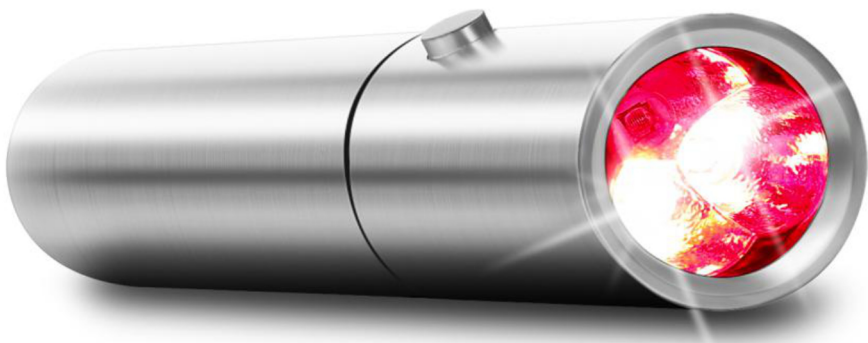


PBM Light™

Photobiomodulation Light Therapy
with Red (630, 660nm) & IR (850nm) LED

User Manual



Congratulations On Your New PBM Light™

PBM stands for PhotoBioModulation, a form of phototherapy, which also encompasses Low Level Laser Therapy (LLLT). PBM Light provides Red and Infrared LED (light emitting diode) light therapy (phototherapy).

Light therapy is a proven healing modality, occurring at the cellular level via photoreception. As a result, ATP production increases in mitochondria (the cellular powerhouse) energizing the cells and triggering a chain reaction of phototherapeutic activities:

- Enhances blood circulation
- Reduces inflammation and relieves arthritic pain
- Energizes fatigued muscles
- Shortens healing time from sport injuries
- Relieves TMD and TMJ (jaw and facial) discomfort
- Helps prompt tissue and deep-wound healing
- Soothes chronic pain on muscles and joints
like shoulders, the neck, the back, wrists, hands and knees
- Increases collagen production and skin radiance

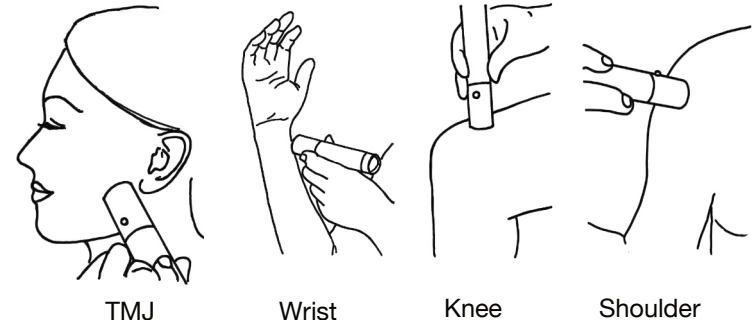
General Guidelines & Tips For Use

1. **Eye Protection:** Wear protective eyeglasses (or close eyes) when treating facial or TMJ area. *Never look directly into the light source.*
2. **Skin Protection:** Ensure your skin is clean and free of makeup. Cover PBM Light with a plastic sandwich bag in order to ensure a hygienic surface and a clean lens when using directly on skin.
3. **Device Position:** When treating mild pain, hold PBM Light about one inch from the skin. For deeper tissue treatment, place the unit directly on the skin.

General Guidelines & Tips For Use (cont.)

4. **Treatment Results & Time:** Chronic symptoms and/or deeper treatment sites will require more doses and/or a longer course of treatment to gain relief, versus acute or superficial symptoms. Optimal results occur when treatment is applied during the therapeutic window: most situations call for an average dose of 5 minutes per site twice daily. You may treat the site multiple times per day or for a longer period of time as needed. If the treatment site gets uncomfortably hot, cease treatment of that site for up to 24 hours. Treatment results will vary: in some instances, such as using red light therapy for joint pain and inflammation, some people may experience relief after a single dose. For wound and muscle recovery, positive results can manifest after 2 – 4 sessions.
5. Pressing the unit's power button begins a timed 5-minute dose of phototherapy. After 5 minutes the unit will turn off. Wait one minute before using PBM Light again.
6. Small treatment areas (i.e. the knuckle of a finger) should be able to be treated in one pass. Larger treatment areas (i.e. a knee or shoulder) may require several passes to fully cover the treatment site.

**Red light and IR therapy is great for relieving symptoms and promoting healing, but if your symptoms continue, see your health care professional for proper diagnosis.*



PACKAGE CONTENTS:

- PBM Light with sleeve & pouch
- Rechargeable battery model no. 18650 (x2)
- Battery charger
- User manual & guide
- Protective eyeglasses

BATTERY INFO:

- Insert the provided battery into the battery compartment by unscrewing PBM Light. Be sure to orient the battery correctly: positive pole against the top of PBM Light, negative pole at the bottom.

**Remove the battery if you will not be using PBM Light for an extended period of time to prevent corrosion.*

DEVICE SPECIFICATIONS:

Product Size:	26mm(w) x 120.5mm(L)	Net Weight:	4.4 oz / 0.12 kg
Material:	Adonized Aluminum	Wavelength:	630nm, 660nm, 850nm
Irradiance:	Skin Contact: 120mW / cm ²	Irradiance:	Distance from skin: 1" (40mW/cm ²)
Fluence (5 min)	Skin Contact: 11.5J / cm ²	Fluence (5 min)	Distance from skin: 1" (3.8J / cm ²)
Built-in Pre-set Timer: 5 minutes		*Fluence is inversely related to tx distance	
Battery Type:	Lithium Ion 18650(rechargeable)	Battery Capacity:	2500mAh
Warranty:	24 months	Lifespan:	50,000 hours

- FDA Class 2 light therapy device for safe, efficient treatment
- FDA medical device category K-100213 for various pain treatment.
- CE Standard No. EN 55015:2013 + A1: 2015
- ANSI Classification: 3B (visible < 500mW)



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