



Introduction to **Vital Red Light Therapy**



vitalredlight.com



@vitalredlight



Vital Red Light

For more information,
please visit our website
or scan the QR code





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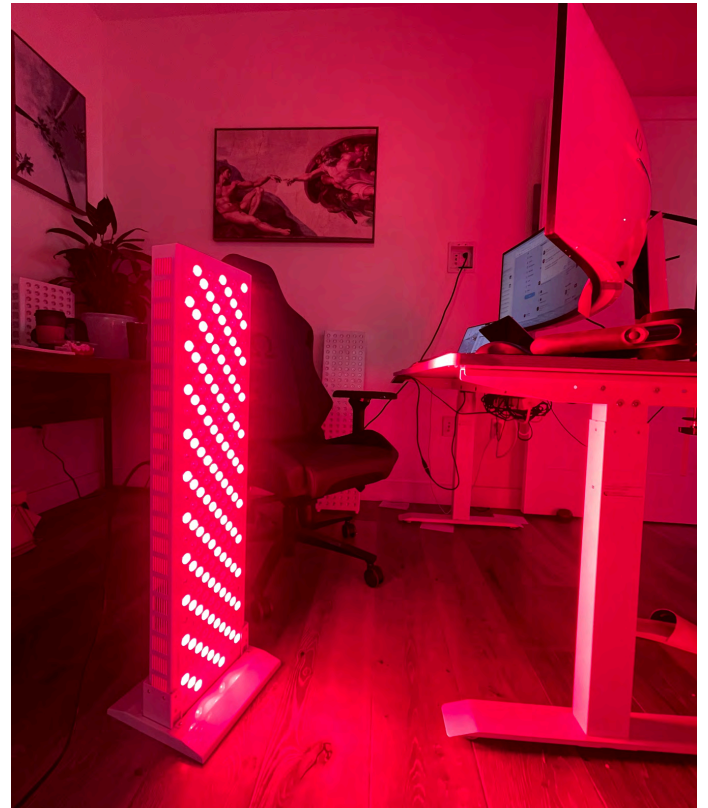
Welcome To Vital Red Light

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?

Intro To Red Light Therapy

Red light therapy (RLT) – also known as photobiomodulation, is a natural, noninvasive 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 with red and near-infrared light. In targeted doses from a red light therapy device, they have a healing effect on the body. The photons of light from a device are absorbed by mitochondrial chromophores in skin cells. When the light is absorbed, it increases electron transport, adenosine triphosphate (ATP), nitric oxide release, blood flow, reactive oxygen species increase and diverse signaling pathways get activated.

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, Leading To Health Benefits Across The Entire Body. 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. When Red Light Is Shined On The Skin, It Penetrates Through Layers Of Tissues, Modulating Lymphatic Pathways And Blood Vessels. It Also Supports The Mitochondria In Every Cell, Tissue And Organ Of Your Body To Produce More Energy. The Health Of Every Cell And Tissue 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 To Many Regions And Systems Of The Body. There Are Two Primary Types Of Light We Use For Cellular Healing: Red Light, Which Is In The 600 Nm To 700 Nm Range (Nanometers), And Near-Infrared (NIR) Light, Which Is In The 800 Nm To 1200 Nm Range. Both Of These Wavelengths Have Been Shown To Be Highly Effective At Stimulating Mitochondrial Function. Please Note That Near-Infrared Is Invisible To The Human Eye!



The Ultimate Red Light Device, Backed by Science



Medical Grade Power

10 Times Stronger Than Most LED Products. True Medical Grade Lights For More Effective Treatment, In Less Time



Safe & Easy To Use

Zero EMF, Non-Flicker LEDs, 100% Natural And UV-Free For Safe Treatments, Every Time



Guaranteed To Be Effective

Try Your Device Risk-Free For 30-Days And Rest Assured With Our 2-Year Warranty

Forbes **US** REVOLVE **People** EQUINOX

Vital Red Light Products

vital CHARGE



LED Power Class
60 watt

Medical Grade LEDs
12 x 5Watt

Irradiance (Power)
105mw/ cm²

Wavelengths
Red (660nm)

Treatment Area
Targeted

Treatment Time
10-minutes from 6-12 inches

Focusing Lens Beam Angle
30 degrees

EMF Level (μT)
0.0 μT @ 2"

LED Timer Screen
Pre-set, 10 minutes auto shut off

Dimensons (inches)
5.8 x 3.8 x 1.5

Weight
1.3lbs

Lifespan
30,000 hours

Warranty
3 years

What's included?
Protective eye wear, user guide,
carry case, charging cord, stand

vital PRO



LED Power Class
360 watt

Medical Grade LEDs
72 x 5 Watt

Irradiance (Power)
110 mw/ cm²

Wavelengths
Customizable options
Red (660nm) & NIR (850nm)

Treatment Area
Half-body

Treatment Time
10-minutes from 1-2 feet

Focusing Lens Beam Angle
30 degrees

EMF Level (μT)
0.0 μT @ 4"

LED Timer Screen
Adjustable timer, auto shut off

Dimensons (inches)
12.5 x 8.5 x 2.3

Weight
10lbs

Lifespan
50,000 hours

Warranty
3 years

What's included?
Protective eye wear, user guide,
tabletop stand, power cord

vital ELITE



LED Power Class
960watt

Medical Grade LEDs
192 x 5 Watt

Irradiance (Power)
110 mw/ cm²

Wavelengths
Customizable options
Red (660nm) & NIR (850nm)

Treatment Area
Full-body

Treatment Time
10-minutes from 1-2 feet

Focusing Lens Beam Angle
30 degrees

EMF Level (μT)
0.0 μT@4"

LED Timer Screen
Adjustable timer, auto shut off

Dimensons (inches)
36.6 x 8.5 x 2.3

Weight
15lbs

Lifespan
50,000 hours

Warranty
3 years

What's included?
Protective eye wear, user guide,
mounting kit, power cord

Vital Red Light Products

vitalGUA SHA



LED Power Class
60 watt

Medical Grade LEDs
26 x 5 Watt

Irradiance (Power)
30 mW/cm²

Wavelengths
Red: 630nm and NIR 830nm

Treatment Area
Targeted

Treatment Time
10 minutes

Focusing Lens Beam Angle
30 degrees

EMF Level (μT)
0.0 μT @ 2"

Battery Life
30 minutes continuous use

Dimensons (inches)
3.7 x 2.9 x .05

Weight
70 g / 2.5 oz

Lifespan
30,000 hours

Warranty
3 years

What's included?
User guide, carry case, charging cord, charging base

vitalPRO 2.0



LED Power Class
360 watt

Medical Grade LEDs
72 x 5 Watt

Irradiance (Power)
110 mw/ cm²

Wavelengths
480, 590, 630, 660, 670, 810, 830, 850, 1060 nm

Treatment Area
Half-body

Treatment Time
10-minutes from 1-2 feet

Focusing Lens Beam Angle
30 degrees

EMF Level (μT)
0.0 μT @ 4"

Touchscreen Display
Adjustable timer, auto shut off

Dimensons (inches)
12.5 x 8.5 x 2.3

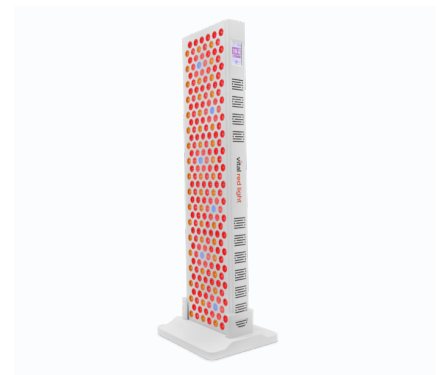
Weight
10lbs

Lifespan
50,000 hours

Warranty
3 years

What's included?
Protective eye wear, user guide, simple remote, power cord

vital ELITE 2.0



LED Power Class
960watt

Medical Grade LEDs
192 x 5 Watt

Irradiance (Power)
110 mw/ cm²

Wavelengths
480, 590, 630, 660, 670, 810, 830, 850, 1060 nm

Treatment Area
Full-body

Treatment Time
10-minutes from 1-2 feet

Focusing Lens Beam Angle
30 degrees

EMF Level (μT)
0.0 μT@4"

Touchscreen Display
Adjustable timer, auto shut off

Dimensons (inches)
36.6 x 8.5 x 2.3

Weight
15lbs

Lifespan
50,000 hours

Warranty
3 years

What's included?
Protective eye wear, user guide, simple remote, power cord



Understanding Red Light Therapy

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

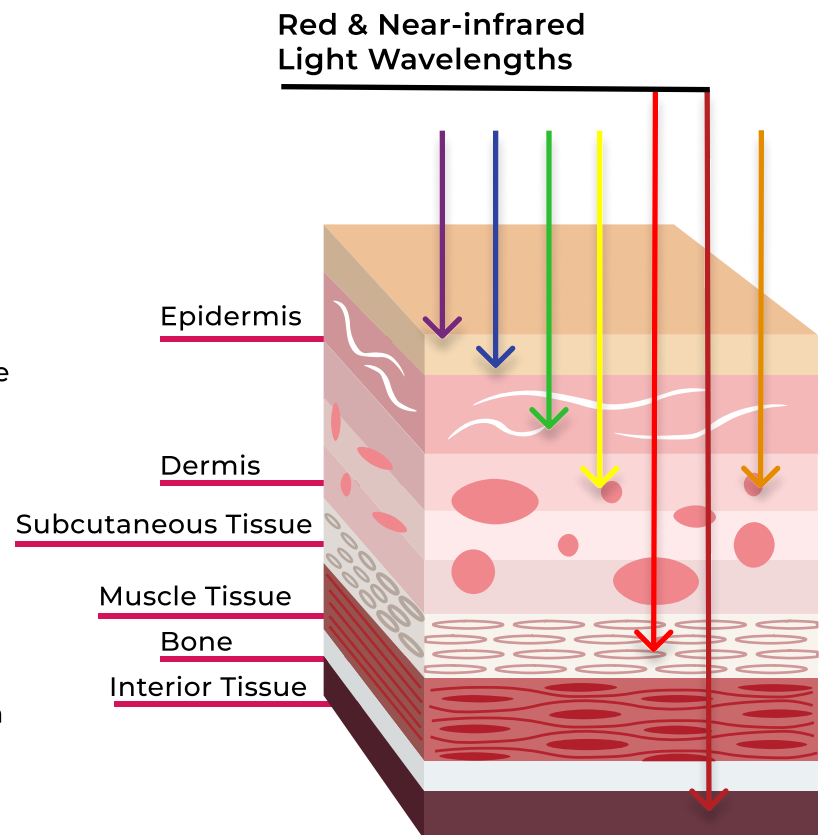
Understanding Red Light Therapy

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.

