

Are you just starting out with red light therapy?

It doesn't matter. With every order of **Mitochondriak® device**, you will receive everything you need to access the amazing health benefits of light therapy.

When ordering any device, you will receive a manual, and everything else to enjoy your therapy to the fullest. All it takes is to read the entire manual. 😊

How does red light therapy work?

Red and infrared light photons allow our cells to use oxygen efficiently, minimizing the absorption of nitric oxide by cytochrome C oxidase, and thus create enough deuterium depleted water and ATP. Only red and infrared light can penetrate deep into the body and into our mitochondria to stimulate ATP production, healing, regeneration, and subsequently help improve your appearance, performance, and overall well-being. Also always remember, **that natural sunlight, with abundance of red and infrared light, is always your best option!**

Are you sensitive to light?

We recommend checking your photosensitivity before using any infrared light therapy panel. Especially if you have a UV light device. You can find the full procedure for testing yourself in the "**General recommendations for using the device**" section.

What problems can therapy help me with?

Red light therapy is used, for example, to relieve muscle spasms, minor muscle and joint pain, as well as relieve pain and stiffness associated with arthritis. It is also used in sports or performance to improve regeneration, improve ATP production, or for better overall "well-being".

How long and from what distance should I do my therapy?

The general recommendation for using our panels is: In general, for optimal results, we recommend using the panel at a distance of **50 to 60 cm from the body** and lighting up for **about 10 to 15 minutes per area**. 1 to 2 times a day, 3 to 7 days a week.

You can also easily set the timer on the panel and you don't need to keep track of the time at all. Just enjoy your therapy, or use it for "meditation" or thinking.

- **For the treatment of superficial parts of the body** (wrinkles, collagen production, muscle regeneration, pain, testosterone, thyroid, immune functions) apply for about **5 to 15 minutes**.

- **For deeper body treatments** (bones, organs, brain function, fat loss, scarring, sleep quality, muscle recovery, gut health and microbiome, hair growth, inflammation), apply for approximately **15 to 30 minutes**.

For the full procedure on how to use the device and especially how to use UV light, see the **"General recommendations on how to use the device"** section.

Is consistency really the key?

It is important to remember that, just like with your circadian rhythm and natural exposure to sunlight, it is all about regularity/consistency.

Therefore, we recommend using the red light therapy panel every other (or every) day. For additional health benefits, including pain relief, aches and tension, up to 3 treatments per day may be beneficial, but in this case and for specific problems, we always recommend consulting a doctor or specialist. Photobiomodulation (PBM) or light therapy is essentially like "food" for your cells and especially your mitochondria.

Therefore, it is important to remember that, just like with real food, unfortunately, most people do not get the right amount of healthy light that their body and mitochondria need for optimal well-being. And also keep in mind that just because something is good, does not mean that more is better. Therefore, please follow the general recommendations and use the device for a few minutes a day, as recommended.

Results and expectations?

The time it takes to see benefits and improvements depends on your health goals. The benefits of red light therapy for cellular health have been thoroughly **proven by hundreds of clinical studies** (many of which can be found on our website), so trust that your body benefits from each therapy, although the effect may not be immediate like, for example, drinking coffee. However, there are many factors that can affect how quickly you feel an improvement in your symptoms. Some people will notice benefits within a few days. However, overall improvement in health or skin-related issues may take 8-12 weeks of consistent use. By using a red light therapy panel daily, you can maximize the rate at which your body heals.

Can light hurt your eyes?

The typical human eye responds to wavelengths between 400nm and 700nm. The light from this device is visible red or invisible infrared. Your eyes will therefore only see some of the wavelengths from the panel. Infrared light is beneficial for the eyes as well as other parts of the body. Protective goggles are not required to use infrared light, but we recommend wearing them.

Red light is very bright, so it can be uncomfortable to use with your eyes open. Especially if you are sensitive to light or have damaged eyes. Usually, closing your eyes is sufficient to use the light directly on your face. However, if you are unsure or the light bothers you too much, we recommend consulting a specialist or doctor.

Do you need to keep your eyes closed when using the light?

