

Red Light Therapy Resource Guide



VitalRedLight.com



@vitalredlight



Vital Red Light





vital red light

Welcome to Light Therapy

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Welcome to Vital Red Light



Welcome to **Light Therapy**

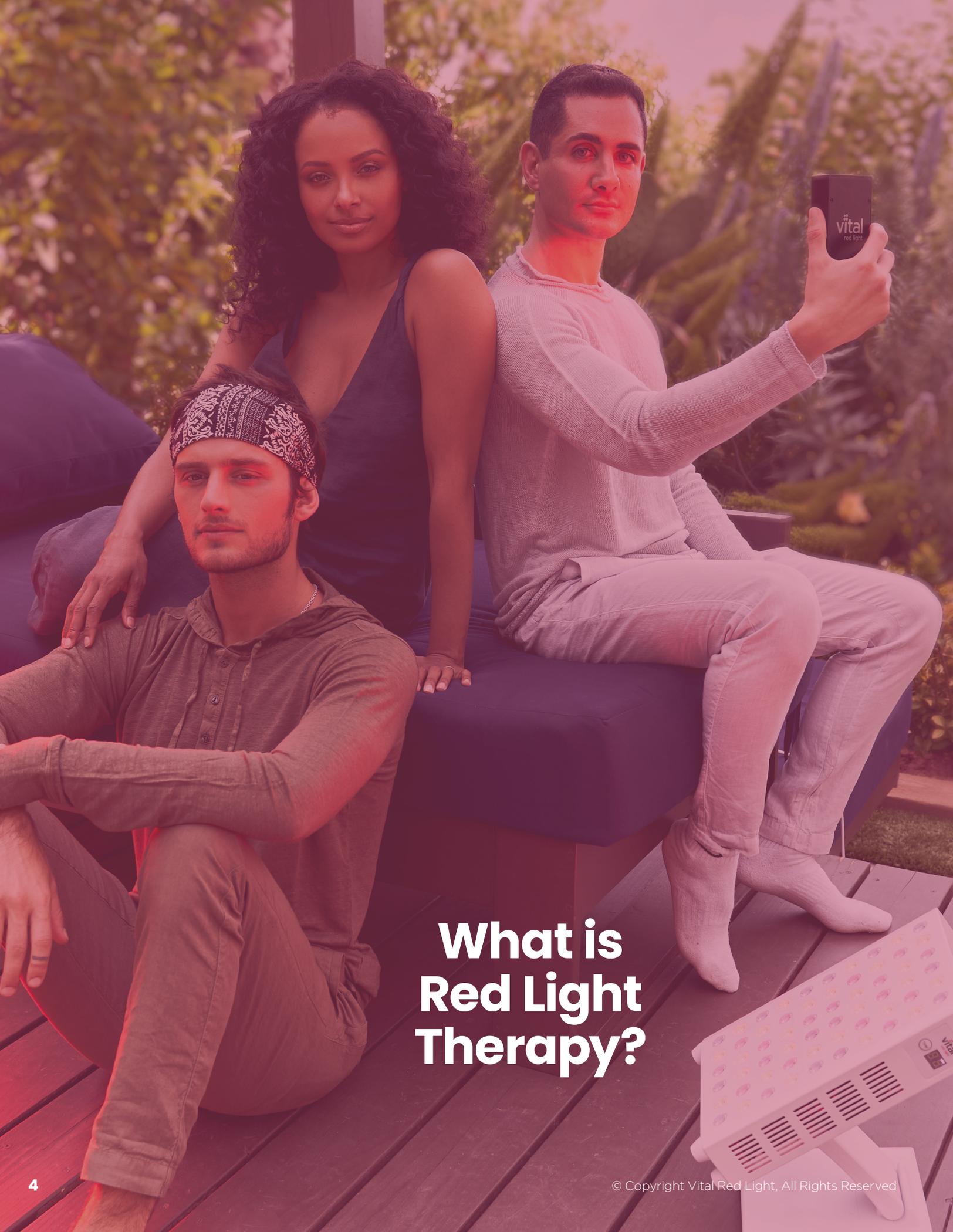
About **Vital Red Light**

At Vital Red Light, it is our mission to provide our customers with innovate health & wellness technologies that fit seamlessly into their daily lives. We want to empower our customers with the education and tools to take control of their health and well-being. Today, Vital Red Light is one of the world's most trusted manufactures of premium red and near infrared light therapy devices. Our devices are being used by thousands of individuals across the world to improve their health in the comfort of their own home. Professional athletes, medical professionals (dermatologist, chiropractors, sports medicine, aestheticians), top beauty professionals, and world-class gyms & health clinics all trust Vital Red Light as their source for red light therapy devices.



Heal Yourself **At-Home**

At Vital Red Light, our team of leading researchers and engineers believe that light therapy is one of the best kept secrets for vital health and abundant energy. Clinical science has shown us that the wrong type of light can make us sick and tired. But, the right type of light has the ability to heal our bodies and promote health & beauty. Vital Red Light devices allow customers to use the healing power of light to change the way they look, feel and live. No more expensive clinical sessions or trips to the doctors. You have the ability to heal and benefit on your own terms, in your own home.



What is Red Light Therapy?

What is Red Light Therapy?

Red light therapy (RLT) - also known as photobiomodulation, is a natural, non-invasive healing modality that delivers beneficial light directly to your body and cells. Red light has been widely studied in clinical studies around the world over the last 20 years, including research at NASA which validated the efficacy of red light therapy. It utilizes two specific wavelengths of light (mid 600nm red light and mid 800nm near-infrared light) that are naturally emitted by the sun. In targeted doses, they provide a wide range of health benefits across different systems and parts of the body.



How Does Red light Therapy Work?

