

Panacea
light therapy

ATP MINI RED LIGHT THERAPY

USER MANUAL



CREATE A BETTER LIFE WITH LED TECHNOLOGY

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All relevant national, regional and local safety regulations must be observed when installing and using this product. For safety reasons and to help ensure compliance with the documented system data, component repairs may only be carried out by the manufacturer. Failure to observe this information may result in injury or damage to the equipment.

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Panacea Light Therapy

This manual is for users of the Panacea Light Therapy ATP mini. Please read this manual carefully before using the light.

Read and understand this manual and the safety instructions before using this product. Failure to do so may result in serious injury.

Follow all instructions. This will prevent fires, explosions, electric shocks or other hazards that could result in property damage and/or serious injury or death. The product may only be used by persons who have fully read and understood the contents of this user manual.

Make sure that anyone using the product has read and follows these warnings and instructions.

Keep all safety information and instructions for future reference and pass them on to subsequent users of the product.

The manufacturer shall not be liable for any damage to property or personal injury caused by improper handling or failure to observe the safety instructions. In such cases, the warranty shall become void.

RED LIGHT THERAPY FAMILY!

We are excited to have you join us, and we can't wait to see how you benefit from the power of Red & Near Infrared Light Therapy. It delivers irradiance at both 660 nm (visible red light), 850 nm (non-visible near infrared light), or a combination of both. These light wavelengths have been scientifically proven to provide therapeutic effects.

What is Red light Therapy?

Red light therapy (RLT) is a controversial therapeutic technique that uses red low-level wavelengths of light to treat skin issues, such as wrinkles, scars, and persistent wounds.

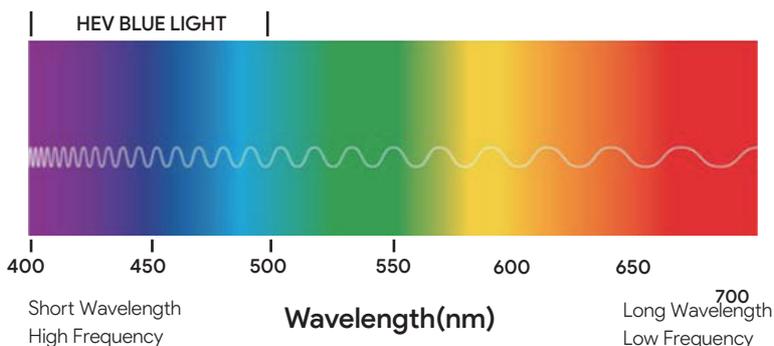
How does red light therapy work?

Red light is thought to work by producing a biochemical effect in cells that strengthens the mitochondria. The mitochondria are the powerhouse of the cell it's where the cell's energy is created. The energy carrying molecule found in the cells of all living things is called ATP (adenosine triphosphate).

By increasing the function of the mitochondria using RLT, a cell can make more ATP. With more energy, cells can function more efficiently, rejuvenate themselves, and repair damage. RLT is different from laser or intense pulsed light (IPL) therapies because it doesn't cause damage to the skin surface. Laser and pulsed light therapies work by causing controlled damage to the outer layer of the skin, which then induces tissue repair. RLT bypasses this harsh step by directly stimulating regeneration of the skin. The light emitted by RLT penetrates roughly 5 millimeters below the skin's surface.