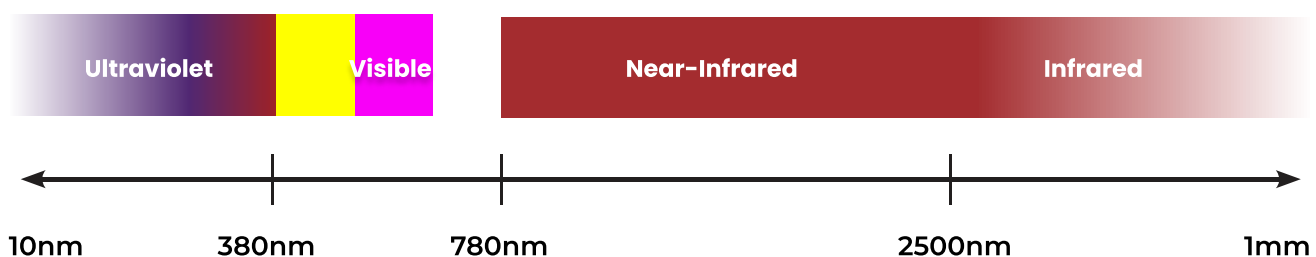
Sunlight includes a component of red light; it is this light wavelength that contributes to the enhanced sense of well-being we experience after a few hours outdoors. LED light therapy devices, such as those from Vital Red Light, harness red light wavelengths for healing without harmful UVA and UVB rays. 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 a positive effect on your body

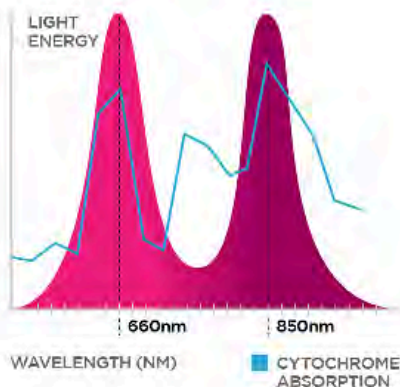


The Science Of Red Light Therapy

During an 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 reach their potential by providing it with a full tank of fuel which results in optimal performance for the organism.

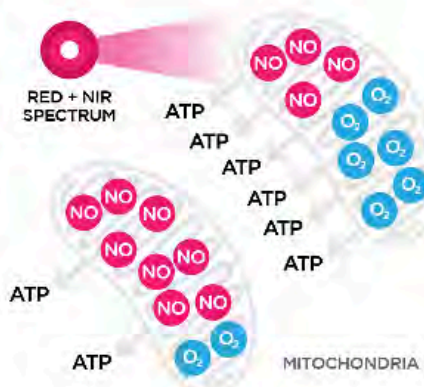
You could compare the process to photosynthesis, where plants absorb sunlight and convert it into complex molecules. In LED light therapy, we absorb the energy of the red light photons to enhance our cellular potential, promote oxygen utilization within the cell, and generate ATP, or cellular fuel. There's 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. Red Light Spectrum

The red (660 nm) and near-infrared (850 nm) spectra are scientifically proven to stimulate the key enzyme Cytochrome (CCO) and mitochondria within cells.



2. Boost in Cellular Energy

When Cytochrome is saturated with 660 nm and 850 nm light, inhibitory nitric oxide is reduced, and oxygen levels increase. This enables mitochondria to produce more Adenosine Triphosphate (ATP), which is the energy the cells use.



3. Anti-Inflammatory Properties

Oxygen-rich blood circulates through the brain and body, reducing overall inflammation. Cellular functions are optimized which helps the optimal functioning of our biochemistry.



Red Light Therapy **Guidelines**

Where To Place?

The Charge is best used as a handheld light therapy device for targeting specific areas. The Pro and Pro 2.0 fit perfectly on any nightstand or counter, so you can utilize it during the most convenient points of your day. The Elite and Elite 2.0 are perfect for placing on the floor in your favorite relaxation spot or home gym for maximum light exposure.

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 Long?

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

Where To Shine?

Shine the healing light waves from your Vital Red Light device anywhere you need them! Exposing the areas you want to treat most directly to the light will result in the most effective treatment sessions possible. For general benefits, make sure as much skin as possible is exposed to the light for maximum light absorption.

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

What To Wear

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.

Using With 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.

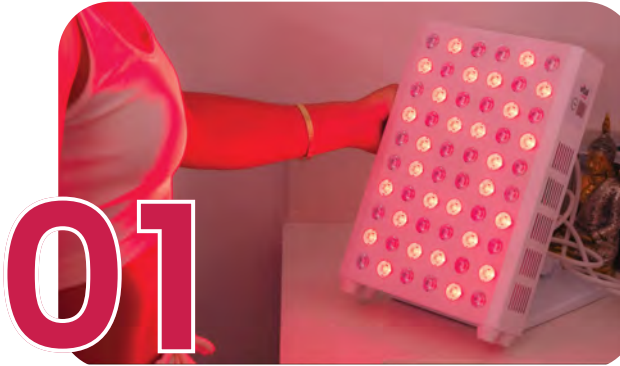
Eye Protection

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 with every device.

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.

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 within 6"-24" 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 endorphins 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.

Frequently Asked Questions

Why Are The NIR Lights Not Working?

Infra red is invisible to the human eye, a great way to check is to take a picture with your phone, you should be able to see the infra red in the photo

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 therapy are 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 RLT 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 have been conducted for the past few decades. The results have shown overwhelmingly positive results with close to zero health risks or adverse events.



Products & Setup Guides



VITAL CHARGE

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 | Lithium Ion Battery |
| Beam Angle | 30 degrees |
| Flicker Rate | Gentle, non-flicker |
| Certifications | CE, FDA, RoHS |
| Built-In Timer | Yes, 10-minutes |
| EMF Output | Zero EMF from recommended treatment distance |



We give you everything you need to get started.

- 1 x Vital Red Light device
- 1 x Universal USB Charger
- 1 x Goggles
- 1 x Hard CoverCarry Case
- 1 x Tabletop Stand
- 1 x UserManual & Guide



Getting Started

1. Charge Your Device

Before your first use, fully charge the Vital Charge using the provided USB-C cable. The charging port is located at the base of the device.

- **Charging Time:** ~2 hours for a full charge.
- **Battery Indicator Light:** Turns green when fully charged.



2. Power On

Press and hold the power button for 2 seconds until the red LEDs illuminate. The device will start a 10-minute session automatically.

3. Begin Your Session

- **Placement:** Hold the device 4–6 inches away from the targeted area.
- **Duration:** Each session lasts for 10 minutes.
- The Vital Charge automatically shuts off after 10 minutes to prevent overuse. You can restart the device for another session if needed.

4. Recommended Use

- **For Pain Relief & Recovery:** Use 1–2 times daily on affected areas.
- **For Skin Health:** Focus on specific areas such as the face, hands, or joints.
- **Travel & On-the-Go:** Take the Vital Charge with you for consistent light therapy no matter your location.



VITAL PRO

Vital PRO

The Vital Pro is a targeted red and near-infrared LED light therapy device that improves skin, cellular health & much more. Experience all the benefits of light therapy in the comfort of your own home with easy to use, safe & effective 10-minute treatments with the Vital Pro. Get the device that is backed by health experts and loved by celebrities.



Vital **PRO** Tech Specs

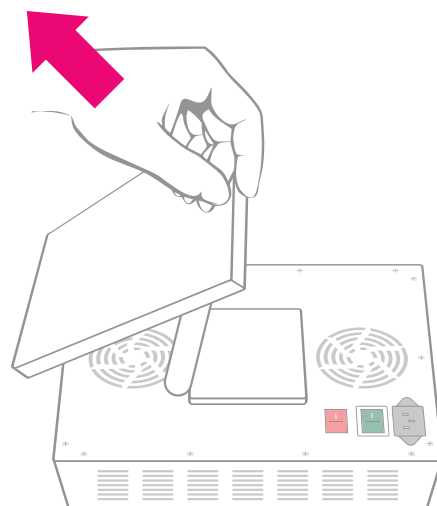
| | |
|---------------------------|---|
| Name | Vital Pro |
| Wavelengths | Red (630, 660nm) & NIR (810, 850nm) |
| Number LEDs | 72 Premium 5-Watt Anti-Flicker LEDs |
| Irradiance (power) | 110 mw/cm ² for optimal penetration |
| Light Output | 360 watts |
| Timer | 10-minute auto shut off timer |
| Cooling System | Dual high-speed, quiet fans for effective cooling |
| Treatment Size | Half body, targeted treatment |
| Dimensions | 12.5" x 8.5" |
| Weight | 10.3 pounds |
| Beam Angle | 30 degrees for focused, targeted therapy |
| Warranty | 2 years |
| Return Period | 30 days |
| EMF Output | Zero EMF from the recommended treatment distance |

vital PRO 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

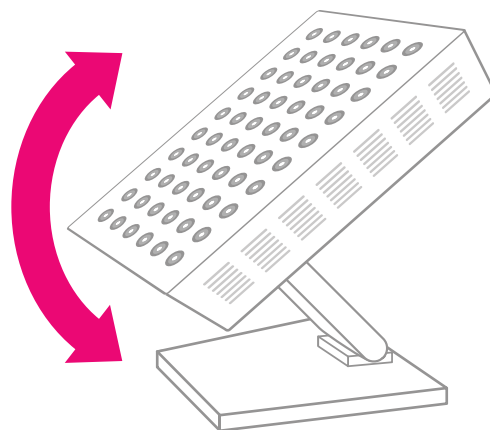
Flip on the green switch labeled 'NIR' for near infrared light mode. Note: Near infrared is mostly invisible to the human eye.

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.



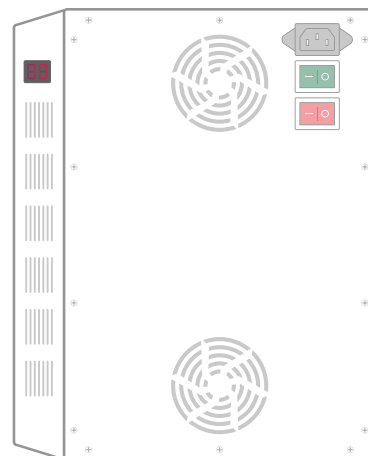
Adjust to desired angle

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

Health Benefits

- **Skin Health:** Helps Reduce Fine Lines And Wrinkles, Stimulates Collagen Production, And Reduces Redness And Inflammation.
- **Recovery:** Promotes Cell Regeneration And Increased Blood Flow, Reducing Muscle Soreness And Stiffness.
- **Pain & Inflammation:** A Drug-Free, Non-Invasive Way To Alleviate Pain And Inflammation.
- **Sleep Support:** Encourages Relaxation And Deeper, More Restful Sleep.
- **Mental Health:** Supports Mood Improvement, Particularly For Anxiety And Seasonal Depression.
- **Circulation:** Increases Blood Circulation, Improving Nutrient And Oxygen Delivery Throughout The Body.