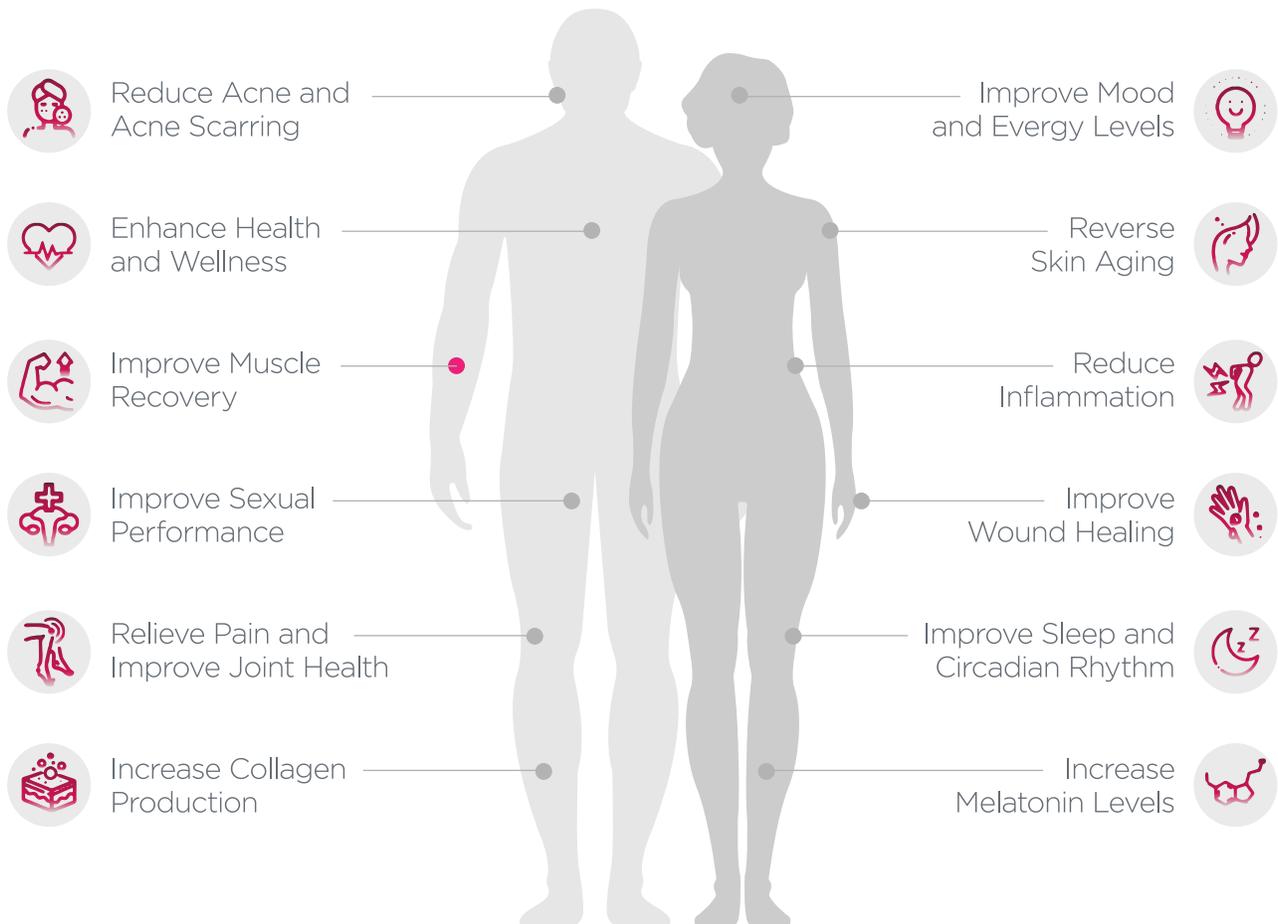
Red light therapy works by delivering your body the natural light that it needs to function at its best health. Red light therapy is able to penetrate deep into the human body. Once in the deeper tissues, red and near infrared light have incredible healing effects on the cells - leading to reduced inflammation, enhanced energy production, cellular regeneration and anti-aging, and much more.

Health Benefits of Red Light Therapy

Red and near-infrared light trigger a cascade of beneficial chemical reactions throughout tissues that stimulate the body's own healing and protective processes - which can lead to improved overall skin health, reduced pain and inflammation, better sleep, and enhanced muscle recovery. When red and near-infrared light from your Vital Red Light device is used on the skin's surface, the light penetrates between 8-11 millimeters into the body.

So depending on where the red light is shined, whether it's the face, limbs, back for instance, all of the surrounding layers of skin, lymphatic pathways, and blood vessels are modulated. The health of every cell, tissue, and organ in our body depends on energy being produced by the mitochondria in those cells. Since red and near-infrared light help the mitochondria produce more energy and produce it more efficiently, the benefits of this therapy can extend across many regions and systems of the body

What Red Light Therapy Can Do



Health Benefits Explained



Reduce Inflammation Red light therapy alleviates chronic inflammation by increasing blood flow to the damaged tissues, and it's been found in numerous clinical trials to increase the body's antioxidant defenses. This reduction can help ease the symptoms associated with joint pain, sore muscles, autoimmune diseases, arthritis, traumatic brain injuries, and spinal cord injuries.



Improve Circulation Red light therapy is a safe and effective way to reduce inflammation in the body while simultaneously improving circulation. The increased circulation promotes faster healing time while reducing pain and stiffness. This is why red light therapy can be helpful with joint pain associated with arthritis, fibromyalgia, back pain, neck pain and even muscle soreness after a workout.



Mental Health Red light therapy has extraordinary potential in mental health disorders including seasonal depression. In a recent review of all existing studies on red and near-infrared light therapy and depression/anxiety disorders, researchers found that these light therapies offer a "promising treatment" for major depressive disorder, suicidal ideation, anxiety, and traumatic brain injury.



Reduce Recovery Time Many professional athletes are discovering the benefits of red and near-infrared light therapy. Because red light therapy works by increasing blood flow and stimulating cell regeneration, athletes are able to speed up the recovery process. Recent clinical studies have shown red and near-infrared light therapy can repair muscle, enhance athletic performance, and aid in the recovery process following workout or injury.



Reduce Pain In a clinical study, neuropathic pain caused by a spinal cord injury was dramatically reduced by the application of red light treatment. Near-infrared light wavelengths reduce overall pain by easing joint stiffness and soreness, diminishing inflammation, easing muscle spasms and enhancing blood flow.



Stimulate Hair Growth Red light stimulates blood flow to the scalp and increases cellular energy (ATP) which enhances hair growth. In a study on patients with alopecia areata (autoimmune hair loss), red laser light reduced the severity of hair loss by 72% after 26 weeks.



Promote Cellular Health The most significant benefit of LED light therapy is the effect it has on the body's cells. One of the most critical outcomes of LED light therapy on cellular function is the stimulation of collagen production. Collagen strengthens hair, is responsible for the health of connective tissue, and provides our skin with firmness and elasticity.



Improve Sleep & Distress Red light therapy can help you relax and wind down in the evenings, ultimately promoting deeper and more restful sleep. Red light has a long-wavelength, which has a calming effect on the body. Therefore, it has beneficial effects on sleep and other physical properties that help promote relaxation and rest in the evenings while offsetting harmful blue light exposure during the days.



