

User Manual



Mitochondriak[®] mini

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Technical parameters – Mitochondriak® mini:

Model:	Mitochondriak® mini
Dimensions L*W*H:	150*95*40 mm
Weight:	0.45 kg
Number of LEDs:	12 dual LEDs * 3W
Power	36 W
Illumination angle:	30
Intensity:	31 mW/cm² from a distance of 6 cm
Input voltage:	5 V, 2A
Wavelengths:	630, 670, 760, 810, 830, 850 nm
Suitable for use:	Local
EMF:	Zero at the recommended distance
Flicker:	Zero flicker
Material:	Metal
Power	Battery-powered (full charge in 4 hours)
Timer	Built-in 20 min. timer
Warranty:	2 years

Introduction + How red and infrared light therapy works:

Introduction:

Thank you for purchasing a Mitochondriak® light therapy device. You have chosen panels that have been specifically designed to provide the most optimal experience and effect from red and infrared light therapy. The **Mitochondriak® mini** panel also includes the 6th wavelength, covering the entire spectrum of cytochrome C oxidase, enabling our mitochondria to produce even more deuterated water and taking your therapy to a new level. You can find more information on this topic on our website and blog:

www.mitochondriak.com

Thanks to its portability and size, the mini panel is suitable for use anywhere. You can easily put it in your bag and take it to work, school, or the gym. It is particularly suitable for local use.

How it works:

Red and infrared light therapy (also known as RLT – Red Light Therapy, or LLLT – Low Level Laser Therapy) is a therapy that uses red or near-infrared light (NIR).

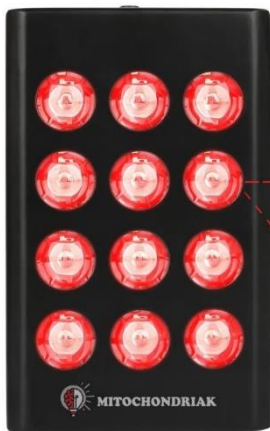
The LEDs in the panels are designed to emit light only at very specific, pre-programmed therapeutic wavelengths. Mitochondrial panels use wavelengths that have proven positive biological results. Most clinical literature suggests that light in the range of 600 nm to 850 nm is particularly effective, mainly due to its effect on cellular respiration in mitochondria, but also on water, skin, and collagen. That is why

Mitochondriak has selected up to 6 wavelengths that have the most proven biological effects as a basis.

The mini device provides irradiation at 630 nm, 670 nm, and 760 nm of visible red light and 810 nm, 830 nm, and 850 nm of invisible near-infrared light (NIR). These wavelengths of light provide additive therapeutic effects.

Mitochondriak® Mini

12 dual LEDs



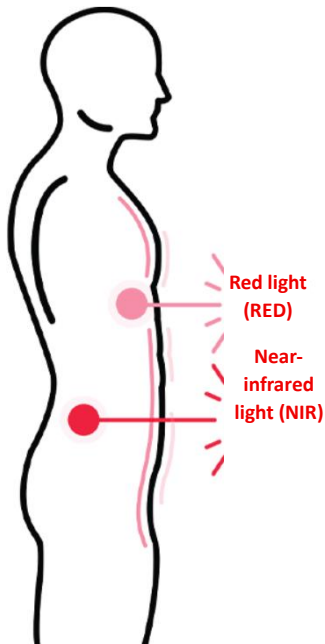
RED

630, 670 a 760 nm

NIR

810, 830 a 850 nm

6 biologically active wavelengths to support mitochondria



Red light 630, 670, 760 nm:

Most of the red light is absorbed by your skin, leading to increased collagen production and optimal skin health.

Red light 670 nm also best stimulates ATP production and changes the viscosity of water in the mitochondria.

Near infrared light 810, 830, 850 nm:

Near-infrared light penetrates deeper into your body, improving muscle regeneration and reducing joint pain. It also stimulates mitochondria and cellular respiration.