Safety Guidelines

- **Avoid Direct Eye Contact:** Do Not Stare Directly Into The LEDs. Use The Provided Eye Protection, Especially During Near-Infrared Light (NIR) Sessions.
- **Children And Pets:** Ensure That Children And Pets Do Not Stare Directly At The Light.
- **Cooling:** Ensure Proper Ventilation For The Cooling Fans To Prevent Overheating.
- **Water Exposure:** Keep The Device Away From Water And Moisture.
- **External Use Only:** Do Not Use On Open Wounds Or Infected Areas.

Care & Maintenance

- Wipe The Device With A Soft, Dry Cloth After Each Use.
- Avoid Using Harsh Chemicals Or Water For Cleaning.
- Store The Vital Pro In A Safe, Dry Location When Not In Use.



Frequently Asked Questions

1. How often can I use the Vital Pro?

We recommend one session per day for overall maintenance, though you can use it 2–3 times daily for targeted areas experiencing pain or stiffness.

2. Do I need to use eye protection?

Yes. Eye protection is recommended, especially when using the NIR (near-infrared) mode.

3. Can I use the Vital Pro for multiple areas in one session?

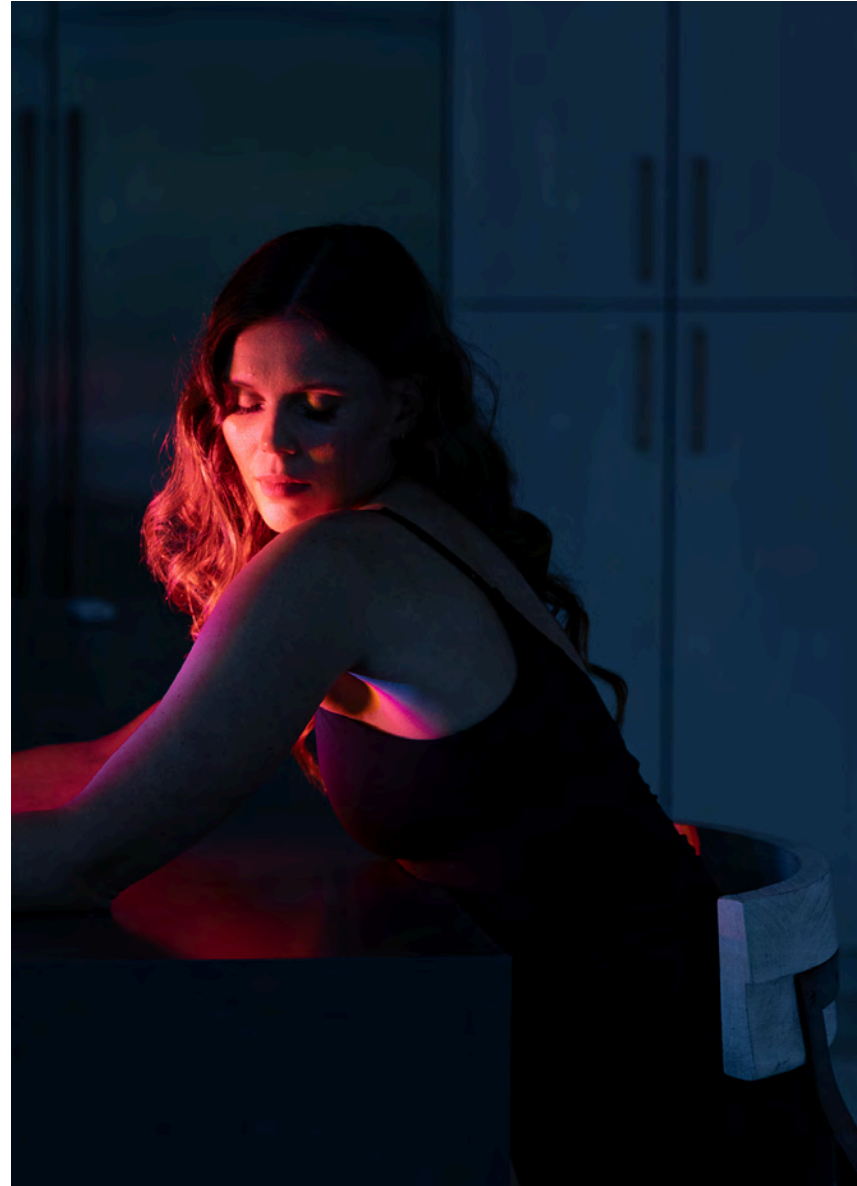
Yes! You can treat different areas by adjusting your position. Let the device cool between extended sessions.

4. How long does the device last?

The Vital Pro is designed to last up to 50,000 hours of use.

5. Can I return the device if I'm not satisfied?

Yes, we offer a 30-day free home trial and a 2-year warranty for peace of mind.

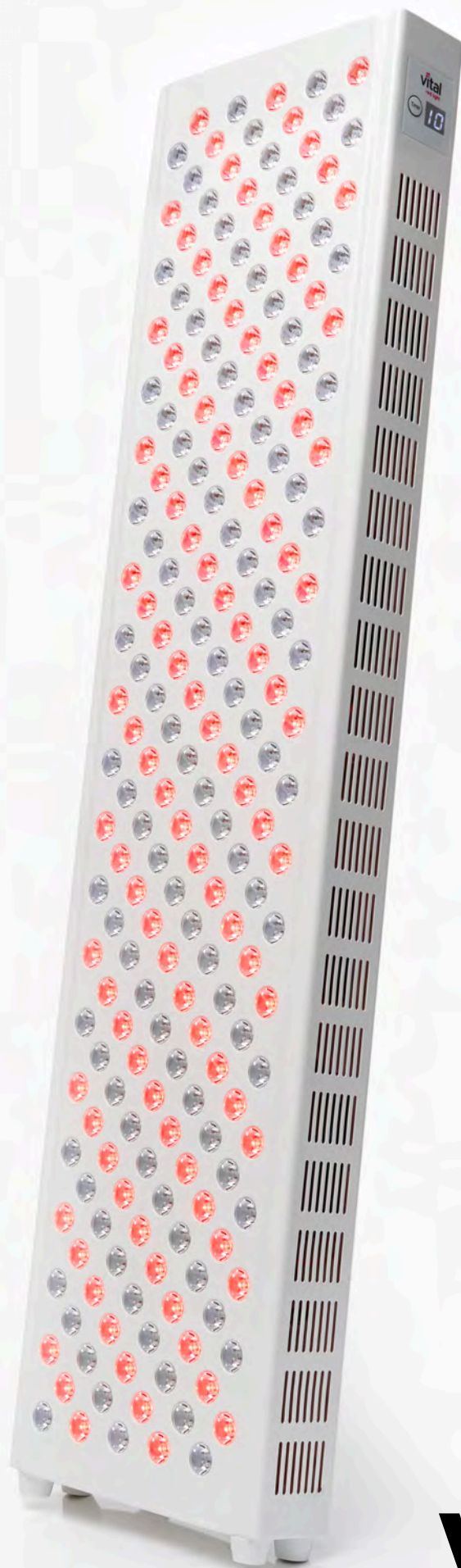


Certifications

The Vital Pro is CE, FDA, and RoHS certified, meeting high safety and performance standards.

Warranty And Support

Your Vital PRO comes with a 3-year fully covered warranty. For any issues or questions, please contact our support team at support@vitalredlight.com.



VITAL ELITE

Vital ELITE

Step into the world of light therapy & experience health benefits like never before with the Vital Elite. The most immersive light therapy experience that you can buy, The Vital Elite is designed for full body red light therapy across large areas of the body, such as the back or chest & abdomen. Get all the benefits of red light therapy in just 10-minutes a day.



Vital **ELITE** Tech Specs

| | |
|---------------------------|--|
| Name | Vital Elite |
| Wavelengths | Red (630, 660nm) & NIR (810, 850nm) |
| Number LEDs | 192 Premium 5-Watt Anti-Flicker LEDs |
| Irradiance (power) | 110 mw/ cm ² |
| Light Output | 960 watts |
| Timer | 10-minute auto shut off timer |
| Fans | 5 high speed, quiet fans for effective cooling |
| Treatment Size | Full body treatments |
| Dimensions | 36.6" x 8.5" |
| Weight | 15 pounds |
| Beam Angle | 30 degrees, zero flicker |
| Warranty | 3 years |
| Return Period | 30 days |
| EMF Output | Zero EMF at recommended treatment distance |

vital ELITE 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.

STEP 2

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

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.

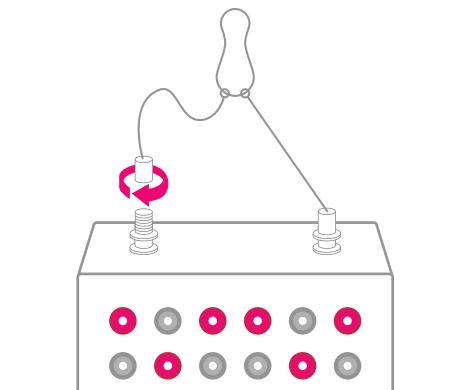
Combo Mode

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

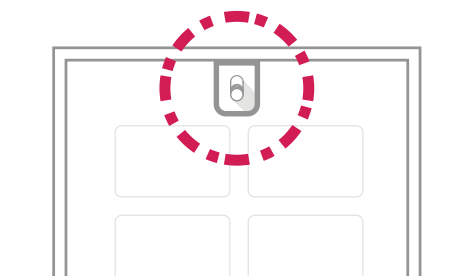
STEP 5

Using your timer

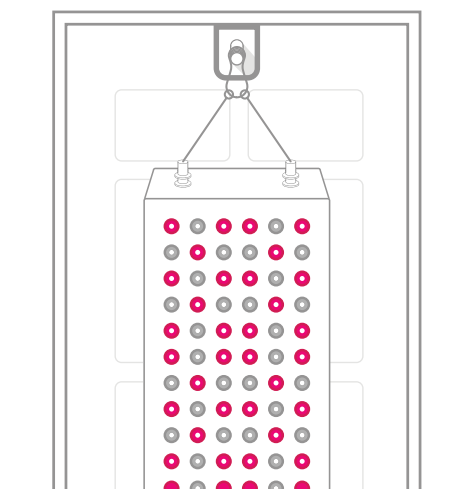
After the green and red switches are turned on, click the timer button on the side of the device to enable a 10-minute timer. After 10-minutes, your device will shut off. Note; The device will run without the timer being engaged. The timer switch is optional, and you are free to use the light therapy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



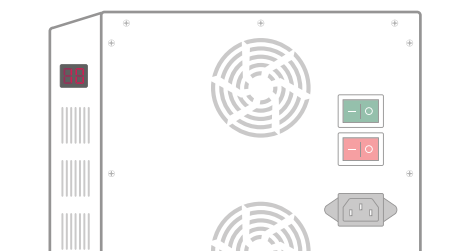
Screw thread posts and cables



Hang hook on standard door



Connect cables to snap link on hook



Choose light mode and set timer

Treatment Guidelines

- **Duration:** 10-minute treatments per session.
- **Distance:** Position yourself 16–24 inches from the device for optimal results.
- **Frequency:** Use once daily for general maintenance. For pain relief or muscle recovery, 2–3 sessions per day may be beneficial.
- **Eye Protection:** Eye protection is recommended when using the near-infrared light settings. Each Vital Elite comes with eye protection for your convenience.