Increase Fertility Around the age of 30, male testosterone levels naturally start to decrease. Men hoping to achieve a natural boost to their sex drives, sexual satisfaction, fertility, and physical performance can reap benefits from LED light therapy. Red and near-infrared wavelengths can stimulate photoreceptor proteins in the testes causing higher testosterone production. Other studies have theorized that low-level light therapy may affect the pineal gland in the brain, which bears a significant impact on reproduction.



Improve Skin Health LED light therapy can dramatically transform the skin. Red light wavelengths in particular target the mitochondrial chromophores within skin cells, generating production of collagen proteins. Collagen stimulation yields more holistic and enduring benefits than simply resurfacing the outer layers of the skin. Stem cells may also be activated, increasing tissue repair. The result is accelerated healing and wound repair, improved appearance in hypertrophic scars, a reduction in fine lines and wrinkles, and improved skin texture.



Understanding Red Light Therapy

Why Do We Need Healthy Light?

When we don't get adequate natural light, it affects every cell and process within our body. Humans were made to use sunlight for optimal health. Healthy light is essential to every cell's function, and a lack of light can lead to chronic disease and illness. Lack of sunlight has been known to cause anxiety and depression because not enough sunshine depletes brain serotonin and dopamine levels, and those low levels can lead to disabling mood conditions.



Where Red Light Therapy Comes Into Play.

Not everyone lives in a place that is sunny all year-round. And not everyone has the ability to get outdoors in the sun every day during the time of day where it's warm and sunny. With a red light device, you receive a consistent and predictable spectrum of light with each use. Additionally, your red light will not emit any of the harmful UV rays of the sun. It's like sunshine supplement ready for you at any time of day.

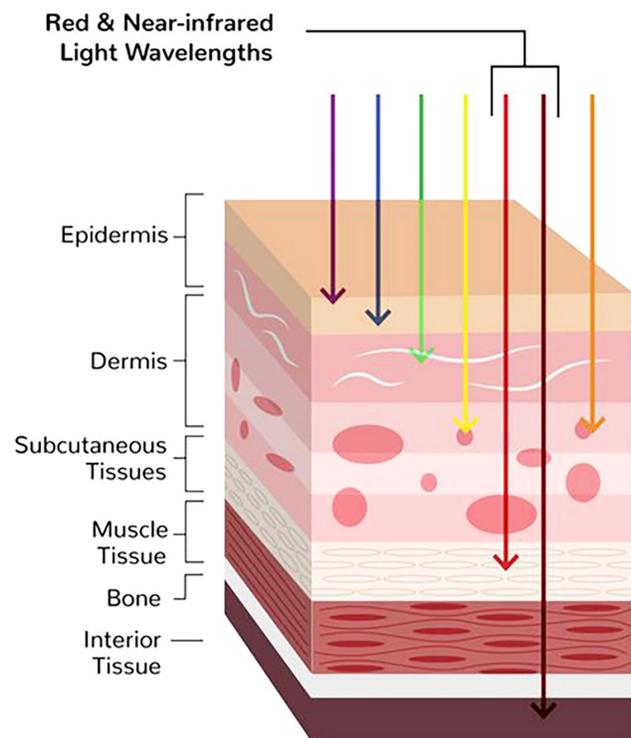
Understanding Red Light Therapy

Light therapy has been around for decades in select communities, but just recently started making its way mainstream with the advent of medical grade, at-home light therapy devices. Red light has been widely studied in clinical studies around the world over the last 20 years, including research at NASA in the 1980s. Throughout all the peer-reviewed clinical research, red light is observed to be safe and effective at promoting a wide range of health benefits with very little side effects or adverse reactions.

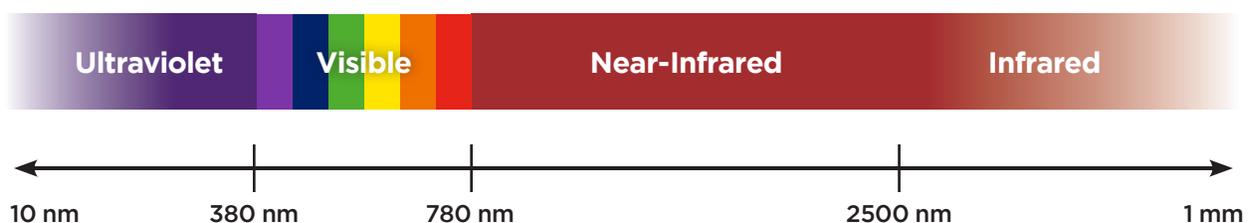
Sunlight includes a component of red light; it is this light wavelength that contributes to the enhanced sense of well-being we experience after a few hours outdoors. LED light therapy devices, such as those offered by Vital Red Light, harness the regenerative healing red light wavelengths, without the more problematic UVA and UVB light rays that can cause skin cancer and premature aging. LED light therapy, therefore, is the therapeutic science of utilizing red and infrared light wavelengths to assist with the treatment of health conditions, and promote general well-being.

All light falls along a spectrum of wavelengths. Red and infrared light that falls within the wavelength range of 630-850 nanometers (nm) is extremely beneficial, and often referred to as the “therapeutic window”. These wavelengths of light are bioactive in humans, which mean they have a biological effect on

the body like antibiotics or vitamins and affect the function of our cells. Red light emits wavelengths between 620-700 nanometers (nm). All red light wavelengths are effective and offer health benefits, although certain wavelengths are more powerful than others—particularly those that fall between 630-680 nanometers (nm). Visible red light within this range can penetrate deep into the skin, offering rejuvenating and balancing outcomes for a range of health conditions.



Red, near-infrared, and pure infrared light all exist towards the top of the visible spectrum and have been proven to have an effect on your body

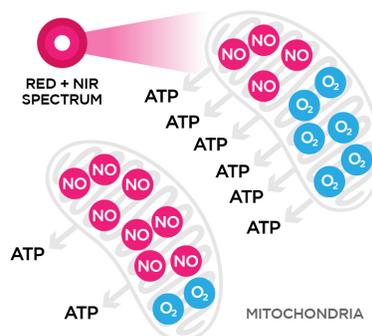
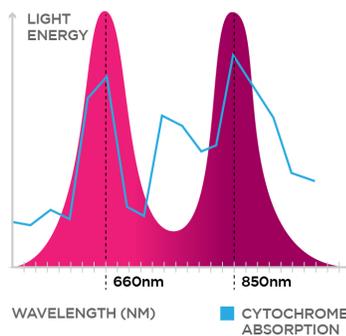


The Science of Red Light Therapy

During a LED light therapy treatment, chromophores within our cellular mitochondria absorb red and infrared light photons, and convert them into energy. Mitochondria are the powerhouses of cells, responsible for making adenosine triphosphate (ATP), the cell's form of energy, and enhancing the consumption of oxygen. Once this red light energy has been absorbed by the body, it is then used by the cells to build new proteins such as collagen and elastin, and to assist with cellular regeneration. Red light gives cells a helping hand, ensuring mitochondria reaches its potential by providing it with a full tank of fuel which results in optimal performance for the organism.