General benefits of therapy:

Red light (RED):

- Supports liver function
- Supports circulation
- Beneficial for bones
- Beneficial for the kidneys
- Skin regeneration
- Supports muscle healing
- Helps blood regeneration
- Improves water viscosity in the body
- Beneficial for the lungs
- Helps treat pain
- Beneficial for the heart
- Facilitates wound healing
- Reduces scarring
- Helps improve metabolism
- Strengthens the senses
- Improves ATP production

Near-infrared light (NIR):

- Pain relief
- Strengthens enzymes
- Alleviates allergy symptoms
- Skin regeneration
- Improves skin sensitivity to UV rays
- Helps heal muscles and connective tissue
- Helps with sprains
- For faster healing and energy
- Accelerates healing of burns
- Accelerates skin damage
- Accelerates wound healing
- Strengthens mitochondrial function

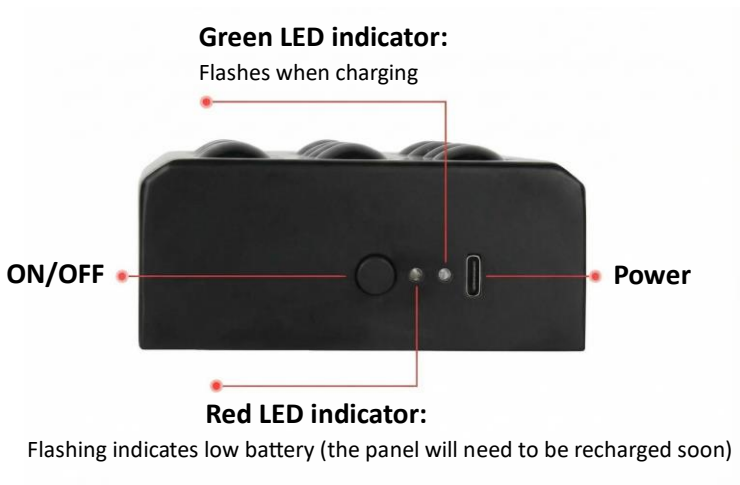
Starting the panel:

Step 1 - Charge the panel for 4 hours.

Remove the Mini red light therapy device from the packaging along with the USB cable and adapter. Charge before first use. Plug the USB cable into the right corner of the device and the other end into the adapter, then into the mains. Turn on the mains power to start charging the device.

Step 2 - The panel is ready for use

When the panel is charged, it is ready for use. You can easily turn the panel on and off using the ON/OFF button and start your red light therapy.



Battery status and life:

LED indicators as battery status indicators:

Green LED indicator:

- Flashes when the panel is charging and stays lit when the battery is 85% charged (this will last for approximately three to four 20-minute cycles).
- However, we recommend always letting the panel charge fully for 4 hours

Red LED indicator:

- When the panel is fully charged, it does not flash.
- When it starts flashing and goes out after 30 seconds, it indicates a weak battery. However, the panel will still last for 1 to 4 cycles.
- When it starts flashing for 30 seconds, it indicates that the panel is discharged – the panel needs to be charged!

Battery life + charging:

1. The mini panel charges in 4 hours.
2. The mini panel lasts for 5 to 6 cycles (i.e., 110 to 120 minutes) on a single full charge.

Find out if you are sensitive to light:

Before using the red light therapy panel, we recommend checking your photosensitivity. You can do this as follows:

Expose an area such as your forearm to the light at a distance of 15 cm from the device for 3 minutes. If you experience any redness or discomfort, you may be photosensitive and we recommend that you consult your doctor or healthcare provider before using the device.

Possible problems and solutions:

The mini panel does not turn on:

- Make sure your panel is fully charged. Before using it for the first time, let it charge for at least 3 hours without interruption.
- Make sure/check that the panel is not physically damaged (e.g., broken or showing signs of having been dropped).
- Make sure you are using the charging cable supplied with the device.
- If the panel still won't turn on, please contact our support team.

