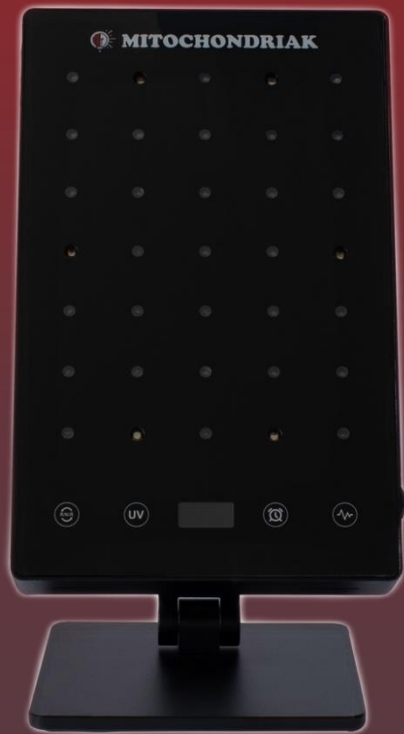


User Manual

Mitochondriak® UV Portable



8 wavelengths, **added UV**, battery-powered, **no flicker or EMF**, pulsation!

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 effectiveness from red, infrared, and UV light therapy. With Mitochondriak® panels, you will take your therapy to a new level.

Who is behind the Mitochondriak® brand?

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 just about diet and exercise, but first and foremost about **light**. Light is what most affects our **mitochondria**, and **mitochondria** are our real "**source of energy**"! This is why - "**Mitochondriak**".

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What makes our **Mitochondriak® UV portable unique** and **what you should know before using it:**

In today's modern world, it is increasingly difficult to be in touch with the healing power of nature, to which we are adapted. Sunlight has countless benefits for our biology, with red and infrared light, which make up almost 50% of it, being just one of them.

Human beings contain a number of **non-visual photoreceptors**, including **hormones, cholesterol, vitamin A, melanopsin, and neuropsin**, and it is **UV light, which our eyes cannot see, that some non-visual photoreceptors located throughout the body work on**. When we lived in contact with nature in the past, our bodies constantly perceived changes in sunlight during the day (known as "diurnality"), as well as changes in UV light, which varies throughout the day, thereby regulating our circadian rhythm. It is also a signal for the production/release and transfer of many chemicals, such as **cholesterol, neuropsin (OPN 5), nitric oxide, endorphins, serotonin, and melatonin**, which also contribute to the functioning of our bodies and the control of biological cycles.

At **Mitochondriak®**, we have therefore taken a different path from many other brands from the very beginning. We don't just follow trends. **We are constantly learning, improving, and transferring our knowledge into product innovations.**

That is why we decided to use new devices to provide not only regenerative power through long wavelengths of red and infrared light.

We also decided to incorporate short wavelengths in the form of UV light, which stimulates specific processes such as nitric oxide, endorphins, serotonin, etc., thereby helping with the non-visual aspect of our circadian rhythm.

Our mission at Mitochondriak® is therefore clear, and we thank you for helping us spread the word:

"We are not trying to 'hack' nature or imitate sunlight.

We just try to get as close to them as possible and harness their natural healing power!"

Biohacking is no longer enough in the modern world.

Become Mitochondriak®!

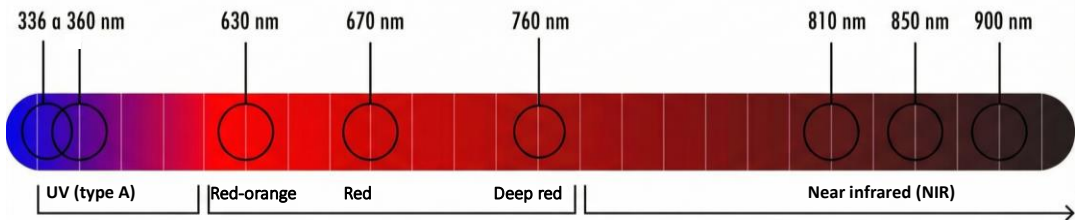
What wavelengths does **Mitochondriak® UV portable** contain:

LED distribution in the prototype:

- **336 nm** - 2 pcs (approx. 3.7 eV)
- **360 nm** - 4 pcs (approx. 3.4 eV)
- **630 nm** - 4 pcs (approx. 1.96 eV)
- **670 nm** - 9 pcs (approx. 1.85 eV)
- **760 nm** - 4 pcs (approx. 1.63 eV)
- **810 nm** - 4 pcs (approx. 1.53 eV)
- **850 nm** - 4 pcs (approx. 1.45 eV)
- **900 nm** - 4 pcs (approx. 1.38 eV)

This is how we calculate the individual "octaves" of light in the panel, which should approximate that of the sun:

- **UVA** (6 LEDs) = **17%** = approx. 21 eV
- **RED** (17 LEDs) = **48.5%** = approx. 30.6 eV
- **NIR** (12 LEDs) = **34.5%** = approx. 18 eV



Technical parameters of the Mitochondriak® UV portable device:

Dimensions L*W*H (mm):	146*230*30
Power consumption (Watt):	45.5W
Number of LEDs:	35*3W
Weight:	2
Illumination angle:	30 degrees
Wavelengths:	336, 360, 630, 670, 760, 810, 850, 900 nm
Pulsation:	1 - 9999 Hz
Suitable for use:	Local (targeted therapy) / photoreceptor stimulation
Timer control:	5/10/15/20/25/30 minutes
Input voltage:	AC 110-240 V
Frequency:	50/60 Hz
Batteries:	3*18650 lithium battery (12.6 V).
EMP (EMF):	Zero at recommended distance
Flicker:	Reduced
Material:	Metal/Plastic/Aluminum
LED lifetime:	50,000 hours (137 years at 60 minutes of lighting per day)
Warranty:	2 years
Certificate:	CE, FCC, ROHS

What does the device control panel include:



The controls on our **Mitochondriak® UV portable** device are designed to be as **simple** and **intuitive** as possible.

The panel has **one main ON/OFF button** (on the side, on the right-hand side of the panel) and **a control panel** (see image above) with **four buttons** and **a display**. The display shows the timer, pulsation, and which light is switched on.

4 touch buttons:

4 touch buttons to control **the red (RED), infrared (NIR), and UV lights**, as well as **the pulsation** and **timer**.

Digital display:







In the middle is a display that shows **which light is currently on**, which **pulsation** is activated, **the current battery status**, and **the timer**.

Main ON/OFF button:





The **Mitochondriak® UV portable** panel also has **a main ON/OFF button** on the right side. It is used to save battery power.

When pressed, the display lights up and you will see the default message "**Mitochondriak**". You can then control the panel as you wish. Press the main button again to turn off the panel.

Battery status indicator on the display – explanations:


Icon:	What it shows:
	Indicates charging (lights up when the panel is connected to the mains).
	The battery is fully charged.
	The battery is 75% charged.
	The battery is 50% charged.
	The battery is 25% charged.
	Low battery – needs to be charged!

Control panel buttons – explanation:

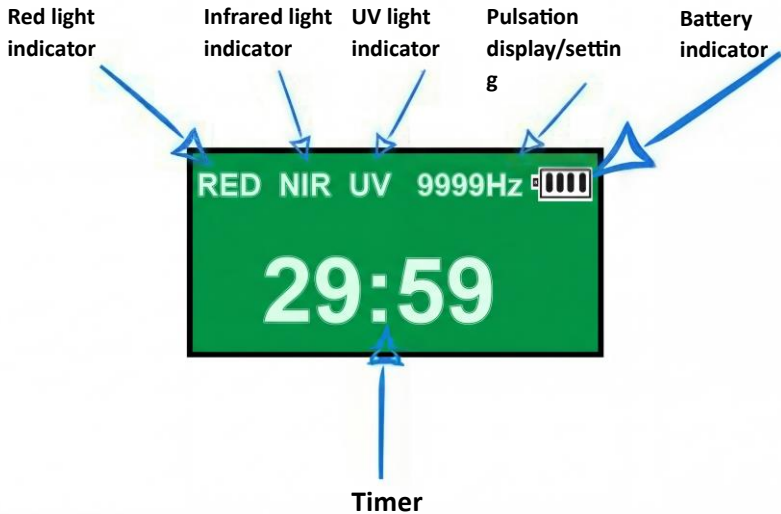
Icon:	What it shows:
	Button to turn the red (RED) and infrared (NIR) lights on/off.
	Button to turn the UV light on/off. <u>Warning:</u> UV always turns off automatically after 5 minutes for your safety.
	Button to control/set the pulsation.
	Timer control button. Each press adjusts the value by 5 minutes. In PULSATION SETTING mode, this button is used to adjust the pulsation frequency value.