You could compare the process to photosynthesis, where plants absorb sunlight and convert it into complex molecules. In LED light therapy, we absorb the energy of the red light photons to enhance our cellular potential, promote oxygen utilization within the cell, and generate ATP, or cellular fuel. There's nothing mystical about it--the process by which red light transforms bodily tissue at a cellular level has been scientifically proven. Improving the performance of mitochondria in the body improves the body's overall performance and health.

How Red Light Improves Cell Health



1. The Red Light Spectrum

The red (660nm) and near-infrared (850nm) spectrum are scientifically proven to excite the key enzyme **Cytochrome** (CCO) and the **mitochondria** in the cell.

2. Boost in Cellular Energy

Once Cytochrome is saturated with the 660nm and 850nm spectrum, the inhibitory **Nitric Oxide is reduced and Oxygen is increased**. This enable mitochondria to **produce more Adenosine Triphosphate (ATP)**, which is the energy the cells use.

3. Anti-Inflammatory Properties

The now **oxygen-rich** blood travels through the brain and body and **reduces overall inflammation**. Cellular functions are optimized which helps the **optimal functioning** of our biochemistry.



Red Light **Guidelines**

Where to Place?

Wherever you have an issue you would like to address. For general energy boost, try it on the face, gut, chest or along the back.

Where to shine?

Get naked! Make sure the lights are directly on the skin. Clothing prevents the red and near infrared light from reaching your cells, so be sure to remove any garments from the part of your body you're treating.

How Long?

One 10 minute session in one place is often enough to trigger the body's self-healing response. However, for multiple areas on the body, your Vital Red Light can be used up to 40 minutes per day.

How often?

Daily use is key. To get the most out of your Vital Red Light, consistency is vital. We recommend minimum once daily, however 2-3 times per day can be beneficial when using for multiple goals such as sleep, training, and mental acuity!

How Does It Work?

Using Light Therapy in 3 Easy Steps.



Turn on Your Vital Red Light Device

Flip on your Vital Red Light device. Shine the light on the area of the body you wish to treat. Experience the healing power of natural red light.



Sit back and Relax for 10-minutes

Sit back and relax in front of the light for 10 minutes while listening to music, meditating, reading a book, or drinking your morning coffee.



Get Lasting Benefits All-Day Long

Capture the endorphines released and get ready to feel refreshed, recharged, and ready to own the day (or sleep blissfully). You will walk away feeling lighter, refreshed, and happier - guaranteed!

Disclaimer: These guidelines are not medical advice. If symptoms persist, consult your doctor. The device should be used based on individual tolerance. If you are light sensitive, reduce the treatment time accordingly. For further information, see the FAQ page. Recharge does not claim to cure, prevent or diagnose.

Red Light Therapy Guidelines

Daily Use is Optimal

To get the most out of your Vital Red Light, consistency is key. We recommend once daily use, although 2-3 times per day may be beneficial for symptomatic areas.

Use Your Device Anytime

Use your Vital Red Light anytime of the day that works best for you. Some people benefit from using red light first thing in the morning upon waking to give them a boost of energy to begin the day. Others wait until the evening to help them wind down after a long day, or as an alternative to bright, artificial lights after the sun sets. The important thing is fitting red light therapy into your daily routine, regardless of what time.

Session Duration & Frequency

For optimal full body benefits, including both surface level and deep tissue treatments, we recommend doing 10-20 minute treatment for each desired treatment area at a distance of 6-18 inches away from your device to experience the best results. Time of use and distance away from the device vary from person to person, so find what is best for you.

Targeting Problem Areas

The benefits of red light therapy will come after consistent use. It is important to target specific areas of your body where you are experiencing problems. Direct treatments for 10-20 minutes allows light to penetrate deeper into tissues for greater effects.

Exposing Your Skin

For effective red light therapy use, the area of your body that you're treating needs to be exposed directly to the light. Clothing prevents the red and near infrared light from reaching your cells, so be sure to remove any garments from the part of your body you're treating.

Clothing

Many of the Vital Red Light users use their devices in the nude. Delivering light to more surface area on your body leads to better light therapy outcomes, but full nudity is not necessarily required for effective use. Lighter garments like underwear, bras, shorts, and socks may be worn without hampering a treatment, though the covered areas not exposed directly to the light won't receive any benefits.

Makeup

You can still benefit from red light therapy treatments while wearing makeup, but for optimal use, we recommend removing it and cleaning your skin so more light can reach your cells.

Eye Protection

Eye protection is not necessary, but we don't recommend looking directly into the LEDs as it can be uncomfortable. For this reason, we include a pair of safety goggles in the Vital PRO and Vital ELITE boxes.

Frequently Asked Questions

Is Red Light therapy safe?

Absolutely! There have been hundreds of studies around the world that provide the safety and effectiveness of red light therapy on all parts of the body. Because of this, red light therapy has become an extremely popular way to treat skin problems, athletic injuries, and even help with sleep! Since red light therapy does not have the harmful UV rays or heat like the sun, you can rest assured that you are getting the right dose of light without any negative side effects!

Can red light therapy cause harm?

No. Red Light therapy is safe and ultraviolet (UV) free. Unlike using other laser therapies or tanning beds, Red light therapy does not use UV light, which is the cell mutating and cancer causing light. The wavelengths produced in this style of therapy, is outside of the skin damaging UV range.

Is red light safe for my eyes?

Eye protection should be used when NIR mode is active. Do not stare directly into the LEDs. The beam window covers the full front surface area of the device. If your eyes are more sensitive to light or if you take medications that have a history of causing photosensitivity, we recommend that you consult your physician before treating with a Vital Red Light device.

How does it work?

Vital red light uses therapeutic Red and Near-Infrared (NIR) wavelengths to penetrate deep into your skin and body for wonderful healing benefits. As your body soaks up the natural light, your mitochondria become activated in producing energy for a wide range of functions.

How do I use a Vital Red Light?

Using red light therapy is simple and easy: Switch on your Vital Red Light, aim it at the part of your body that you wish to treat, and relax for 10 minutes. Easy as that, no setup required, just get comfortable and enjoy. With only a couple sessions a week, you will begin to feel the healing effects of red light therapy.

