



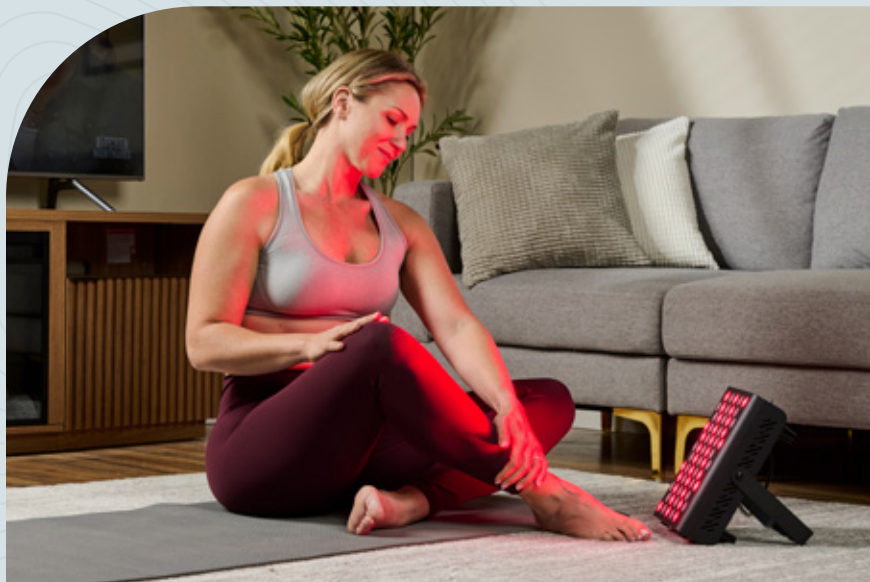
BioHeal™

Red Light Therapy Panel

User Manual

Enjoy the Healing Power of Red Light Therapy

Red and near-infrared light therapy in the comfort of your own space.



Hello There!

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness collection was created—we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also includes ongoing member support from our Lifepro team and a lifetime warranty so you're never left hanging.

Welcome to Lifepro.

We're in this together now.

Abe & Joel

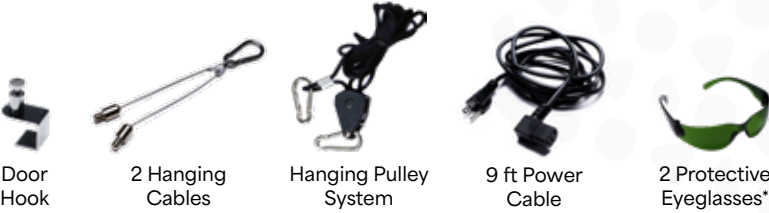
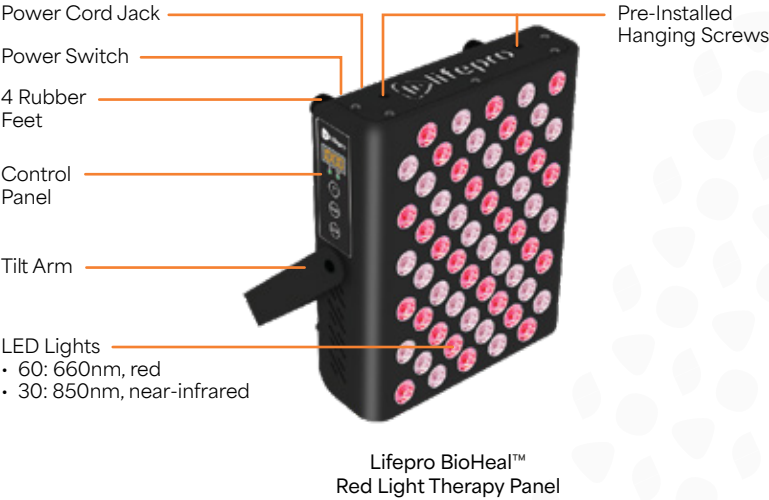
Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

YOUR FITNESS. YOUR WAY.



What's in the Box? 🚀



*Included eyeglasses may be different than pictured.

CUSTOMER SUPPORT

If you have any questions about setting up the BioHeal, we're here to help. Email us at support@lifeprofittness.com and an experienced customer support representative will be happy to assist you.

Intended Uses

This product is intended to be used:

- While wearing the included protective red light blocking glasses.
- Indoors.
- By adults in good health.

Quick Start Guide

Scan Here 

Use any of the QR codes in this manual for helpful instructions, tutorials, and other resources curated specifically for you and your BioHeal.



1 | PREP

1. Read through all safety instructions before beginning your first session.
2. Do a skin sensitivity test to ensure you won't experience any adverse reactions to red light therapy. See **TESTING FOR SKIN SENSITIVITY** on page 16.

2 | SET UP

1. Remove clothing and any jewelry or accessories from the treatment area.
2. Position the device 6-12 inches from the area you wish to treat.

3 | POWER

1. Plug the power cable into the power jack on the back of the BioHeal panel.
2. Plug the power cable into a standard wall outlet.

4 | START

1. Put on the protective eyeglasses.
2. Flip the red power switch on the back of the BioHeal panel to the ON position.
3. Press the **Power/Pulse button** on the control panel to begin a red light therapy treatment. The default session is red + near-infrared mode for 10 minutes. These settings can be adjusted as desired.
4. Go to the **OPERATING INSTRUCTIONS** on pages 14-15 for more detailed instructions.