Health Benefits

- **Skin Health:** Helps reduce wrinkles and fine lines, promotes collagen production, and soothes skin inflammation.
- **Recovery:** Boosts cell regeneration and improves blood flow to reduce muscle soreness and stiffness.
- **Pain & Inflammation:** A non-invasive, drug-free way to alleviate pain and inflammation.
- **Sleep:** Promotes relaxation and deeper, more restful sleep.
- **Mental Health:** Supports mood improvement and helps reduce symptoms of anxiety and seasonal depression.
- **Circulation:** Increases blood circulation, improving the delivery of oxygen and nutrients throughout the body.

Safety Tips

- Eye Protection: Wear The Provided Eye Protection When Using Near-Infrared (NIR) Mode And Avoid Staring Directly Into The LEDs.
- External Use Only: Do Not Use On Open Wounds Or Infected Areas.
- Children And Pets: Ensure Children And Pets Do Not Look Directly At The Light.
- Water Exposure: Keep The Device Away From Water Or Damp Areas.



Care And Maintenance

- Wipe The Surface Of The Device With A Soft, Dry Cloth After Each Use.
- Avoid Harsh Cleaning Products Or Water.
- Store The Vital Elite In A Cool, Dry Location When Not In Use.

Warranty And Support

Your Vital ELITE Comes With A 3-Year Warranty For Peace Of Mind. For Any Questions Or Assistance, Contact Our Support Team At Support@Vitalredlight.Com.



Vital Red Light Devices 2.0



VITAL GUA SHA

Vital GUA SHA

Meet The Vital Gua Sha

The Vital Gua Sha is a portable handheld skincare tool that combines the ancient Chinese medicinal practice of gua sha with therapeutic red light wavelengths in an ultra-sleek design. The device features a rechargeable lithium-ion battery, and a charging pad is included in the box. Enjoy the dual healing benefits of red light therapy and gua sha in one revolutionary tool.



Two Therapies, One Powerful Device

The wellness world is evolving, and one of the most exciting innovations on the market is Vital Red Light's combination of red light therapy and gua sha—two powerhouse therapies in one device. This cutting-edge tool offers the skin-boosting benefits of gua sha's massage technique combined with the advanced healing properties of red light therapy, taking beauty and wellness treatments to an entirely new level.

Vital GUA SHA

| | |
|-----------------------|--|
| Name | Vital Gua Sha |
| Best For | Targeted, Morning/Night |
| Wavelengths | Red (630, 660nm) & NIR (810, 850nm) |
| LED Count | 12 x 5watt (60w total) |
| Dimensions | 5.75" x 3.75" x 1.47" |
| Weight | 1.3 pounds (0.6kg) |
| Irradiance | 110 mw/ cm ² |
| Beam Angle | 30 degrees |
| Flicker Rate | Gentle, non-flicker |
| Certifications | CE, FDA, RoHS |
| Built in Timer | Yes, 10-minutes |
| EMF Output | Zero EMF at recommended treatment distance |



How To Use The Device

Treat one side of your face at a time, working from the bottom of the face to the top on each side. All movements should begin toward the center of the face and work outward. For best results, the hold at a 35–40 degree angle, so that it is almost flat against the skin, allowing more of the surface area to contact the skin and glide smoothly.



Step 1: Neck

- Glide U-shaped curve up back of the neck with light pressure, avoiding spine.
- Using light pressure, start from collarbone and glide comb edge of or flat edge up both sides of neck to jaw bone. Do not use over middle of neck to avoid throat.



Step 2: Lower Face

- Use U-shaped edge to glide over jaw until the tool meets the ear. Repeat 3–5x.
- Start at corner of mouth, use comb edge, and glide diagonally to top of ear. Repeat 3–5x.
- Start at corner of mouth, use comb edge, and glide diagonally to top of ear. Repeat 3–5x.



Step 3: Upper Face

- Using no pressure, only the weight of tool, glide flat edge gently under eyes towards temple. Repeat 3–5x.
- Use comb edge to glide over forehead, gliding straight up to meet hairline. Repeat 3–5x.
- Use U-shaped edge by placing one point on upper lid, place other above brow, and glide over eye contour. Repeat 3–5x.
- Continue with comb edge to glide diagonally across forehead to meet hairline. Repeat 3–5x.



Step 4: Final Sweep

- Starting at temple, use flat edge to perform long, continuous movements down side of face and neck to reach clavicle. Repeat 3–5x.
- Repeat each step on opposite side of face, paying attention to any areas of concern.



VITAL PRO 2.0

Vital PRO 2.0

The Vital Pro 2.0 takes red light therapy to the next level with 9 optimized wavelengths, including blue light for acne and skin conditions and yellow light to support body contouring, improve skin texture, and boost circulation. This professional-grade panel delivers 660nm red and 850nm near-infrared light, plus a full spectrum of therapeutic wavelengths designed for faster recovery, deeper healing, and enhanced skin rejuvenation. With ultra-low EMF emissions and modular expandability, the Vital Pro 2.0 is the ultimate wellness tool.



Vital PRO 2.0 Tech Specs

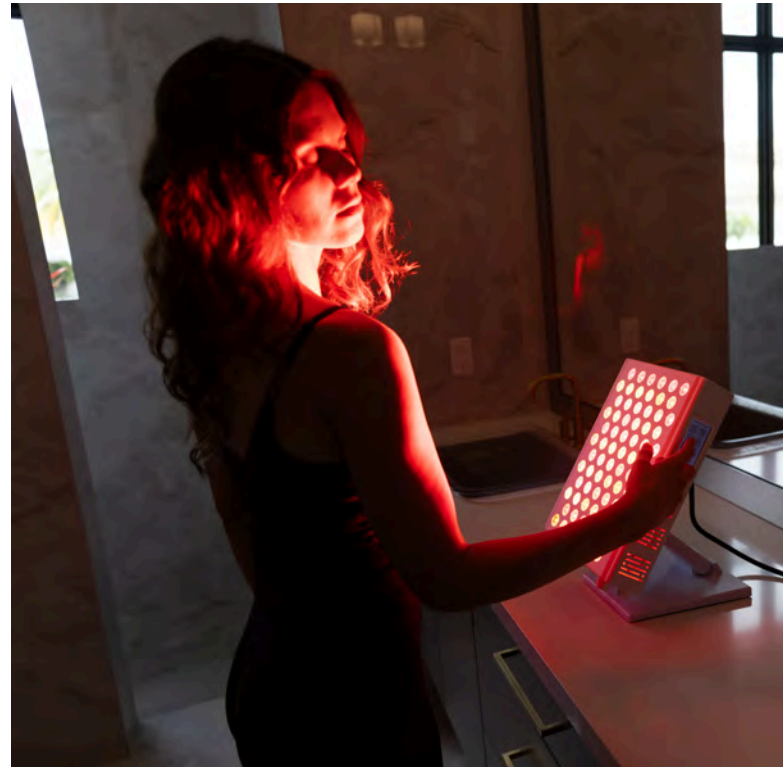
| | |
|---------------------------|---|
| Name | Vital Pro 2.0 |
| Wavelengths | 480, 590, 630, 660, 670, 810, 830, 850, 1060 nm |
| Number LEDs | 72 Premium 5-Watt Anti-Flicker LEDs |
| Irradiance (power) | 110 mw/cm ² for optimal penetration |
| Light Output | 118 watt |
| Timer | 10-minute auto shut off timer |
| Cooling System | Dual high-speed, quiet fans for effective cooling |
| Treatment Size | Half body, targeted treatment |
| Dimensions | 12.6" x 9" |
| Weight | 8.6 pounds |
| Beam Angle | 30 degrees for focused, targeted therapy |
| Warranty | 3 years |
| Return Period | 30 days |
| EMF Output | Zero EMF from the recommended treatment distance |

Step-By-Step Instructions

Step 1: Release The Tabletop Stand

- Place The Device So The LEDs Are Facing Downward.
- Gently But Firmly Pull The Stand Outward Toward Your Body, As Shown In The Image.

Pro Tip: The Stand May Feel A Bit Snug—It's Designed That Way For Stability. Just Give It A Good, Firm Pull!



Step 2: Adjust The Position

After Releasing The Stand, Tilt Or Adjust Your Vital Pro 2.0 To Your Preferred Angle For Optimal Comfort And Coverage.

Need A Specific Focus? Whether You're Targeting Your Face, Joints, Or Back, Make Sure The Device Is Angled To Reach The Exact Area You Need.