Display indicators – their meaning (from left to right):



Name Icons:	RED	NIR	UV	9999Hz	
Meaning:	The indicator light illuminates when the device is switched on. red light is on.	The indicator light illuminates when the infrared light is on.	The indicator light is on when the UV light is on.	Display/pulsation pulsation.	Battery indicator (status) Battery indicator.

- The large numbers in the middle are for the timer.



First start-up of the Mitochondriak® UV portable device:

1. Carefully open the box and remove the panel.
2. There is a stand attached to the back. Fold it out to the desired position and place the panel on a flat, stable surface.
3. **Please charge the panel before first use.**
4. There is an LED indicator on the charger. When the red light is on, the panel is charging. When it is fully charged, the green light will come on.
5. After the first charge, the panel is ready to be turned on and used.

Turn on the panel with the main button (on the right side) and then you can turn on the light and mode as needed (see instructions below). You can also find out how we recommend using the panel, especially when UV is turned on, below in the section "How to use the Mitochondriak® UV portable device."



Basic functions, settings, and device controls:



1. Light selection (RED/NIR/UV):

Simply use the first 2 buttons to select which light you want to turn on.

After turning on the panel with the main button, press the first button to turn on the RED and NIR lights (the RED and NIR icons will light up on the display). Press the first button again to turn on only NIR and turn off RED. Press this button again to turn on only RED and turn off NIR. Pressing this button again will turn off both the RED and NIR lights and return to standby mode. The cycle then repeats.

Press the UV button to turn on the UV light in any mode. Press the UV button again to turn it off. **Note: UV has a separate timer setting and always turns off automatically after 5 minutes.**



2. Pulsation:

Use the third button to select a pulsation from 0 to 9999 Hz.



In standby mode, **pressing this button enters the pulse frequency setting mode** and this icon appears on the display:

- The first digit from the left will flash first.
- Press **the timer button** to set a value between 0 and 9.
- Then press **the pulse button** to confirm this first value and automatically enter the setting for the second digit.
- Press the timer button to set the value to 0-9, press the pulse button to confirm, and so on until you have set all four values.
- In this way, you can set the pulsation freely from 1 to 9999 Hz.

The number shown on the display indicates the pulsation frequency.

Note: For even more convenient use, our panel has some preset pulsations from the developers. We have set them for you.

If the device is only turned on in continuous mode (i.e., you have not set the pulsation), **press the 3rd button** to switch between these preset pulsation modes:

2.5Hz - 4Hz - 10Hz - 40Hz - 73Hz - 100Hz - 146Hz - 293Hz - 587Hz – 700Hz – 8000Hz – 0Hz





3. Timer:

Use the fourth button to select the time and, in pulse setting mode, the frequency.

Press this button to adjust the timer value. **Each press adjusts the value by 5 minutes.**

The maximum timer value is 30 minutes.

In **PULSATION SETTING** mode, press this button to adjust the pulsation frequency value.

Note: The UV always turns off after 5 minutes. The UV is independent of the timer. Pressing this button temporarily adjusts only the RED and NIR light. **Each press = + 5 minutes.**

How to use the Mitochondriak® UV portable device:

We have prepared some brief recommendations for you on how to use our **Mitochondriak® UV portable** prototype to its full potential and safely.

Our prototype is battery-powered, has a stand, and is smaller in size, so you can place it on a table, floor, or anywhere else, or even hold it in your hands and use it to stimulate non-visual photoreceptors. You can use it **at home, at work/in the office, at the gym, or on the go**. It is designed for local therapy, but also for stimulating nitric oxide and certain non-visual photoreceptors in the body while indoors, if you are not spending time outside in the sun.

In this first part, you will learn **general recommendations on what our prototype is suitable for, how it differs from common competing products**, why it also contains 6*LEDs in the UV spectrum, and **how to use them to improve your circadian rhythm and stimulate non-visual photoreceptors**.