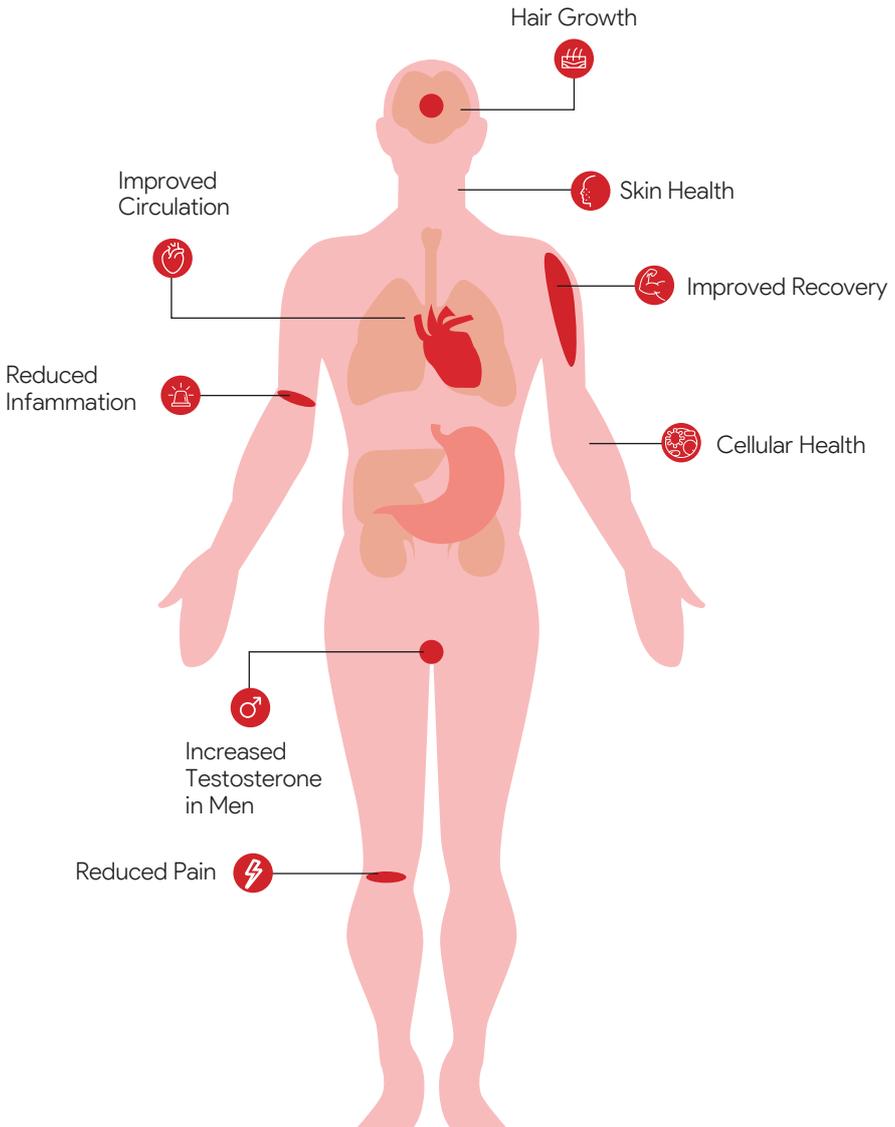
VISIBLE LIGHT SPECTRUM CHART

Natural visible light spectrum in nanometers



BENEFITS OF RED LIGHT THERAPY:

What are the health benefits of light therapy? We'll cover some of the main ones below.





Enhanced Cellular Function

One of the potential benefits of light therapy is a significant increase in blood circulation. This indicates tissues are receiving more oxygen and other nutrients that are important for healing. At the same time, light helps the body and circulatory system rid itself of toxic byproducts.



Improved Blood Flow

In conjunction with a healthy lifestyle, light therapy can have systemic benefits because they work by improving cellular health across the entire body.



Recovery, Healing, and Performance

Light therapy is widely used by trainers and pro athletes to improve fitness, boost physical performance, and support the recovery process. Muscle cells require a great deal of energy, and grow and strengthen through a process of tears and repairs. Light therapy helps your body produce and use energy more efficiently.



Sleep Optimization

Therapy is Healthy light intake is essential for sleep and maintaining natural circadian rhythms. Our brains interpret light as a sign of when to be awake and asleep, and when to make crucial sleep hormones like melatonin. Bright blue light at night can knock your sleep cycle out of whack, but red light is a lower intensity alternative that can help support longer, more restful sleep.



Skin Health and Beauty

Taking in healthy light is crucial for skin cells, skin health, and beauty. Red and NIR light promotes balance across the body and skin by enhancing cellular respiration, making energy production more efficient, with less oxidative stress. When your cells are in greater balance, your skin will look and feel softer and more invigorated.



Inflammation and Pain Relief

Light therapy help your body's natural inflammation process as you recover from illness or injury. Red light therapy also supports arthritis and joint pain relief by improving blood flow to damaged tissues.