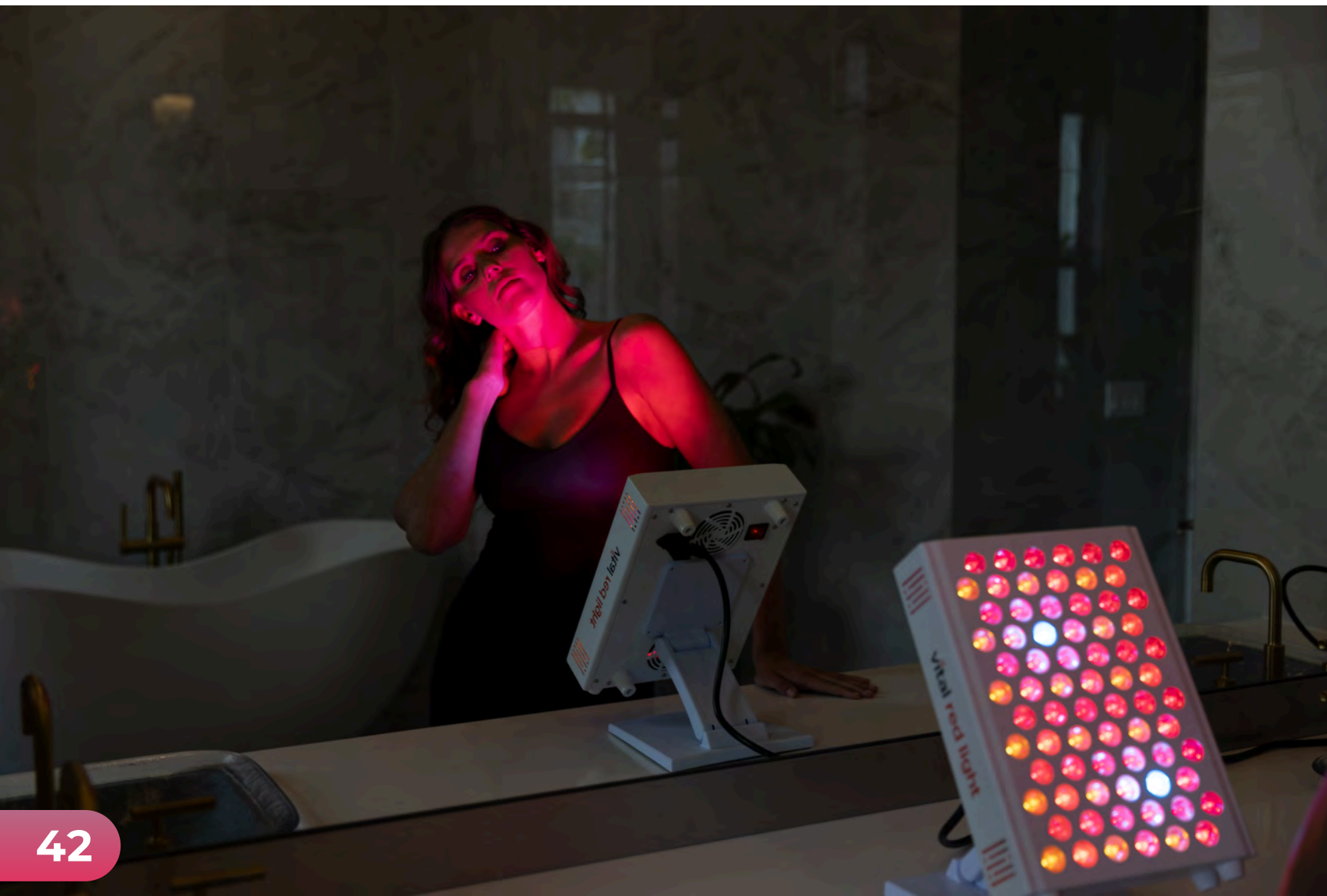
Step-By-Step Instructions

Step 3: Choose Your Light Mode

- Simply Turn Your Device On By Flipping The Switch On The Back Of The Device. The Universal Mode Will Illuminate All Of The Lights On The Device.

Note: Near-Infrared (NIR) Light Is Invisible To The Human Eye, So Don't Worry If You Don't See It Shining.

- Select A Preset By Navigating To The Preset Menu Using Either The Touchscreen Display On The Side Of Your Device Or The Touchscreen Remote If You Have One
- You Can Also Manually Adjust The Wavelengths Individually On Your Own By Using The Pulse Function In The Settings

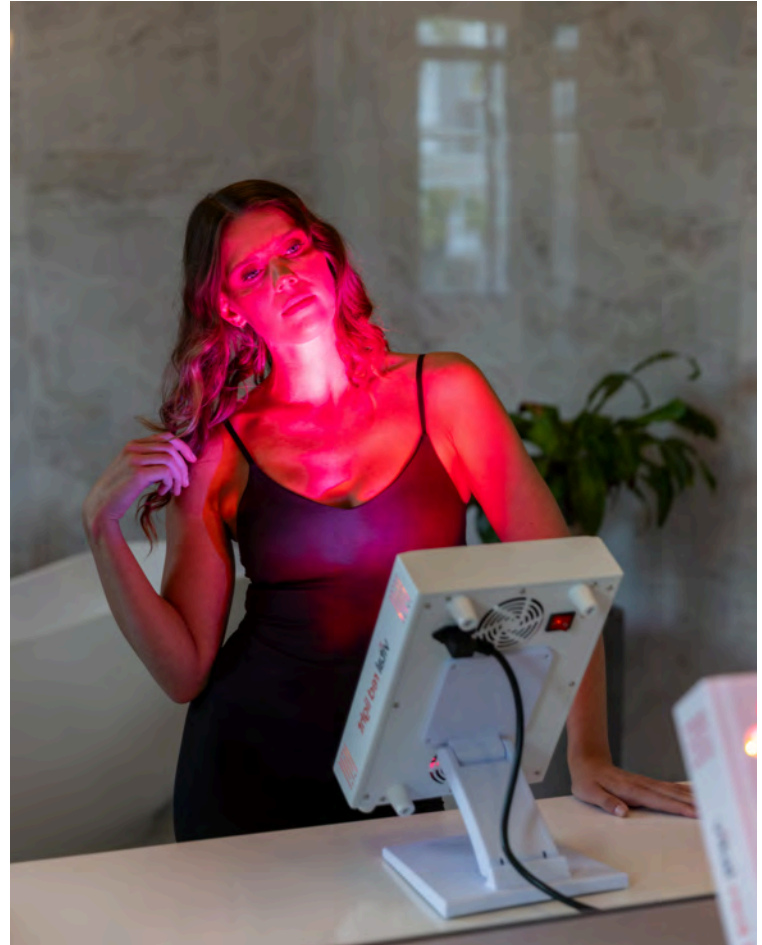


Step-By-Step Instructions

Step 4: 10-Minute Timer Mode

- Once You've Selected Your Light Mode(S), Press The Run Button To Activate The Timer.
- After 10 Minutes, The Device Will Automatically Shut Off, Ensuring A Safe And Consistent Session.

Optional: The Timer Is There For Your Convenience—But If You Prefer To Control Your Session Length Manually, You Can Adjust The Timer Duration Or Turn Off The Auto Shut-Off Timer Entirely



Recommended Treatment Guidelines

- **Standard Treatment:** 10-Minute Sessions Are Recommended.
- **Frequency:** Once Daily Is Optimal, Though 2–3 Times Per Day May Benefit Targeted Areas For Pain Or Inflammation Relief.
- **Distance:** Keep A Distance Of 16–24 Inches From The Device To Ensure Safe, Effective Use.

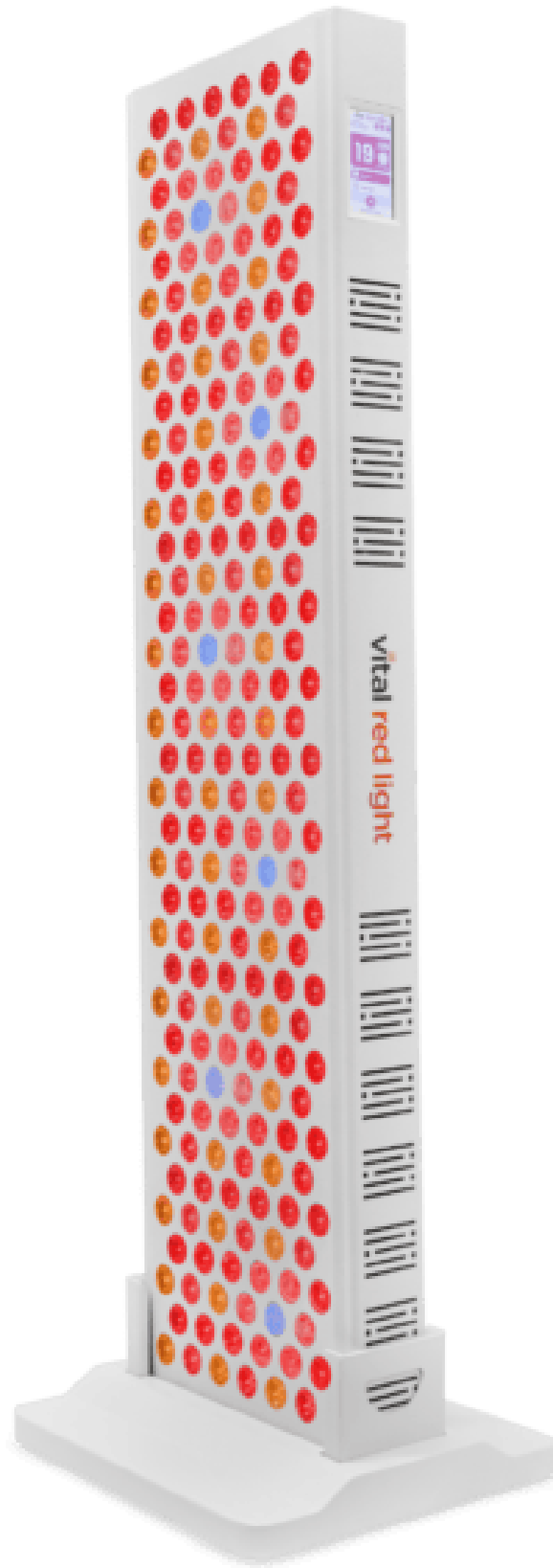
Health Benefits

- **Skin Health:** Helps Reduce Fine Lines And Wrinkles, Stimulates Collagen Production, And Reduces Redness And Inflammation.
- **Recovery:** Promotes Cell Regeneration And Increased Blood Flow, Reducing Muscle Soreness And Stiffness.
- **Pain & Inflammation:** A Drug-Free, Non-Invasive Way To Alleviate Pain And Inflammation.
- **Sleep Support:** Encourages Relaxation And Deeper, More Restful Sleep.
- **Mental Health:** Supports Mood Improvement, Particularly For Anxiety And Seasonal Depression.
- **Circulation:** Increases Blood Circulation, Improving Nutrient And Oxygen Delivery Throughout The Body.



Safety Guidelines

- **Avoid Direct Eye Contact:** Do Not Stare Directly Into The LEDs. Use The Provided Eye Protection, Especially During Near-Infrared Light (NIR) Sessions.
- **Children And Pets:** Ensure That Children And Pets Do Not Stare Directly At The Light.
- **Cooling:** Ensure Proper Ventilation For The Cooling Fans To Prevent Overheating.
- **Water Exposure:** Keep The Device Away From Water And Moisture.
- **External Use Only:** Do Not Use On Open Wounds Or Infected Areas.