The mini panel won't charge:

- Make sure you are using the charging cable supplied with the device.
- Make sure your adapter is turned on and plugged into the mains.
- Allow at least 2 hours of uninterrupted charging.
- If the panel still won't turn on, please contact our support team.

The mini panel is a little hot:

- The panel may heat up slightly after a few minutes, depending on the ambient temperature and length of use. However, do not be alarmed. This is normal. In this case, we recommend placing the panel on a table or turning it off for a few minutes and continuing later.

Frequently asked questions (FAQ):

How does red light therapy work?

Red and infrared light photons enable our cells to use oxygen efficiently by minimizing the absorption of nitric oxide by cytochrome C oxidase, thus producing sufficient water and ATP. Only red light therapy can penetrate deep into the body and into our mitochondria to stimulate ATP production, healing, regeneration, and ultimately help improve your appearance, performance, and overall well-being.

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 to relieve pain and stiffness associated with arthritis. It is also used in sports or exercise to improve regeneration, improve ATP production, or for better overall well-being.

How long and from what distance should I expose myself to the light?

The general recommendation for using the mini panel is: **In general, for optimal results, we recommend using the panel at a distance of 7 to 20 cm from the body and exposing the area for approximately 10 to 15 minutes. 1 to 2 times a day, 5 to 7 days a week.**

The mini panel also has a built-in 20-minute timer, so you don't need to keep track of time at all. Just enjoy your therapy, or use it for "meditation" or reflection.

- For treatment of superficial parts of the body (wrinkles, collagen production, muscle regeneration, pain, testosterone, thyroid gland, immune functions), apply for about 5 to 10 minutes per area, once or twice a day.

- For treatment of deeper parts of the body (bones, organs, brain performance, fat loss, scarring, sleep quality, muscle regeneration, gut health and microbiome, hair growth, inflammation), apply for about 10 to 20 minutes to the area, once or twice a day.

Results and expectations?

The time it takes to see benefits and improvements depends on your health goals. The benefits of light therapy for cellular health have been thoroughly proven by hundreds of clinical studies (many of which can be found at www.mitochondriak.com), so trust that your body is benefiting from each and every therapy, even if the effect is not immediate, as is the case with drinking coffee, for example. However, there are many factors that can influence how quickly you feel an improvement in your symptoms. Some people notice benefits within a few days. But overall improvement in health or skin-related problems may take 8-12 weeks of consistent use. By using the red light therapy panel daily, you can maximize your body's healing speed.

Is consistency really the key?

It is important to realize that, as with your circadian rhythm and natural exposure to sunlight, it is mainly about regularity/consistency.

Therefore, we recommend using the red light therapy panel every day or at least 5 times a week. For additional health benefits, including pain relief, pain and tension relief, up to 3 treatments per day may be beneficial. Photobiomodulation (PBM) or light therapy is essentially like "food" for your cells and especially your mitochondria.

Therefore, it is important to realize that, just like with real food, unfortunately, most people do not get the right amount of healthy light that their bodies and mitochondria need for optimal well-being. For this reason, their bodies may react with symptoms similar to detoxification. So if you experience these types of effects, we recommend starting with 1-2 minute treatments on the illuminated area, slowly increasing to 10 minute sessions over 2-3 weeks until your body gets used to the therapy. As always, if you have any concerns about using photobiomodulation, we recommend that you consult with your trusted healthcare provider or physician.

Can light harm your eyes?

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

Red light is very bright, so it may be uncomfortable to use with your eyes open. This is especially true if you are sensitive to light or have damaged eyes. Closing your eyes is usually sufficient when using the light directly on your face. However, if you are unsure or find the light too uncomfortable, we recommend consulting a specialist or doctor.

Should I keep my eyes closed when using the light?

We recommend keeping your eyes closed and not shining the light directly into your eyes. Both red light and infrared light can penetrate thin eyelids. If you find the light too bothersome, wear the protective glasses that come with each panel.