How long does it take to work?

You can experience results as early as after the first treatment session with red light therapy. To get the most out of your Vital Red Light, consistency is key. We recommend once daily use, although using your device 2-3 times a day may be beneficial for symptomatic areas. Red light therapy has been proven to work fast and effectively.

Is red light therapy backed by clinical research?

Our wavelengths of light have been studied in over 500 human trials and 4,000 lab studies to date. It is backed by thousands of peer-reviewed medical studies and clinical trials that event conducted for the past few decades. The results have shown overwhelmingly positive results with close to zero health risks or adverse events.



Explore Red Light Scientific Resources

Below is a list of suggested reading material, including a select few clinical studies, out of the thousands of studies already conducted, proving the true benefits of red light therapy.

Recommended Reading:

Hamblin, Michael et al, Low-Level Light Therapy: Photobiomodulation, 2018, SPIE press

Pollack, Gerald, Fourth Phase of Water: Beyond Solid, Liquid & Vapor, 2013, Ebner & Sons

Whitten, Ari, The Ultimate Guide To Red Light Therapy, 2018, CreateSpace Independent Publishing Platform

Becker, Robert The Body Electric: Electromagnetism And The Foundation Of Life, 1998, William Morrow Paperback

Know, Lee, Mitochondria and the Future of Medicine: The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself, 2018, Chelsea Green Publishing

Kruse, Jack, Epi-paleo Rx: The Prescription for Disease Reversal and Optimal Health, 2013, Optimized Life PLC

Lane, Nick Power, Sex, Suicide: Mitochondria and the Meaning of Life, 2006, Oxford University Press

Ott, John, Light, Radiation, and You How to Stay Healthy, 1985, Devin-Adair Pub USA

References:

Arthritis

<https://www.ncbi.nlm.nih.gov/pubmed/1727843>

Asthma

<https://pdfs.semanticscholar.org/5a8eca46bf0933ad045a007caff23.pdf>

Bone repair

<https://www.ncbi.nlm.nih.gov/pubmed/25653816>
<https://www.ncbi.nlm.nih.gov/pubmed/12928816>

Brain health

<https://www.ncbi.nlm.nih.gov/pubmed/25196192>
<https://www.mdpi.com/2304-6732/6/3/77/htm>

Circadian biology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2717723/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5863078/>

Collagen

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5963836/>
<https://iopscience.iop.org/article/10.1143/JJAP.3.117/meta>
<https://research.qut.edu.au/pmbm/projects/understanding-and-exploring-piezoelectricity-in-collagen>

Diabetic neuropathy

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4639677/>
<https://www.liebertpub.com/doi/abs/10.1089/pho.2009.2680>

Dosing

<https://www.spiedigitallibrary.org/journals/journal-of-biomedical-optics/volume-23/issue-12/120901/Review-of-light-parameters-and-photobiomodulation-efficacy--dive-into/10.1117/1.JBO.23.12.120901.full?SSO=1>

Fat reduction

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5225499/>

Gut-brain

<https://link.springer.com/article/10.1007/s10103-018-2594-6>
<https://www.ncbi.nlm.nih.gov/pubmed/29890728>
<https://www.ncbi.nlm.nih.gov/pubmed/27424097>

Hair growth

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3944668/>

Immune system

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3643261/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5215870/>
<https://www.ncbi.nlm.nih.gov/pubmed/21955546>
https://www.jstage.jst.go.jp/article/islsm/3/4/3_91-OR-23/_pdf
<https://link.springer.com/article/10.1007/s10103-012-1129-9>
<https://www.aafp.org/afp/2011/1215/p1412.html>

Mechanisms

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5215870/> <https://www.ncbi.nlm.nih.gov/pubmed/24379964>

Meridians

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3838801/>
<https://www.ncbi.nlm.nih.gov/pubmed/29103083>

Mitochondria

<https://ghr.nlm.nih.gov/primer/mutationsanddisorders/mitochondrialconditions>
<https://www.ncbi.nlm.nih.gov/pubmed/16124858>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3316879>

Muscle

<https://link.springer.com/article/10.1007/s10103-017-2368-6>
<https://onlinelibrary.wiley.com/doi/abs/10.1002/jbio.201600176>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5026559/>

Nervous system

<https://www.ncbi.nlm.nih.gov/pubmed/23492552>
<https://www.ncbi.nlm.nih.gov/pubmed/20358337>
<https://www.ncbi.nlm.nih.gov/pubmed/24093608>
<https://www.ncbi.nlm.nih.gov/pubmed/29890728>

Pain

<https://jneuroinflammation.biomedcentral.com/articles/10.1186/s12974-016-0679-3>
<https://www.ncbi.nlm.nih.gov/pubmed/21725826?dopt=Abstract>
<https://www.ncbi.nlm.nih.gov/pubmed/16706688?dopt=Abstract>
<https://www.ncbi.nlm.nih.gov/pubmed/18754533?dopt=Abstract>
<https://www.ncbi.nlm.nih.gov/pubmed/16979496?dopt=Abstract>
<https://www.ncbi.nlm.nih.gov/pubmed/23329239?dopt=Abstract>
<https://www.dovepress.com/use-of-low-intensity-laser-treatment-in-neuropathic-pain-refractory-to-peer-reviewed-article-IJGM>
<https://www.ncbi.nlm.nih.gov/pubmed/20682161>

Sinusitis

<https://www.ncbi.nlm.nih.gov/pubmed/21290392>
<https://www.sciencedirect.com/science/article/abs/pii/S1081120610632024>

Skin

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4126803/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4745411/>

Stem Cells

<https://www.bioopticsworld.com/biomedicine/article/16429152/photobiomodulation-regeneration-without-risk-light-enabled-tissue-repair>
<https://www.liebertpub.com/doi/abs/10.1089/pho.2016.4216?journalCode=pho>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6499560/>
<https://www.ncbi.nlm.nih.gov/pubmed/21674545>
<https://www.ncbi.nlm.nih.gov/pubmed/24871130>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4146146/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4291821/>

Teeth

<https://medicalxpress.com/news/2014-05-coax-stem-cells-regrow-teeth.html>
<https://www.ncbi.nlm.nih.gov/pubmed/17052624>
<https://www.ncbi.nlm.nih.gov/pubmed/21473840>
<https://www.newscientist.com/article/dn25649-forget-the-dentists-drill-use-lasers-to-heal-teeth/>

Water

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4256027/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6462613/> <https://www.ncbi.nlm.nih.gov/pubmed/20649429> https://www.nature.com/articles/p12029?fbclid=IwAR0XjgQDuULmfjUSAt7ETy8Y90Vm-fJXtETyMlinNwzTKUKS_g25T8KFT7k

Wound healing

<https://www.bioopticsworld.com/biomedicine/article/16429152/photobiomodulation-regeneration-without-risk-light-enabled-tissue-repair> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5991292/> <https://www.ncbi.nlm.nih.gov/pubmed/25411997> <https://www.ncbi.nlm.nih.gov/pubmed/11776448> <https://www.futuremedicine.com/doi/abs/10.2217/rme.15.82>

A woman with curly hair is sitting at a table, holding a white mug. She is wearing a blue dress. On the table in front of her is a white red light therapy device with a grid of red lights. There is also a vase of flowers and a small black box on the table. The background shows a kitchen area with a white countertop and a hanging light fixture. The overall lighting is warm and red-tinted.