Using the panel is simple. We have summarized it for you in 6 steps:

1. When using it for the first time, test your sensitivity to light.
2. Choose from 3 ways of lighting with the panel (RED/NIR, with UV, or as interior lighting).
3. See what time of day we recommend using the device.
4. Duration of exposure to the device.
5. Find out how many times a day we recommend using the device.
6. How to "store" the device.

Let's get started.

1. First, test your sensitivity to light:

Before using any light therapy panel, you should always check your photosensitivity. You can do this as follows:

Expose an area of your body (e.g., your forearm) to the light for 2 to 3 minutes from a distance of 15 cm from the device. With our prototype, we recommend performing the procedure first with only RED+NIR turned on, at least twice, and then repeating the procedure with UV turned on. Ideally, repeat for at least 2 to 3 days.

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.

2. 3 ways to illuminate with the Mitochondriak® UV portable device:

Our panel is multifunctional and very practical. If you want to use it for red (RED) and infrared (NIR) therapy, or UV light, you can use it almost anytime, anywhere. However, we always recommend using it mainly during hours when there is natural sunlight outside and not too close to bedtime (at least 1 to 2 hours before bedtime).

a) RED/NIR light therapy.

Turn on RED/NIR or both and shine the light from a distance of 15 to 30 cm for 10 to 30 minutes. Deeper tissues require longer exposure times and superficial areas require shorter exposure times.

During therapy, you can hold the panel in your hands (when it is not plugged in, of course) and shine it on local areas (e.g., the abdomen), or you can move it slowly in circles to illuminate a larger area of the body, or simply place it on a table and shine it on yourself.

b) Use the device as additional lighting in your office/interior.

If you spend long periods of time in the office or indoors in general and cannot spend time outside, you may find it beneficial to use the prototype as supplementary lighting. With its attractive black glossy design, it will "liven up" your work environment, and you can even turn on only the NIR so that the light is not visible.

In this case, place the panel further away from your body, at least 100 cm (or even more), and we recommend turning it towards the wall or corner of the room so that some of the infrared light is scattered around the room by reflecting off the walls.

c) Use of UV light on the device.

Our UV light is particularly suitable for **stimulating nitric oxide** and also some **non-visual photoreceptors** in the body (called **opsins**), such as **OPN5 = neuropsin**, which control our circadian rhythm. Thanks to appropriate and brief stimulation of the skin with UV light at the right time of day, **you will be able to eliminate nitric oxide more easily and your body will be able to control its biological cycles more easily.**

- We do not recommend using UV light alone.
- **We always recommend turning on the UV light together with NIR** (ideally both RED/NIR).
- When using UV light, make sure the panel is charged so that you do not have to hold it in your hand when it is plugged in.
- Turn on the RED/NIR light on the panels, set a timer for 5 to 10 minutes, and then turn on the UV light.
- Hold the panel by the stand on the back and slowly move it over your body at a distance of at least 10 cm from your skin, illuminating your skin for 5 minutes. In this way, illuminate, for example, your left arm, stomach, chest, etc., and then switch hands and illuminate the other side. **We recommend turning on the UV light no more than twice at a time (i.e., for a total of 10 minutes!).**
- Avoid the face and eyes, and if you are illuminating the surrounding area, we recommend wearing protective goggles and consulting your doctor (especially if you have sensitive skin).

Now let's take a closer look at the use of UV light.

3. At what time of day to use the device and especially UV light:

This section follows on from the previous one, and we have even prepared a very practical and simple aid for you.

We recommend using RED and NIR light from sunrise to sunset, but UV light only when it is actually shining outside. On average, this is about an hour after sunrise and up to an hour before sunset.

4. Duration of exposure to the device (especially with UV):

- **If you are only using red and infrared light**, use the device as needed. However, we always recommend a maximum of 30 minutes per therapy session.
- **If you use the device as interior lighting**, we recommend keeping it on a cable and leaving it on for a maximum of 30 to 60 minutes to prevent the LEDs from overheating, and then letting it rest for at least an hour.
- **If you are using UV light**, we recommend a maximum of 2 cycles per use, which means 10 minutes. LEDs with **UV light have a separate built-in timer and always turn off after 5 minutes.**

However, we recommend starting gradually at first. First, test your sensitivity to light (see the first point above), then use only RED/NIR light for a few days, and then start with UV light for 30 seconds a day.