What if I overdo the exposure time?

Since red light therapy does not contain any UV light and does not cause excessive heating, there are no risks associated with too much red light. However, there is such a thing as an "excessive dose," and as with everything else (including pure water), if something is good, it does not necessarily mean that more will be 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. This way, you will know that you are receiving an effective dose.

Why can't I see some of the LEDs lighting up?

Don't worry, the LEDs are working. However, the panel contains 6 wavelengths, which are divided as follows:

4 x 630+810 nm, 4 x 670 + 830 nm, and 4 x 760 + 850 nm

Only 630 and 670 nm are visible to the human eye, which means you will see 8 LEDs lit up (see image).



What's in the package:

- Mitochondriak® mini
- Practical case
- 5V 2A adapter
- USB cable
- Instructions for use
- Protective glasses



Notices and warnings:

- Mitochondriak® brand products intended for light therapy are not medical devices. The use of our products does not replace a visit to a doctor or medical care.
- Do not look directly at the LEDs or their reflection in a mirror, as this may cause temporary eye irritation.
- If you are taking any medication, consult your doctor.
- Do not use the mini panel if you are photosensitive.
- Do not allow children to use the mini panel without supervision.
- Pregnant women are advised to consult their doctor before use.
- The mini panel should not be used on sleeping or unconscious persons.
- Do not use the mini panel on open wounds, as the heat may cause bleeding.
- Do not use the mini panel in combination with ointments and balms that contain heat-generating ingredients, as this may cause skin burns.
- Avoid dropping the panel into any liquid or water.
- Do not throw the panel on the ground.
- Do not expose any part of your body to the panel for more than 20 minutes at a time.
- Using the mini panel in any way other than described in this manual will void the warranty and may result in serious injury.

Safety/Electrical:

- Do not use the device near water.
- Do not pour water on the device or expose it to water in any way.
- Do not store the device, even when turned off, in a place where the temperature exceeds 60°C (140°F).
- Do not use the device if it is damaged. This may cause shock or injury.

We recommend that you consult your doctor before use if any of the following apply to you:

- you are pregnant,
- you are taking medication that increases sensitivity to light,
- you have any type of cancer,
- you are using steroid medications or steroid creams,

Maintenance and cleaning instructions:

Maintenance

The mini panel does not require any maintenance other than normal cleaning and care.

Cleaning the device

1. Turn off your device by switching the power switch to the off position.
2. Unplug the power adapter from the electrical outlet.
3. Clean the surface of the device only with a dry cloth or duster, and make sure the device is dry before use.
4. Avoid using any harsh cleaning agents or bleach, or damp cloths, as these may damage your device.

Tips:

- The device is only suitable for indoor use in a dry environment.
- Do not place the panel near a heat or moisture source, or in direct sunlight.

Warranty conditions:

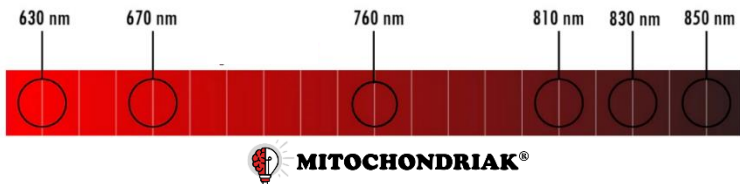
We guarantee that this device will function within its specifications for a period of 2 years from the date of delivery.

What does this warranty cover?

This limited warranty covers all defects in materials 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, any product or parts of the product that prove to be defective due to faulty materials or workmanship under normal use and maintenance.

What does the warranty not cover?

The limited warranty does not cover any problem caused by damage or improper maintenance, or as a result of modification or tampering with the device or any of its parts/accessories. It also does not cover damage to the product caused by natural disasters such as floods, the product falling from a height, or other natural disasters, theft, or loss of the product.





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sunlight and discover our full
potential!*



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