Setup Guide

vitalCHARGE

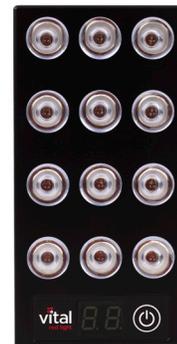
Introducing the all-new Vital Charge.

Vital Charge is a handheld, wireless, rechargeable light therapy device with an ultra-sleek design. This powerful, portable device allows for anytime, anywhere light therapy sessions. The Vital Charge is the first device of its kind and offers a medical-grade healing experience in the palm of your hand.

The Vital Charge can be the perfect complement to an at-home red light therapy device. It's no secret that red Light therapy can be incredibly beneficial when leveraged as a consistent part of your health routine, but occasionally life gets in the way. Take the Vital Charge with you anywhere that you go with ease, and never miss a session of red light therapy again. Traveling? Driving around the kids? Laying on the couch? The handheld Vital Charge offers the same red light experience as our larger devices, but in a sleek, portable design that you can take anywhere.



Name	Vital Charge
Best For	Targeted, on the go
Wavelengths	660nm Red Light
LED Count	12 x 5watt (60w total)
Dimensions	6" x 4", same as iPhone
Weight	~1.2 pounds
Irradiance	>110 mw/cm2
Power Source	Battery powered
Beam Angle	30 degrees
Flicker Rate	Gentle, non-flicker
Certifications	CE, FDA, RoHS
Built in Timer	Yes, 10-minutes
EMF Output	0 EMF



Front



Back



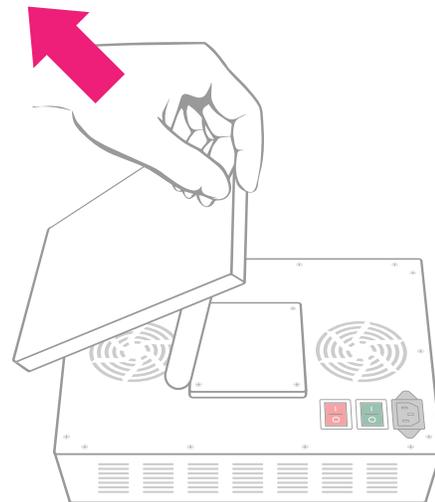
vitalPRO Setup

STEP 1

Release the Tabletop Stand

Face the LEDs downward and pull the stand out to your body as pictured.

Note: It takes a moderate amount of force to release the stand, so pull firmly to release the stand.



Pull stand outward to release

STEP 2

Adjusting the Position of Your Light

After releasing the stand, adjust your Vital Pro to the position or angle of your choice.

STEP 3

Choosing your light mode

After inserting the power cord, choose between Red and NIR (near-infrared) light modes.

Green Switch

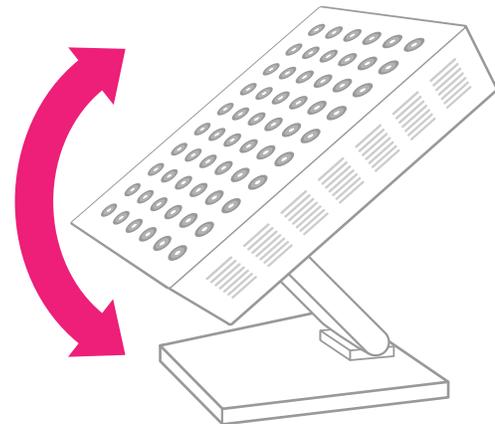
Flip on the green switch labeled 'NIR' for near infrared light mode. Note: Near infrared is mostly invisible to the human eye.

Red Switch

Flip on the red switch labeled 'RED' for red light therapy mode. Note: Red light is very bright to the human eye.

Combo Mode

Turning on both the Green (NIR) and Red (RED) switches at the same time is most beneficial for treatment sessions.



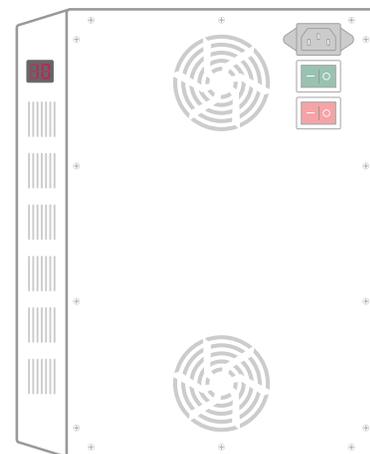
Adjust to desired angle

STEP 4

10-Minute Timer Mode

After the green and red switches are turned on, click the timer button on the side of the device to enable a 10-minute timer. After 10-minutes, your device will shut off.

Note; the device will run without the timer being engaged. The timer switch is optional, and you are free to use the light therapy device without the timer if that is what you wish.

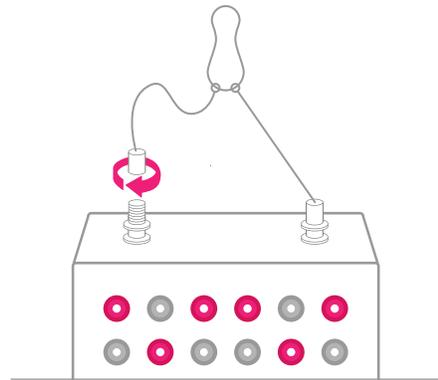


Choose light mode and set timer

vitalELITE Setup

STEP 1

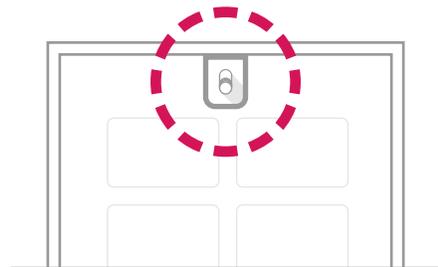
Place your Vital Elite face down on a scratch-free surface. Next, screw the threaded posts to the top of the device and hand-tighten them as needed. Then, screw the braided cables to the threaded posts as shown.