VITAL ELITE 2.0

Vital ELITE 2.0

The Vital Elite 2.0 Takes Red Light Therapy To The Next Level With 9 Optimized Wavelengths, Including Blue Light For Acne And Skin Conditions And Yellow Light To Support Body Contouring, Improve Skin Texture, And Boost Circulation. This Professional-Grade Panel Delivers 660nm Red And 850nm Near-Infrared Light, Plus A Full Spectrum Of Therapeutic Wavelengths Designed For Faster Recovery, Deeper Healing, And Enhanced Skin Rejuvenation. With Ultra-Low EMF Emissions And Modular Expandability, The Vital Elite 2.0 Is The Ultimate Wellness Tool.



Vital ELITE 2.0

| | |
|---------------------------|---|
| Name | Vital Elite 2.0 |
| Wavelengths | 480, 590, 630, 660, 670, 810, 830, 850, 1060 nm |
| Number LEDs | 216 Premium 5-Watt Anti-Flicker LEDs |
| Irradiance (power) | 110 mw/ cm ² |
| Light Output | 356 watts |
| Timer | 10-minute auto shut off timer |
| Fans | 5 high speed, quiet fans for effective cooling |
| Treatment Size | Full body treatments |
| Dimensions | 36.2" x 9" |
| Weight | 18.7 pounds |
| Beam Angle | 30 degrees, zero flicker |
| Warranty | 3 years |
| Return Period | 30 days |

Step-By-Step Instructions

Get Ready To Experience Full-Body Red And Near-Infrared Light Therapy With The Vital Elite 2.0! Follow These Simple Steps To Set Up Your Device And Start Enjoying Your Wellness Session.

Step 1: Set Up Your Vital Elite 2.0

- Place The Vital Elite 2.0 Face Down On A Clean, Scratch-Free Surface.
- Screw The Threaded Posts Into The Top Of The Device And Hand-Tighten Until Secure.
- Attach The Braided Cables To The Threaded Posts As Shown.

Pro Tip: Make Sure The Cables Are Snug But Not Overly Tight For Easy Hanging.

Step 2: Hang The Door Hook

- Hang The Custom Door Hook Over Any Standard-Sized Door.
- Ensure The Hook Is Stable And Positioned Correctly Before Proceeding.

Step 3: Attach The Braided Cables

- Connect The Braided Cables To The Snap Link Attached To The Door Hook.
- Double-Check That The Cables Are Properly Secured For Safe Use.



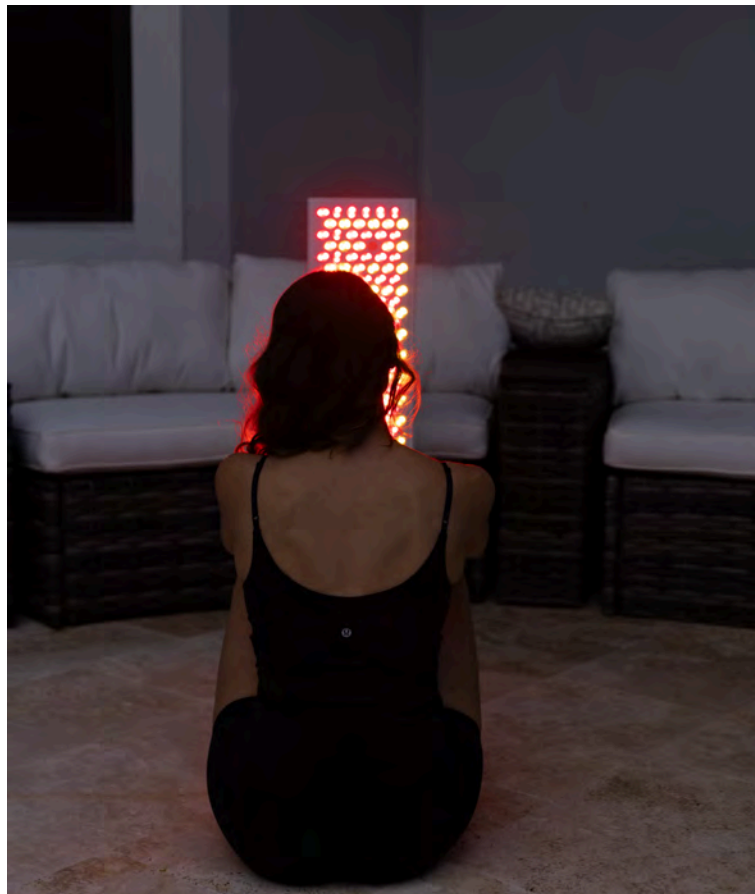
Step 4: Choose Your Light Mode

Time To Customize Your Therapy Session!

- Simply Turn Your Device On By Flipping The Switch On The Back Of The Device. The Universal Mode Will Illuminate All Of The Lights On The Device.

Note: Near-Infrared (NIR) Light Is Invisible To The Human Eye, So Don't Worry If You Don't See It Shining.

- Select A Preset By Navigating To The Preset Menu Using Either The Touchscreen Display On The Side Of Your Device Or The Touchscreen Remote If You Have One
- You Can Also Manually Adjust The Wavelengths Individually On Your Own By Using The Pulse Function In The Settings



Step 5: Using The Timer

- Once You've Selected Your Light Mode(S), Press The Run Button To Activate The Timer.

Note: Red Light Is Visible And Will Appear Bright.

- Optional: Prefer To Control The Duration Manually? You Can Use The Device Without Engaging The Timer By Simply Switching It On And Off As Needed.

Treatment Guidelines

- **Duration:** 10-30 Minute Treatments Per Session.
- **Distance:** Position Yourself 6–24 Inches From The Device For Optimal Results.
- **Frequency:** Use Once Daily For General Maintenance. For Pain Relief Or Muscle Recovery, 2–3 Sessions Per Day May Be Beneficial.

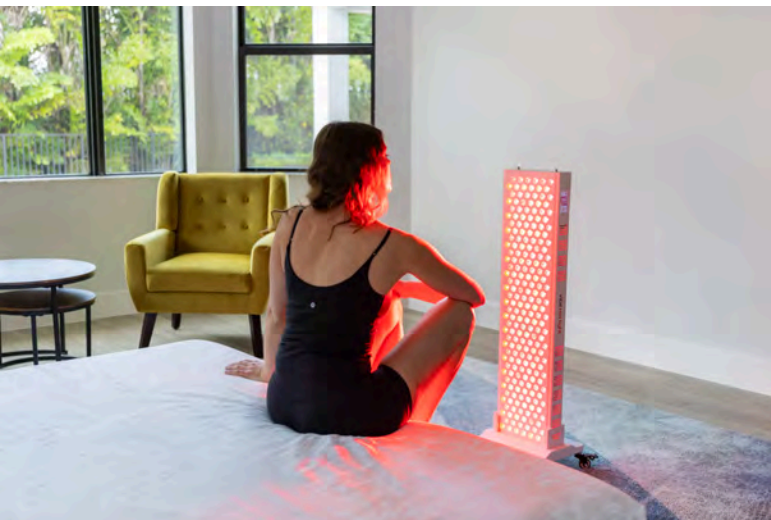


Health Benefits

- **Skin Health:** Helps Reduce Wrinkles And Fine Lines, Promotes Collagen Production, And Soothes Skin Inflammation.
- **Recovery:** Boosts Cell Regeneration And Improves Blood Flow To Reduce Muscle Soreness And Stiffness.
- **Pain & Inflammation:** A Non-Invasive, Drug-Free Way To Alleviate Pain And Inflammation.
- **Sleep:** Promotes Relaxation And Deeper, More Restful Sleep.
- **Mental Health:** Supports Mood Improvement And Helps Reduce Symptoms Of Anxiety And Seasonal Depression.
- **Circulation:** Increases Blood Circulation, Improving The Delivery Of Oxygen And Nutrients Throughout The Body.

Safety Tips

- **Eye Protection:** Wear The Provided Eye Protection When Using Near-Infrared (NIR) Mode And Avoid Staring Directly Into The LEDs.
- **External Use Only:** Do Not Use On Open Wounds Or Infected Areas.
- **Children And Pets:** Ensure Children And Pets Do Not Look Directly At The Light.
- **Water Exposure:** Keep The Device Away From Water Or Damp Areas.



Care And Maintenance

- Wipe The Surface Of The Device With A Soft, Dry Cloth After Each Use.
- Avoid Harsh Cleaning Products Or Water.
- Store The Vital Elite In A Cool, Dry Location When Not In Use.

Warranty And Support

Your Vital Elite Comes With A 3-Year Warranty For Peace Of Mind. For Any Questions Or Assistance, Contact Our Support Team At Support@Vitalredlight.Com.

Touchscreen Operating Instructions For Vital Red Light Devices (Version 2.0)



Get Ready To Enjoy A Seamless, Personalized Red Light Therapy Experience With Your Vital Red Light Device's Intuitive Touchscreen! Here's A Simple Guide To Operating The Touchscreen Interface With Ease.