5. How many times a day can I use the device (and UV light):

If you do not spend time outdoors or need to stimulate nitric oxide more, you can use it several times a day. **We recommend turning on the UV light with a break of at least 120 minutes between sessions.**

You can learn more about the general use of red (RED) and infrared (NIR) light therapy in the following section, "**Frequently Asked Questions About Red Light Therapy.**"

6. How to "store" the device:

When not in use, we recommend covering the panel with the bag provided in the package to protect it from dust.

Frequently asked questions about red and NIR light therapy:

Just getting started with light therapy?

No problem. With every order of the Mitochondriak® red light therapy panel, you will receive everything you need to access the amazing health benefits of light therapy.

What are OPSINS?

Opsins are light-responsive proteins found in various cells throughout the body (not just in the eye). They respond to different wavelengths, even those that our eyes cannot see, and help regulate a wide range of biological processes such as sleep and wake cycles, mood, metabolism, memory, and even skin and eye health. This is what makes our prototype special, as it contains specific wavelengths of UVA light that are designed to activate neuropsin and nitric oxide in particular, helping to promote better health and circadian rhythm.

This means that by using our prototype, you will not only enjoy "healing" therapy with red and near-infrared light, but also a proper stimulation of your biorhythms.

Just make sure you use your device correctly, at the right time of day and not for too long, exactly as we described above in the "**How to use the device**" section.

What is the UV light in the device good for?

The device contains short wavelengths in the form of UV light, which stimulates specific processes, such as nitric oxide, endorphins, serotonin, etc., and thus helps with the non-visual aspect of our circadian rhythm.

This means that with adequate lighting, you can improve your natural biorhythm and thus your metabolism and sleep.

At what time of day and for how long can I use the UV light on the device?

We have written everything about the specific use of the device (how long, when, etc.) for you above, in the section "**How to use the Mitochondriak® UV portable device**".

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.

In short, red light helps our mitochondria work better and produce more water and energy. And when our mitochondria are healthy, our health and performance improve.

What if I am sensitive to light?

Before using any light therapy panel, you should always check your photosensitivity. You can do this as follows:

Expose an area of your body (e.g., your forearm) to the light for 2 to 3 minutes from a distance of 15 cm from the device. With our prototype, we recommend performing the procedure first with only RED+NIR turned on, at least twice, and then repeating the procedure with UV turned on. Ideally, repeat for at least 2 to 3 days.

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.

What problems can red light therapy help me with?

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

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

General recommendation for using red and NIR light therapy devices: **Turn on RED/NIR or both and shine the light from a distance of 15 to 30 cm for 10 to 30 minutes.**

Deeper tissues require longer exposure times, while superficial areas require shorter exposure times.

During therapy, you can hold the panel in your hands (when it is not plugged in) and shine it on local areas (e.g., the abdomen) or simply place it on a table and shine it on yourself.

Use **1 to 2 times a day, 5 to 7 days a week.**

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

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, it is important to realize that, as 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.

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 on easylight.sk), so trust that your body is benefiting from each and every therapy session, even if the effects are 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.

Can I use the light through my clothes?

While it is true that some types of clothing allow a large portion of NIR light and some red light to penetrate, we recommend exposing your bare skin. Of course, if you are using the panel as interior lighting, clothing is irrelevant.

Can the light harm my eyes?

The typical human eye responds to wavelengths from 400nm to 700nm. The light from this device is visible red, invisible infrared, and UVA. 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 can 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 for 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.

When using UV light, wear protective goggles and never look directly into the device when the UV light is on. Avoid your eyes when using UV light.

Should I keep my eyes closed during exposure?

We recommend keeping your eyes closed. Both red light and infrared light can penetrate thin eyelids. If you find the light too bright, wear the protective goggles that come with each panel.

Always wear protective eyewear when using UV light.

Why can't I see some LEDs lighting up?

Our prototype contains 8 wavelengths, not all of which are visible to the human eye. But don't worry. They are lit, and you can find lots of photos and videos on our website where we measure them with a spectrometer!

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.

What is light pulsation and what is it good for?

Light pulsation is a new type of technology that allows LED diodes to intentionally interrupt radiation (interval of complete extinction), which is followed by intentional maximum illumination (illumination interval). In this way, the light is not emitted to the body continuously at full intensity, but at specific intervals (on/off), which allows for additional benefits of red light therapy.