♂ Mental Acuity

Mental acuity is a measure of how well your brain processes and responds in the moment. When shined on the head, NIR wavelengths of light can reach brain cells and stimulate the mitochondria in the body's main processing center. This can improve cellular energy production, enhance blood flow, and support better mental acuity.

PRODUCT STRUCTURE PICTURE:



Parts:



1 Pc Power Cord



1 Pair of Glasses



1 Pc 12V5A Power Adapter



1 Pc Manual

PARAMETERS:

Product Name	Red Therapy Device
Light Panel Dimension	7.87*4.92*1.18inch
Net weight	1.2kg
Actual power	54W
Wavelength	660nm/850nm
Dimmable	L1(25%) L2(50%) L3(75%) L4(100%)
LEDs Quantity	35 pcs 5w (660nm/850nm) led Chips
Timer	Default 10mins, Max set 20 mins
Color options	White
Pulse	NULL,10Hz,40Hz,100Hz,1000Hz
Parts list	1pc light+ 1pc Black Glasses+ 1pc Manual+ 1pc Power Cord+1pc 12V5A Power Adapter
Material	Iron shell
Irradiance	>200mw/cm ² at 3 inch Distance ; >128mw/cm ² at 6 inch Distance
Warranty	2 Year

Mode Options:

Red light, 660nm wavelength

- Improves skin health.
- Boosts blood circulation.
- Stimulates collagen and elastin production.

Near-Infrared Light, 850nm wavelength

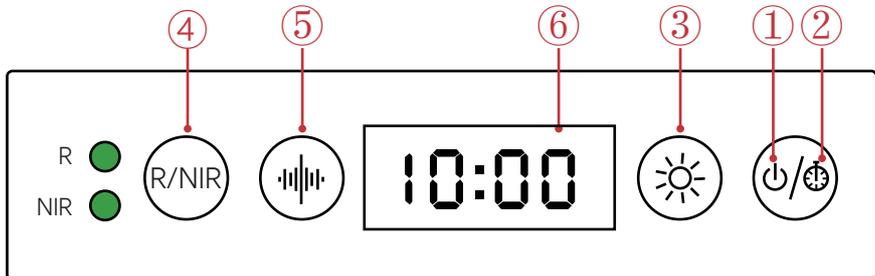
- Decreases inflammation.
- Relieves muscle and joint pain.
- Repairs deep tissues such as muscles, joints, and organs.

Red light + Near-Infrared Light, 660+850nm

- Combines the benefits of red light and near-infrared light.

NOTE: Near-infrared light is not visible to the naked eye.

BUTTON OPERATION INSTRUCTIONS:



1. Power Button

Start/Pause LED light.

2. Timer

Screen default 10 mins, Press and hold(3s) the power button to change the time.

3. Brightness

There are L1(25%)-L2(50%)-L3(75%)-L4(100%) brightness level, to match different sensitive skin.

4. RED /NIR

With “RED”, “NIR”, “RED+NIR” light modes, each diodes with both 660 and 850nm spectrums.

5. Pulsing

Frequency adjustable: Null , 10hz, 40hz, 100hz, 1000hz, which are proved to be have positive performance on cells.

6. 4-Digit Display

Display setting parameters and time.

RECOMMEND USING METHOD:

The following are treatment guidelines for common health and wellness concerns. Your individual treatment needs may vary.

Skin Health (wrinkles, acne, wounds)

- **Time Per Session:** 10 minutes.
- **Sessions Per Week:** 3-5 times per week.
- **Mode:** Red light only.
- **Target Area:** Anywhere skin is showing symptoms.
- **Distance from Panel:** 3inches /6 inches.

Joint and Arthritis Pain

- **Time Per Session:** 10 minutes.
- **Sessions Per Week:** 6-7 times per week (twice daily if very painful).
- **Mode:** Near-infrared light only.
- **Target Area:** Symptomatic joint.
- **Distance from Panel:** 3inches /6 inches.

Muscle Recovery

- **Time Per Session:** 10 minutes.
- **Sessions Per Week:** 3-5 times per week.
- **Mode:** Near-infrared light + red light.
- **Target Area:** Muscles (after a workout).
- **Distance from Panel:** 3inches /6 inches.