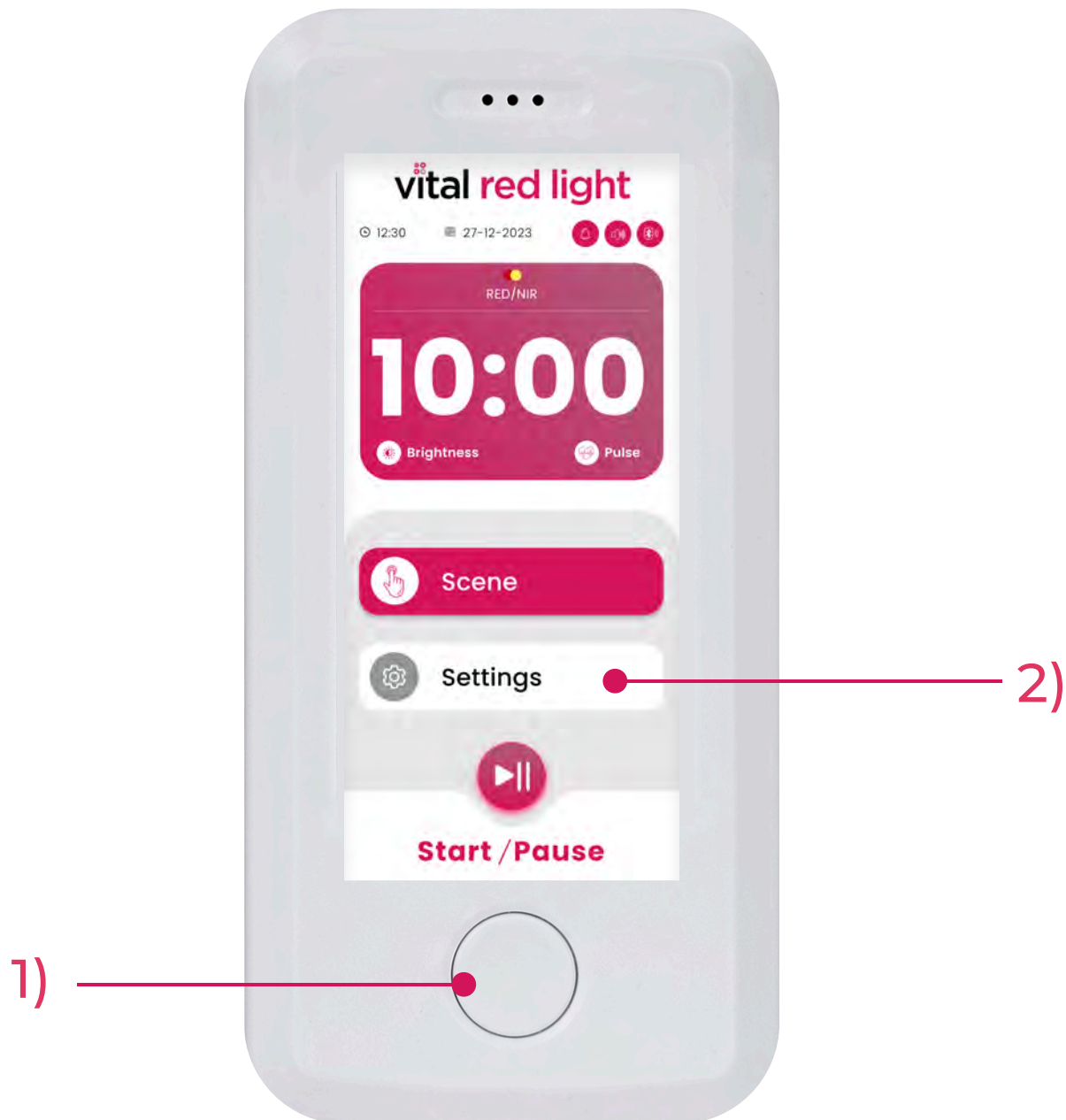
Screen 1: Main Interface

1) Start/Pause Button

- Tap To Turn The Device On Or Pause Your Session At Any Time. It's Your Quick-Access Button To Control Your Therapy.

2) Settings Button

- Tap To Enter The Settings Menu (Screen 2) And Customize Your Session Preferences.

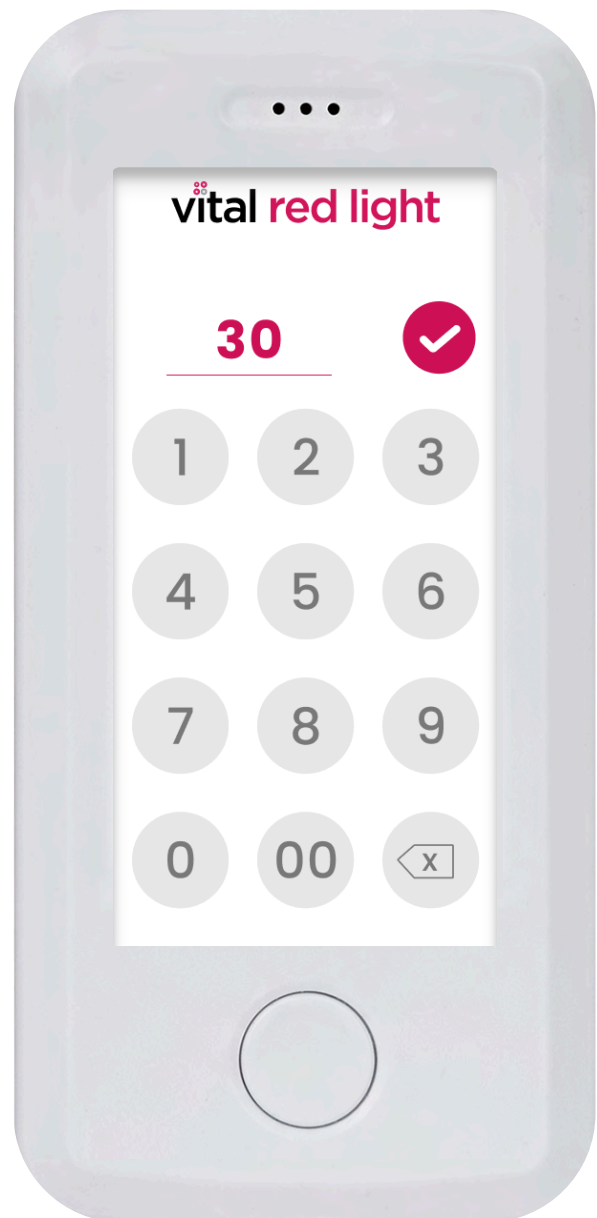
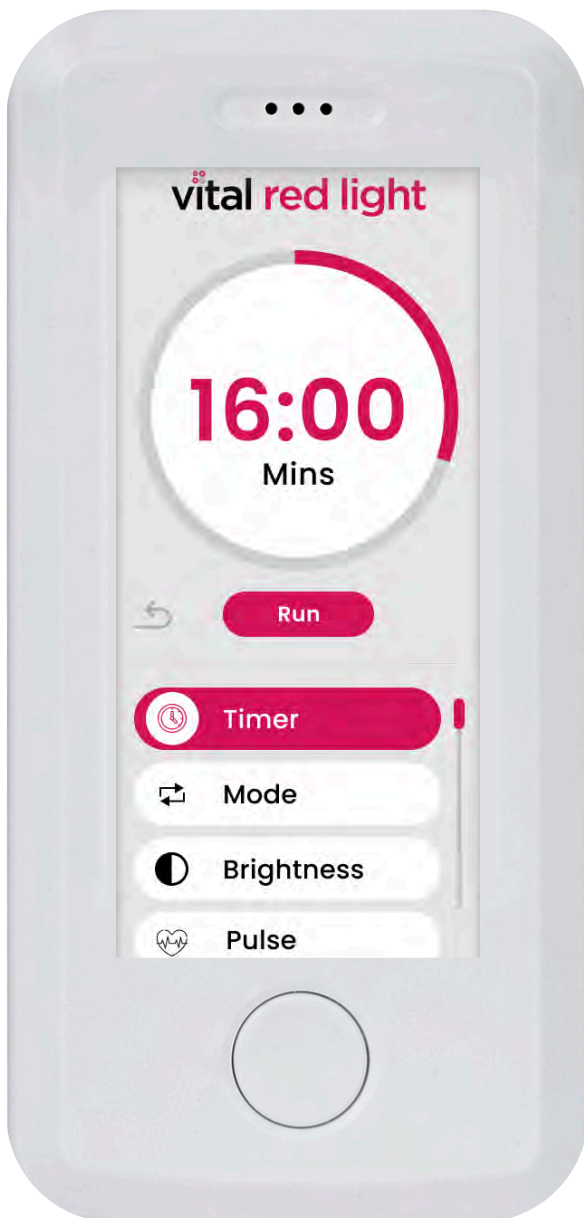


Screen 2: Settings Menu

1) Timer Settings

Your Session Timer Allows You To Set Durations From 0 To 30 Minutes.

- **Option 1:** Touch And Drag The Circle To Adjust The Time.
- **Option 2:** Tap The Center Of The Circle To Bring Up The Numerical Keypad And Enter Your Desired Session Length.

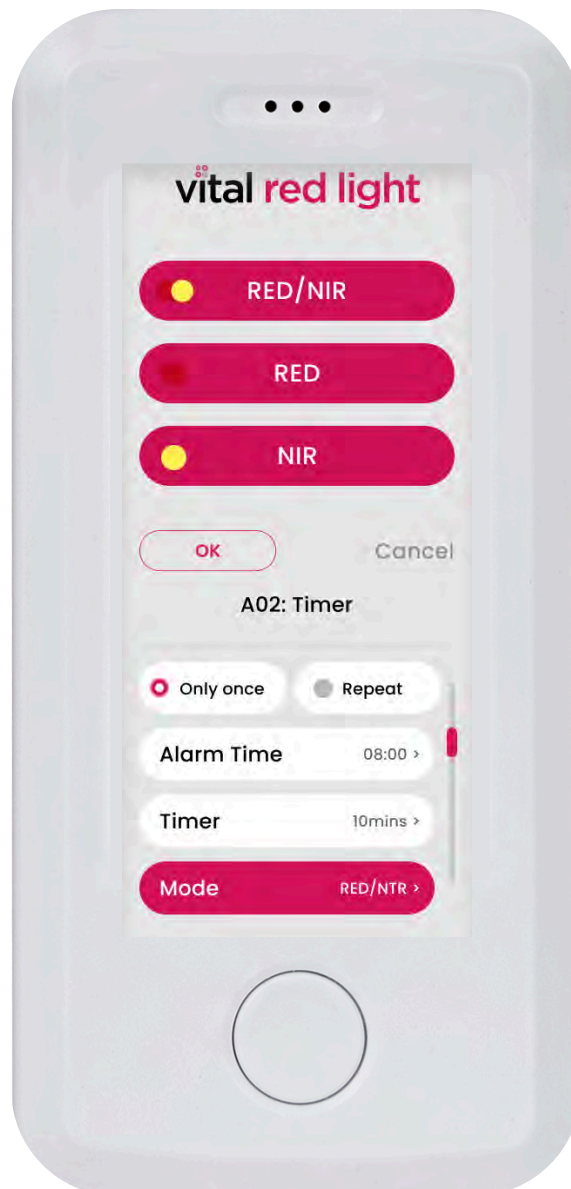


Settings Menu

2) Mode Selection

There Are Three Light Modes To Choose From:

- **R Mode (Red Light):** Activates Red Light Wavelengths (E.G., 630nm, 660nm) To Support Skin Health And Recovery.
- **NIR Mode (Near-Infrared Light):** Activates Near-Infrared Light Wavelengths (E.G., 810nm, 830nm, 850nm). Remember, NIR Light Is Invisible To The Naked Eye But Works Wonders Beneath The Surface.
- **R+NIR Mode:** Combines Both Red And Near-Infrared Light For A Powerful, Full-Spectrum Session.