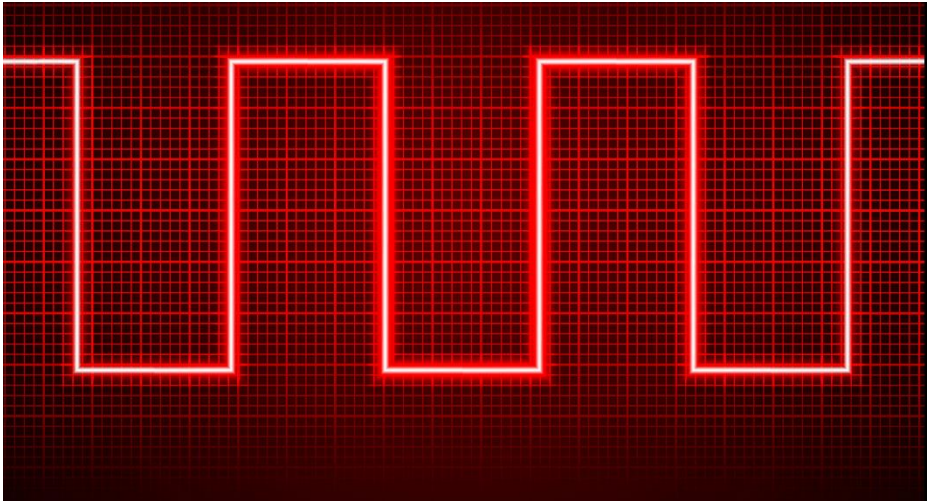
Thanks to this correct light pulsation, it is possible, for example, to penetrate deeper into the body and tissues and also prevent potential heating of the tissue on the body surface.

Pulsation also simulates the emission 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 on the next page.

Pulsation – use and general recommendations

Pulsation is a relatively new technology that can bring additional benefits to therapy. In our new prototype, you can select the pulsation frequency according to your preferences.



You can find more information about pulsation on our website.
www.mitochondriak.com

Many people involved in alternative medicine or holistic counseling know that frequency, whether in the form of sound or light, has a great influence on people, and they can easily select the pulsation according to their own preferences or those of their clients.

For someone who practices acupuncture or sound healing, for example, it may be beneficial to add lighting with the same frequency to the therapy. However, for those who do not know what pulsation frequency to use, we have prepared a brief summary of general, recommended tips – what frequency to set for the most common problems. Some frequencies also fall within the so-called Nogier frequencies.

Warning: Frequencies below 60 Hz are visible to the human eye and may be uncomfortable for the eyes. Therefore, we recommend wearing protective glasses for frequencies below 60 Hz or using only invisible NIR light.

We also recommend alternating pulsation modes over time, trying one for a few days, then another, to find the one that works best for you.

Here are general recommendations for pulsation frequency along with a brief explanation and use (these pulsations are preset by us):

Recommended use of the individual pulsation modes that we have preset for you:

- **2.5 Hz** – this is a very slow frequency, similar to that of our brain waves during the deep DEEP phase of sleep. **It may 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, etc.).
- **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 REM sleep. Use mainly in the afternoon to evening.**
- **10 Hz - alpha waves**, which are particularly suitable for **pain and relaxation/regeneration** (inducing slow alpha waves). We recommend using NIR in particular or wearing protective glasses when switching on RED/NIR (because you will see the pulsation with your eyes). For pain, wavelengths of 670 and 810 nm are particularly beneficial.
- **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** - mainly to support mitochondria, fat burning, and thus weight loss. Mitochondria have a frequency of 100 Hz when they "parasitize" on fat and beta-oxidize. At EasyLight, we believe that by pulsing RED and NIR light of the same frequency, we can better synchronize the mitochondria and help them resonate.
- **146 Hz** - mainly for muscle support and regeneration.
- **250 Hz** - mainly to **improve the microbiome, for people who don't have much time to spare.** Some studies (PMID: 30074108) have shown that after just 14 days of illuminating the abdomen with 810 nm, 3 times a week, with a pulse of 250 Hz, with a total energy delivery of **10 joules/cm²**, the microbiome changed for the better. This intensity of 10 joules can be easily achieved 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** – particularly 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 deeper light penetration into tissues and subsequent regeneration of organs, joints, and fascia.
- **700 Hz** - suitable for **improving the microbiome and diversifying beneficial bacterial strains**. According to recent studies (PMID: 34962422), light with a **wavelength above 900 nm** and a high-power **pulsation frequency of 700 Hz**, applied 3 times a week for 11 weeks to the abdominal area, improved the microbiome of study participants by increasing the number of known beneficial bacteria.
- **8,000 Hz** - suitable for improving somatic pain. Pulsation of red and infrared light at a frequency of 10 or 8,000 Hz had the best effect on reducing the behavioral manifestations of somatic pain. Such rapid pulsation is not visible, so there is no need to wear glasses, and we recommend shining the light mainly on the spine area where the pain originates.