We recommend keeping your eyes closed when using RED/NIR. Both red light and infrared light penetrate through the thin eyelid. If the light bothers you too much, wear the protective glasses that are included with each panel.

When irradiating with UV light, we always recommend wearing protective glasses!

Can I illuminate my face with UV light and should I wear glasses when using UV light?

When using UV light on any device, avoid the face/eyes area and always wear protective glasses when illuminating. This applies to UVB, UVA and blue.

What if I overdo it with the illumination time?

Since red light therapy does not contain any UV light, nor does it cause an excessive heating effect, there are no risks associated with too much red light. However, there is such a thing as "overdose" (technically the "**Arndt-Schulz law**") and, like with everything else (including pure water), if something is good, it does not necessarily mean that more is even better. Overuse of red light therapy will most likely simply lead to less positive effects because your cells will be overstimulated.

Therefore, we simply recommend that you follow the instructions in the manual that comes with your device. Always start with a small dose and test your skin. Then, light up consistently 3 to 7 days a week for 5 to 30 minutes max. This way you will know that you are getting an effective dose.

What if I overdo it with the UV light?

On our new Maxi UVB, we have set a dual timer so that you cannot use the UV light for more than 3 minutes. **Therefore, follow this manual and the procedure on [page 42](#).**

Excessive UV doses can cause redness combined with burning, or even blistering. In this case, we recommend consulting a doctor.

Always use UV light in combination with red and infrared light. Also, first prepare your skin using only red and infrared light, then turn on the UV. In the beginning, we recommend turning on the UV for only 30 seconds (maximum 1 minute) per area, never more! Then wait 24 hours, if you do not feel any discomfort, you can repeat the process again. After 2-3 days, you can gradually try increasing the time by 30 seconds.

Avoid areas where you have sensitive skin or be extremely careful! You can find the entire procedure in the "**General recommendation for using the device**" section.

What is light pulsation and what is it good for?

Light pulsation is a new type of technology that allows LEDs to intentionally interrupt radiation (complete shutdown interval), which is followed by intentional maximum lighting (lighting interval). In this way, we achieve that the light is not constantly radiated to the body at full intensity, but at specific intervals (on/off), which makes it possible to achieve additional benefits with red light therapy.

Light pulsation is still a topic of discussion today, and therefore our devices are unique in that you do not have to use pulsation, but you can (choose from our preset modes, or choose your own).

Thanks to such a correct light pulsation, for example, it is possible to penetrate deeper into the body and tissues and also prevent potential heating of tissue on the surface of the body. Pulsation also simulates the secretion of endogenous light (so-called biophotons), which has additional additive effects. General recommendations for the use of pulsation, as well as our preset values, can be found in the „**Pulsation - use and general recommendations**“ section.

Disclaimer/Important safety notice:

- Use the device only as directed.
- The device may become hot - avoid direct contact with the skin.
- For indoor use only.
- Do not use while sleeping.
- Always wear the protective goggles provided and do not look into the LEDs, especially when the UV is on.
- Do not use UV light more than 3 minutes a day and always consult with your health care provider before.
- This device is for general health purposes only and is not intended to diagnose, treat, cure or prevent any disease.
- If you have any medical concerns, please consult your healthcare provider.
- Thank you for your understanding! :)

Warranty conditions:

We guarantee that this equipment will operate within its specifications for a period of 3 years from the date of delivery..

What does this warranty cover??

This limited warranty covers all defects in material or workmanship under normal use as described above during the warranty period. During the warranty period, our company will repair or replace, free of charge, the product or parts of the products that prove to be defective due to faulty material or workmanship under normal use and maintenance..

What the warranty does not cover?

The limited warranty does not cover any problem that is caused by damage or the result of improper maintenance or self-modification. It also does not cover damage to the product due to natural disasters such as flooding, falling of the product from a height or other natural disasters, theft or loss of the product..

The device also has a 14-day legal period during which you can return it without giving a reason. However, we give you up to 30 days.

This means that if you write to us within the first 30 days of purchase that you want to return the device, we will refund you in full. Simply send us the device in its original packaging and we will send you your money back!



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