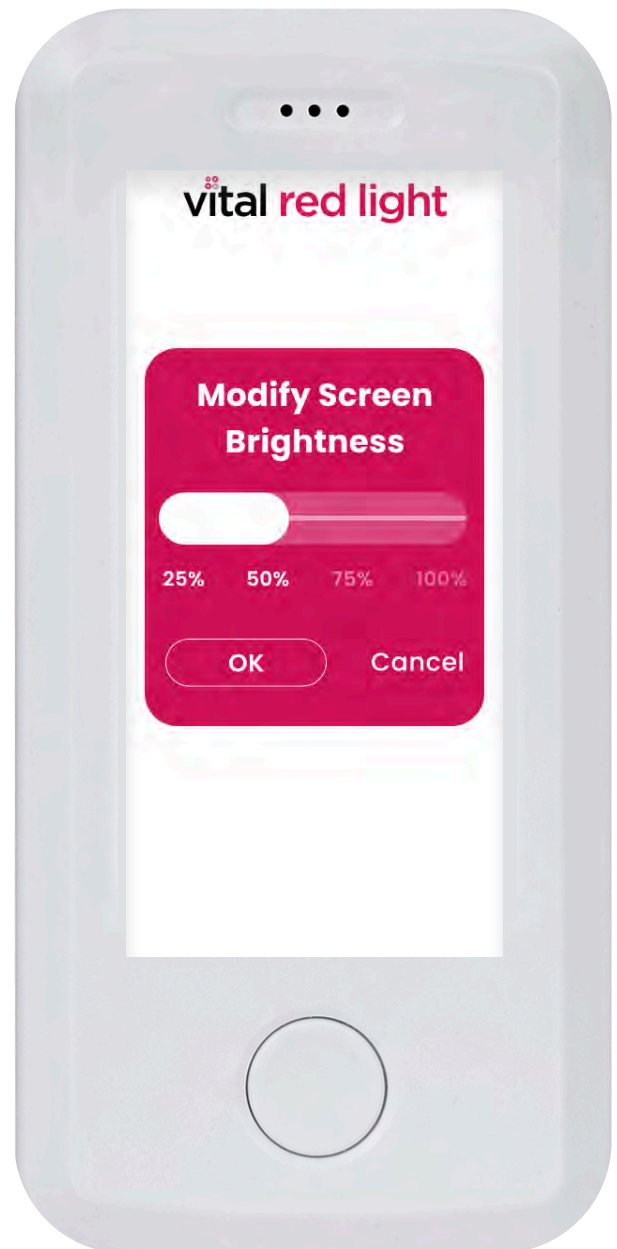
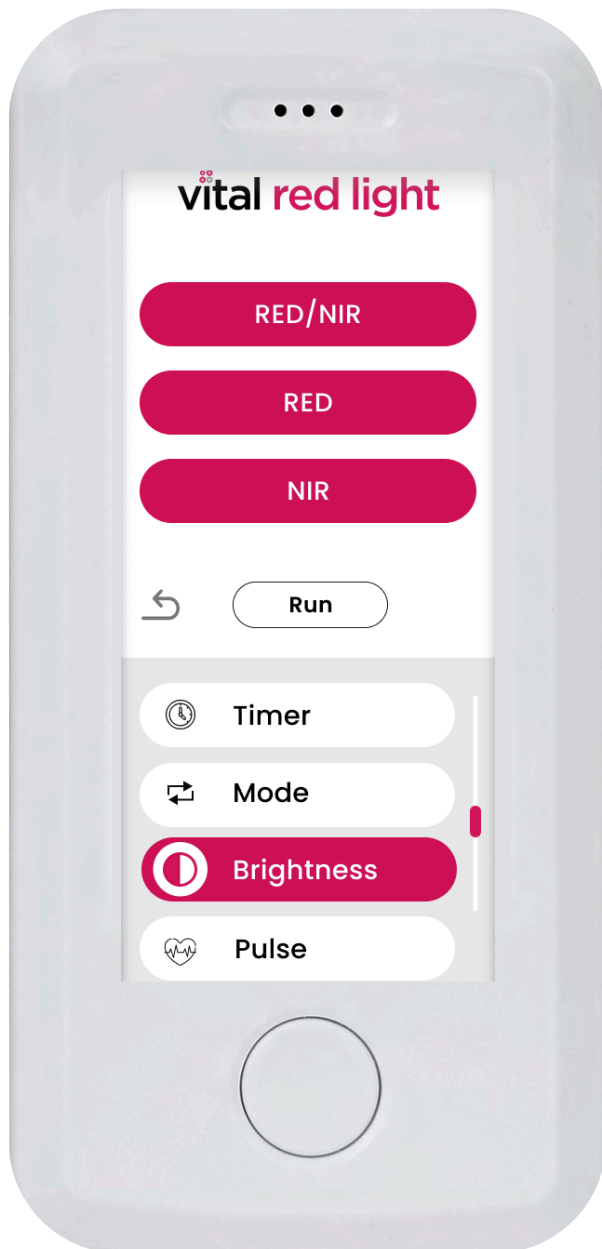


Settings Menu

3) Brightness (Dimness) Control

Adjust The Brightness Level From 0% To 100% To Suit Your Comfort:

- Option 1: Tap The “+” Or “-” Buttons To Increase Or Decrease Brightness.
- Option 2: Slide The Brightness Bar To Quickly Set Your Preferred Level.

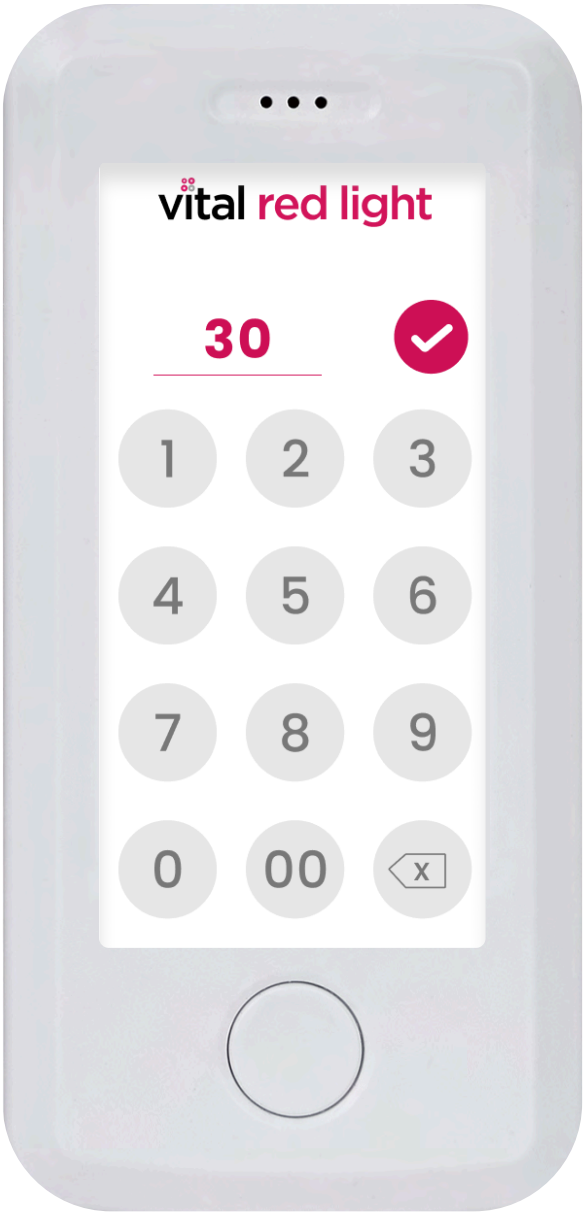
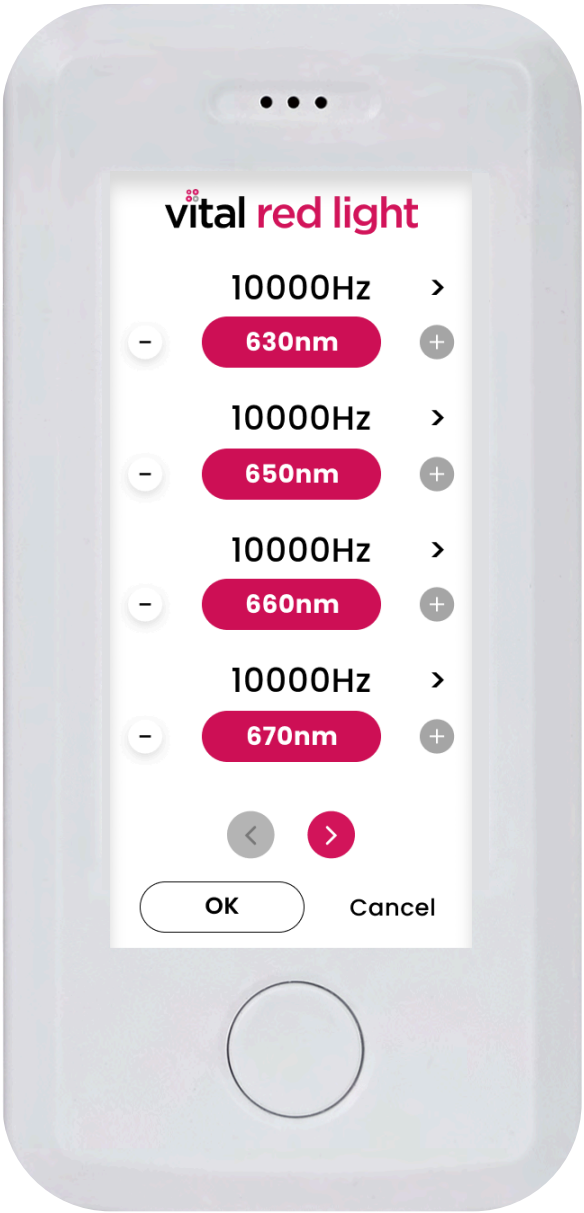


Settings Menu

4) Frequency Settings

The Frequency Setting Supports A Range From 0 To 10,000Hz, Allowing You To Customize The Light Pulse Frequency:

- **Option 1:** Tap The “+” Or “-” Buttons To Make Fine Adjustments.
- **Option 2:** Tap The Numerical Box To Bring Up The Keypad And Enter Your Desired Frequency Directly.



Tips For A Smooth Session

Power Management

- To Avoid Accidental Power-Offs, Use The Start/Pause Button Rather Than Unplugging The Device.

Remember Your Settings

- Your Device May Remember Your Last-Used Preferences, So You Can Dive Right Into Your Next Session.

Custom Comfort

- Whether You Prefer Steady Light Or A Specific Pulse Frequency, Your Vital Red Light Touchscreen Makes It Easy To Tailor Each Session To Your Needs.



Enjoy Your Red Light Therapy Journey With Just A Few Taps! The Touchscreen Interface Is Designed To Keep Your Experience Simple, Effective, And Empowering. If You Need Assistance, Our Support Team Is Always Here To Help!



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 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 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.
- 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

- We warrant that your Vital Red Light device will function and perform within the specifications listed herein for three 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 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)

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

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-ofcharge 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
- Because we ship our products free-ofcharge 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.

***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.**

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-lighten-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-lighten-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>



Customer Service
Support@Vitalredlight.Com