Screw thread posts and cables

STEP 2

Hang the custom door hook on any standard sized door as shown.



Hang hook on standard door

STEP 3

Connect the braided cables to the snap link attached to the hook on the door.

STEP 4

Choosing your light mode

After inserting the power cord, choose between Red and NIR (near-infrared) light modes.

Green Switch

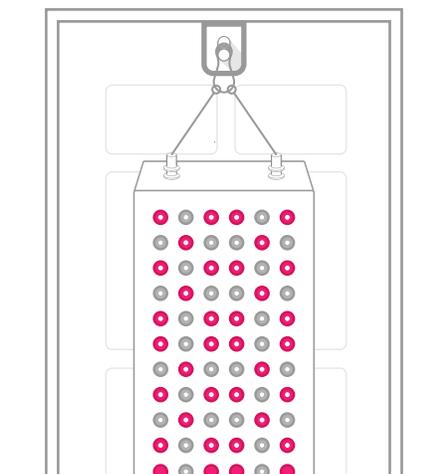
Flip on the green switch labeled 'NIR' for near infrared light mode. Note: Near infrared is mostly invisible to the human eye.

Red Switch

Flip on the red switch labeled 'RED' for red light therapy mode. Note: Red light is very bright to the human eye.

Combo Mode

Turning on both the Green (NIR) and Red (RED) switches at the same time is most beneficial for treatment sessions.

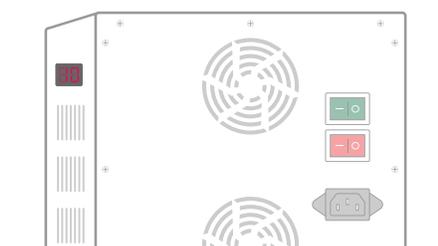


Connect cables to snap link on hook

STEP 5

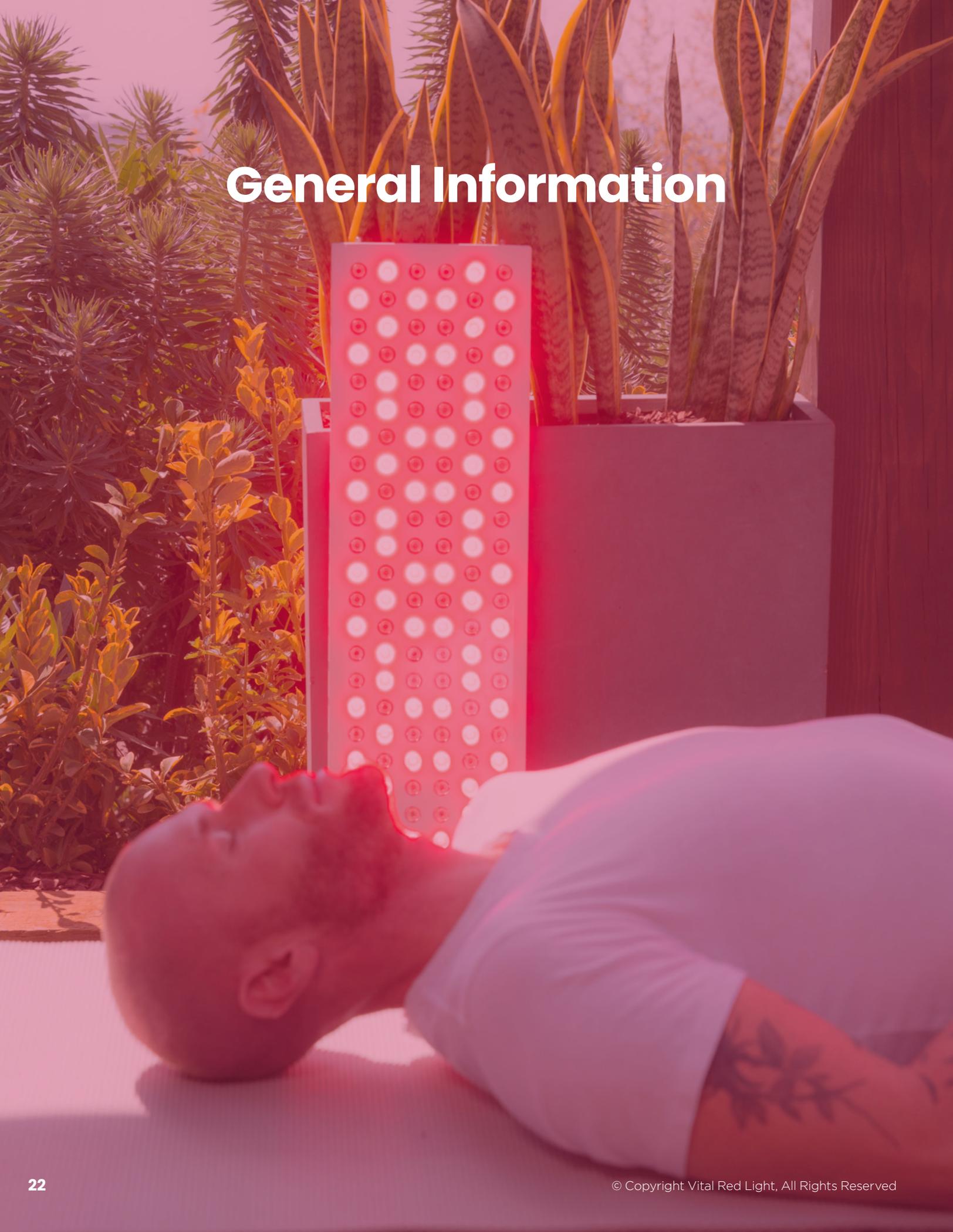
Using your timer

After the green and red switches are turned on, click the timer button on the side of the device to enable a 10-minute timer. After 10-minutes, your device will shut off. Note; The device will run without the timer being engaged. The timer switch is optional, and you are free to use the light therapy device without the timer if that is what you wish.