Brain Health and Cognitive Function

- **Time Per Session:** 10 minutes, twice a day.
- **Sessions Per Week:** 5-7 times per week.
- **Mode:** Near-infrared light.
- **Target Area:** Head.
- **Distance from Panel:** 3inches /6 inches.

Boost Testosterone

- **Time Per Session:** 5-10 minutes, twice a day.
- **Sessions Per Week:** 5-7 times per week.
- **Mode:** Near-infrared light.
- **Target Area:** Testes.
- **Distance from Panel:** 3inches /6 inches.

Thyroid Function

- **Time Per Session:** 8-10 minutes.
- **Sessions Per Week:** 5-7 times per week.
- **Mode:** Near-infrared light OR red + infrared light.
- **Target Area:** Thyroid gland area (tilt head back slightly).
- **Distance from Panel:** 3inches /6 inches.

FREQUENT QUESTIONS:

Q: How Should I use my Red Light?

A: For maximizing cellular health, including deep tissue treatment, it is recommended to use your red light every day or at least five times a week. For getting pain relief from strains and aches, three treatments per day are suggested.

Q: Should I Wear eye Protection?

A: Eyewear is not required; it's optional. Your eyes are not accustomed to the red light, and red light may appear very bright. For this reason, we recommend closing your eyes or wear sunglasses. If you have any concerns, consult your trusted healthcare provider.

Q: Why do the near-infrared LEDs on my RTL look like they are not working?

A: The human eye can only see wavelengths of light up to 760nm on average. red therapy uses a wavelength of 850 nm for the near-infrared LEDs, that a naked human eye cannot observe.

Q: What is the difference between red and near-infrared wavelengths?

A: Both near-infrared light at 850 nm and red light at 660 nm have been designed to improve cellular function. The main difference is that the skin tissues absorb the red light, leading to enhance collagen production and skin health. Near-infrared light at 850 nm is not visible to the human eye. It penetrates deeper tissue, leading to benefits like increased reduced joint pain and muscle recovery.

Q: Can I wear clothes when using the red light?

A: Yes, you can wear clothes, or you can be nude during the treatment. The only thing that does matter is the specific area of the body you want to be treated is fully exposed to the body. That area should not be covered by any clothing.

Q: Will the red light interface with the medications i use?

A: Many clinical studies and researches have proven that light therapy is effective and safe. However, if you are using medications such as Retin A, Digoxin, Tetracycline, or other photosensitizing drugs, we recommend you to consult your healthcare provider or therapist before using the red light.

Q: Is it safe for children to use the red light?

A: Clinical studies have shown light therapy to be safe and have no side effects. But, before using red light to children, contact your doctor.

Care And Cleaning:

Before cleaning your device(s), make sure the device(s) are powered off and power cords are unplugged from any power source. Please remove devices from their mounting accessories before cleaning. To clean your panel, except lens parts, you can use a microfiber rag with water to clean the body of the device. Do not spray or apply any moisture to the device directly. Be careful when wiping around vented slot openings, LED openings, and any input or output openings to avoid moisture intrusion.

Caution

Do not use chemical cleaning agents such as alcohol to clean the surface of lens of the device.

Storing the Device(s)

The device and accessories should be stored in a clean and dry location. Storage Condition:

- Temperature 0°C ~ 40°C (32°F -104°F).
- Humidity less than 50% Warranty TL800 devices do not require any user maintenance. If the device requires servicing, please contact at.

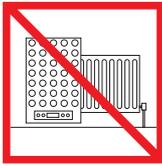
Devices and parts are covered by a 2 year limited warranty,

WARNINGS:

1. The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
2. Children being supervised not to play with the appliance.
3. **WARNING:** Do not stare at the emitter. Read instructions carefully.
4. Please protection of the eyes against exposure to visible and infrared radiation; strictly follow the cycle time specified in the usage instructions.
5. If unexpected side effects, such as itching, occur within 48 h of the first session of using an appliance, medical advice should be sought prior to further exposure.
6. The appliance must not be used if the timer is faulty or the filter is broken or removed.
7. Forbid replacement by the user and tools are needed to replace the emitters.



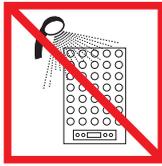
Do Not Pull
on The Cable.