We recommend alternating between pulsation modes, trying one for a few days, then the other, to find which one works better for you. For example, someone who often has back pain will benefit more from 10 Hz pulsation. Others, however, may turn on 40 Hz and shine the panel a few centimeters from the top of their head or from the side (e.g., for memory, learning, etc.). Still others may find that 587 Hz pulsation helps their intestines and digestion more quickly.

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

You can find more answers on our website:

www.mitochondriak.com

What's in the package:

- 1x Mitochondriak® UV portable panel
- Manual
- Protective glasses
- Power cable
- Built-in stand
- Practical fabric bag (to cover the panel)



Notices and warnings:

- Mitochondriak® products designed for light therapy are not medical devices. The use of our products does not replace a visit to a doctor, medical care, or consultation with a specialist.
- **Do not look directly at the LEDs or their reflection in a mirror, as this may cause temporary eye irritation.**
- **Under no circumstances should you shine the device in your eyes, and if you are using UV light, avoid shining it in the eye area.**
- **Do not allow children to use the device without supervision.**
- This device is an electrical device, so it is essential to follow the warnings to prevent electric shock.
- Do not throw the device into water or liquids, as you could get an electric shock.
- Do not wash electrical parts with water or liquids.
- Do not touch the device directly, or touch plugs or switches with wet hands.
- Do not place or touch the device on wet or damp skin.
- Do not pull, carry, or lift the device by the cable. If the cable is damaged, do not use the device, as you may receive an electric shock.
- Do not use the device if it has fallen or been exposed to water or liquids.
- Do not use the device on or near heated/flammable surfaces.
- Do not use this device in areas where it may be exposed to flammable substances or surfaces, or where vapors may be present. This may result in a fire.
- This device must not be used by sleeping or unconscious persons.
- Do not use the device on open wounds, as the heat may increase circulation and cause bleeding.
- Do not use this device in combination with ointments and balms that contain heat-generating ingredients, as this may cause skin burns.
- Using this device in any way other than as described in this manual will void the warranty and may result in serious injury.



Maintenance and cleaning instructions:

Maintenance

Our panels require no maintenance other than normal cleaning and care.

Cleaning the device

1. Unplug the power adapter from the electrical outlet.
2. Turn off your device by switching the power switch on the side of the device to the off position.
3. Clean the surface of the device only with a dry cloth or duster and make sure the device is dry before use.
4. Be careful not to get dirt or dust on the UV light LEDs, which do not have protective glass.
5. Avoid using any harsh cleaning agents or bleach, or damp cloths, as these may damage your device.
6. Whenever you are not using the device, cover it with a cloth bag to prevent dust and dirt from falling on it.

Tips:

- The device is only suitable for indoor use in a dry environment.
- If the panel stops working, disconnect it from the power supply.
- Do not place the panel near a source of heat or moisture.

Disclaimer | Safety warning:

- The use of our products does not replace a visit to a doctor or consultation with a specialist.
- We do not recommend looking directly into the light in the device from close range, especially when it is illuminated by UV light.
- Never look directly into the device and wear protective goggles when illuminating the area around your eyes and face.
- When the UV light is on, avoid shining it in your eyes.
- We also do not recommend using UV alone. Always use it in combination with at least NIR.
- The device must not be operated by minors without parental supervision.
- Do not leave minors or sleeping persons near the device when it is switched on.
- Avoid direct contact with the LEDs and the front of the device when it is switched on.

Warranty conditions:

We guarantee that this device will function within its specifications for a period of 1 year 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 the result of improper maintenance or the result of customization. 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. It also does not cover damage caused by negligence in the use of the equipment and disregard of our safety instructions or maintenance instructions.





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