Choose light mode and set timer

General Information



Warnings & Cautions

Warnings

Use of this device in any way other than as described in this manual voids the warranty and could result in serious injury. Please carefully read and follow these warnings, cautions, and safety information before using the device:

- **Do not** stare directly into the diodes or their reflection in a mirror (eye protection is provided with your purchase of the device).
- **Do not** use the device on newborns/infants.
- **Do not** allow children to use the device unless supervised by an adult.
- **Do not** pull, carry, or lift the device by its cord.
- **Do not** use the device if the cord (or any part of the device) is damaged, or if the power cord becomes too hot.
- **Do not** use the device if it has been dropped, damaged, left outside, or has encountered water or liquids of any kind.
- **Do not** use on or near heated surfaces, or expose the device to heated temperatures exceeding 140 degrees Fahrenheit.
- **Do not** operate this device anywhere that it is (or could be) exposed to flammable or combustible materials (or where vapours/dangerous chemicals may be present).
- **Do not** use the device on open wounds.
- **Do not** use this device in combination with lotions, oils, salves, ointments, or balms that may contain heat-producing ingredients.
- **Do not** modify or attempt to repair the device, or have any party other than Vital Red Light attempt to repair the device.
- **Do not** use the device for more than 20 minutes per session
- This device is **not** to be used by sleeping or unconscious persons.

This device is an electrical device. To avoid electric shock or other injury, please carefully adhere to the following:

- **Do not** bring your device near (or drop your device in) water or liquids of any kind.
- **Do not** wash or expose electrical parts of the device to water or liquids of any kind.
- **Do not** touch the device, cord, plugs or switches with wet or damp hands.
- **Do not** apply or touch the device to wet or damp skin.

Cautions

We recommend consulting your doctor prior to the use of any Vital Red Light device if you are sensitive to light or if you may have any other health conditions. Please consult your doctor prior to use if you:

- Have history or suspicions of cancerous lesions.
- Are taking drugs known to cause sensitivity of skin to light or have a history of seizures triggered by light.
- Recently had any steroid injection or use topical steroids.
- Are pregnant.

Please keep in mind that medicines for colds, allergies, pain, and drugs to treat infections may cause light sensitivity. Prior to use, we recommend that you check for any potential reaction or sensitivity by turning on the device and shining the light on a single spot of your skin for a total of 3 minutes, and then wait 24 hours to see if any reaction occurs. If you see any redness or a rash on the exposed area, please discontinue use and contact your healthcare provider or physician for further instruction.

If you experience discomfort or have a concern about the device, stop use immediately and contact your doctor or healthcare provider.

Please also ensure that you:

- Use the device indoors only
- Use supplied power supply only.
- Unplug the device from outlets when not in use.
- Use caution and care when unplugging the device and grasp the plug directly (do not pull on the cord, and never touch the metal prongs of the plug).
- Store your device in a dry room, and make sure it is protected from excessive moisture, heat, and dust when not in use.
- Avoid using any type of cleaning agents on the device.

Safety & Warranty

Electrical Safety

- **Do not** place your device where it can fall, be pulled into, or directly exposed to water or other liquid.
- **Do not** expose your device to running water. If your device comes into contact with water or other liquid, unplug it immediately. We recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER device in any potentially wet locations.
- **Do not** separate power supply or cables during use. Switch the device off at the back and then unplug device from the electrical power outlet before separating cables.
- **Do not** use your device if it is damaged.
- **Do not** use your device if the cord is damaged.
- **Do not** use extension cords unless they are equipped for the total rated wattage of the device.
- **Do not** overload wall outlets and extension cords.
- Make sure the outlet power supply meets the specifications required.
- The power cord should be clear of any walkway or object that could pinch or compress it.

If you have any difficulty setting up, using, cleaning, or maintaining your device please contact our customer support at support@vitalredlight.com.

Warranty

• ALL IMPLIED WARRANTIES, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED IN THEIR ENTIRETY TO THE FULLEST EXTENT ALLOWABLE BY LAW.

Warranty (continued)

- We warrant that your Vital Red Light device will function and perform within the specifications listed herein for two years from the delivery date (the “Warranty Period”).
- If service for the device is required, the original buyer is responsible to return the device within the Warranty Period. Resold devices will become void of warranty as the warranty may not be transferred, sold, or assigned without prior written consent from Vital Red Light in its sole discretion.
- The warranty will not be applied to any device that has been abused, damaged (including water-damaged), tampered with, modified or fitted for any outside parts.
- The warranty will not cover (and Vital Red Light is not responsible or liable for) any misplacement or loss of the device.
- In terms of the warranty, each case will be determined on the basis of the return of the device and our assessment of the condition of the device. Vital Red Light has sole discretion in providing the warranty on the basis of such assessment. If we determine that a returned device is covered by the warranty, we will either repair the device or provide a substitute device based on the condition of the device. Monetary refunds will only be available within the first thirty (30) days of purchase (see “Trial Period”).
- Because we ship our products free-of-charge to the customer, the cost of the return shipment of the product is the responsibility of the customer.
- Intentional or destructive damage to the device inflicted by user or a third party shall not be covered under the warranty. Please find the full details of our warranty policy on our website (www.vitalredlight.com)

Guarantee & Disclaimer

Trial Period

All of our Vital Red Light devices come with a 30-day trial period (the “Trial Period”) for customer satisfaction. If you're not satisfied with your purchase during the Trial Period, please contact us at support@vitalredlight.com.

Please note the following regarding the Trial Period process:

- Because we ship our products free-of-charge to the customer, the cost of the return shipment of the product is covered by the company if the request is made within 30 days of the customer receiving the product
- The customer must return the product in like-new condition, with all original packaging, accessories, and parts. If any part of the products or packaging is missing, such amount will be deducted from the customer's refund amount.
- Any loss or damage to the device will void the money back guarantee.
- Any returns that are received with damage or missing components may be subject to additional fees that will be deducted from the customer's refund amount.
- All returns will be inspected within a 5-business day period. Returns must be postmarked before the end of the 30-day Trial Period. Returns sent after 30 days will not be accepted.

Please visit our website for the full details of the Trial Period process..

Disclaimer

The information provided in this manual is based on many clinical studies and trials for educational purposes only, and is not intended to support the safety or effectiveness of Vital Red Light devices. Vital Red Light devices are not meant to diagnose, treat, cure, or prevent any disease, illness, or condition. Vital Red Light devices are not a substitute for a face-to-face consultation with your doctor or healthcare provider, and should not be construed as medical advice in any way. The independent reviews presented are applicable to the individual depicted and may not represent the uses mentioned above. Individual results may vary. The devices and statements in this user manual have not been evaluated by the FDA (U.S. Food & Drug Admin). Actual results may vary according to skin type, frequency of use, genetic influences, diet, exercise, lifestyle, and environment.

For support or additional questions, please contact us at support@vitalredlight.com.

 **vital red light**

Customer Service
support@vitalredlight.com