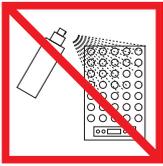
Do Not Store
Near Heat
Sources.



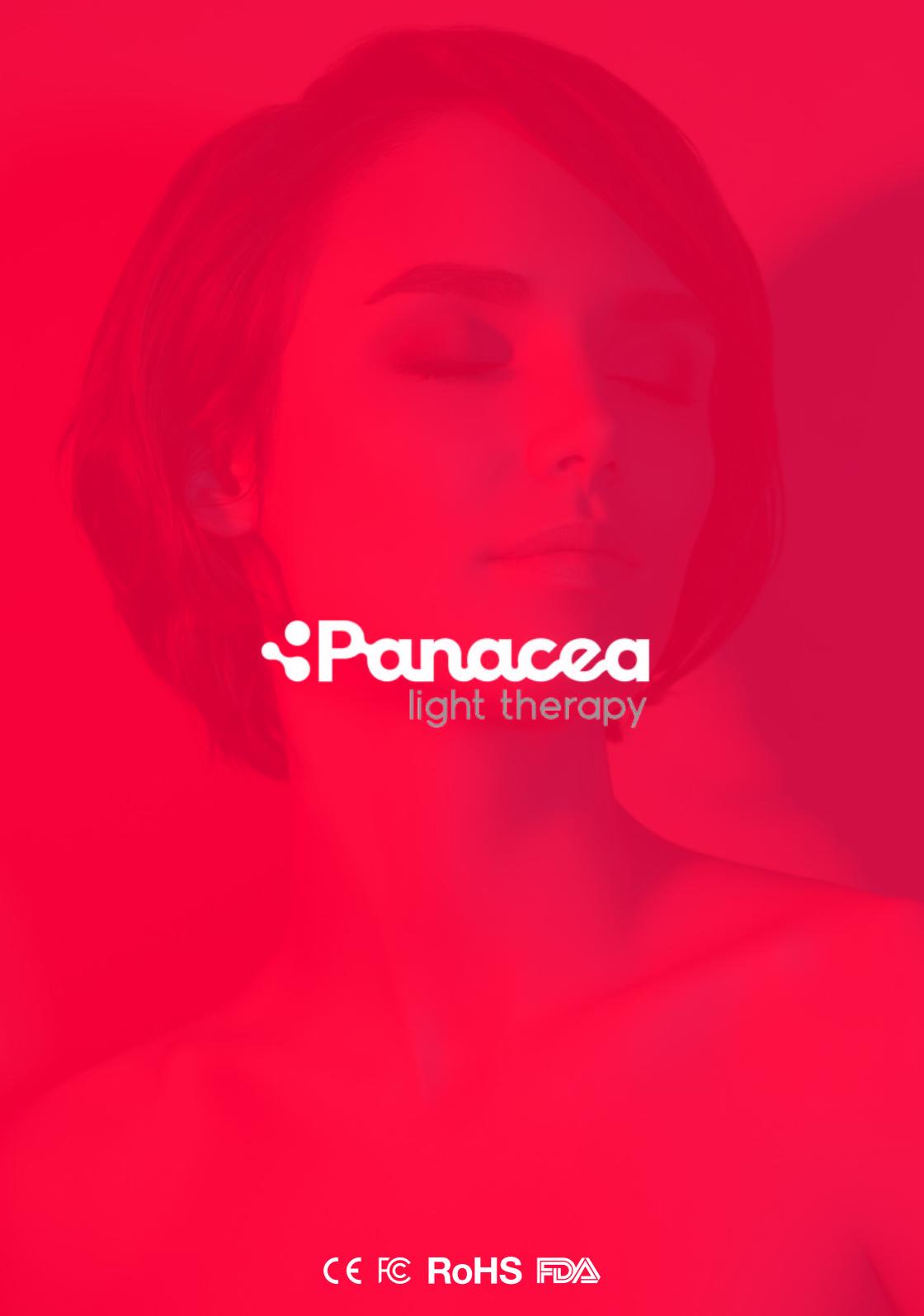
Do Not Use Near
Naked Flames.



Do Not Use in
Wet Conditions.



Do Not Spray
Scented Products
Such as Air
Freshener or
Perfume Near
the Filter or the
Appliance.



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