Scan Here  **Activate Your Warranty**

Scan the QR code to activate the lifetime warranty for your BioHeal within 14 days of purchase.



QUESTIONS?

We're here to help! Email us at support@lifeprofifitness.com

Tips for Using the BioHeal 💡

- Put on the protective eyeglasses before powering on the device, and turn off the device before removing them.
- We recommend that first-time users begin with 5-10 minute sessions per area, and work up to 10-30 minute sessions per area.
- We recommend using the BioHeal for no more than 30 minutes at a time in one area. Wait at least 6 hours between sessions in the same area.
- Monitor treated areas for several days after the initial treatment. If you feel discomfort or sensitivity, increase your distance from the Red Light panel during treatment or decrease treatment time (either the time per session or the number of sessions per day/week).
- It is best to increase treatment time (the number of minutes per session and the number of sessions per day and per week) slowly over several days or weeks. How slowly you increase treatment will depend on your individual skin sensitivity and tolerance to treatment.



Frequently Asked Questions ?

Q: HOW DOES NIR LIGHT HELP LOSE FAT AND INCHES?

A: Near-infrared (NIR) light can reach fat cells up to 1.5 inches below the surface of the skin. NIR wavelengths help break down stubborn fat cells, allowing them to enter the bloodstream and be eliminated via the body's normal waste-removal processes.

Q: WHY DO SOME LEDS NOT APPEAR TO BE WORKING?

A: 850 nm near-infrared (NIR) light is invisible to the human eye.

Q: HOW OFTEN CAN I USE THE BIOHEAL?

A: See page 15 for treatment frequency and duration recommendations.

Q: SHOULD I WEAR CLOTHING IN THE TREATMENT AREA?

A: For red light therapy to work most effectively, it is best to remove any clothing or accessories from the treatment area.

Q: HOW DO I CLEAN THE BIOHEAL?

A: Wipe the panel with a soft, dry cloth as needed. Turn off, unplug, and allow the device to cool down before cleaning. ⚠️ **WARNING:** Never allow water or other liquids to come into contact with the device. Do not immerse the device in water or other liquids.

Q: WHO SHOULD NOT USE THE BIOHEAL?

A: Please see the list of contraindications on page 22 for a list of people who should not use this device. We recommend everyone perform a skin sensitivity test before using this device.

What are Red Light and NIR - Light Therapies?

RED LIGHT THERAPY

Red light therapy, also called phototherapy, is a therapy that uses low-wavelength red light at a frequency of 600–700 nm (nanometers) to treat the body at and below the surface of the skin. Red light is absorbed by the body's cells, particularly the mitochondria, which use the red light to make energy and stimulate cell repair and regeneration.

Red light therapy is a highly-effective, non-invasive, chemical-free therapy that can be used to safely and painlessly heal and rejuvenate many parts of the body since it increases blood circulation.

NEAR-INFRARED (NIR) LIGHT THERAPY

Red light wavelengths, 600–700 nm (nanometers), are absorbed by the skin at a high rate. Near-infrared (NIR) wavelengths, 760–1400 nm (nanometers), are higher on the electromagnetic spectrum and not visible to the human eye. The human body easily absorbs near-infrared waves, up to 1.5 inches into muscle, fat, and joints.

WHAT'S THE DIFFERENCE BETWEEN RED AND NIR LIGHT THERAPY?

The BioHeal's R mode uses 660 nm red light, a wavelength skin easily absorbs. This makes it especially effective for improving blood circulation and stimulating collagen and elastin production, which reduces the appearance of fine lines and wrinkles. NIR mode uses 850 nm near-infrared light, which penetrates deeper into tissue, organs, and joints to decrease inflammation, relieve pain, and repair cells. R+NIR mode uses 660 nm and 850 nm wavelengths of light at the same time. It treats the surface of the skin and below the skin simultaneously.

What are the Benefits?

The benefits of red light therapy and near-infrared (NIR) therapy are very similar, though red light therapy treats cells at the surface of the skin, and near-infrared therapy treats cells up to 1.5 inches below the surface of the skin (muscles, fat, joints, and organs). The benefits may include:

- Energizing the lymphatic system to aid in detoxification.
- Improving skin appearance, including sun damage, scars, burns, cellulite, fine lines, and wrinkles.
- Stimulating collagen, elastin production, and cell regeneration.
- Decreasing pain, inflammation, and stiffness in joints, muscles, and connective tissues.
- Boosting the immune system. Improving sleep quality, mental clarity, and focus.
- Reducing hormonal imbalances and cortisol and increasing serotonin.
- Promoting faster recovery post-workout.

What are Benefits of Pulsed-Light Therapy?

Pulsed-light therapy is phototherapy that uses rapid pulses of light to produce improved results. The device LEDs rapidly turn on and off at a particular frequency (for example, 10 Hz). The frequency is a measure of the pause between one “on” time and the next. With 10 Hz pulsed-light therapy, the light pulses on and off 10 times per second.

Emerging research shows that the short pause between light pulses encourages cells to regenerate more efficiently, which means that pulsed light has a greater effect on cell regeneration and recovery.

Choosing a Treatment Option

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

SKIN HEALTH (WRINKLES, ACNE, WOUNDS)

- Treatment Time Per Session: 10 minutes
- Sessions Per Week: 3-5 times per week
- Mode: Red light only (Mode 2)
- Target Area: Anywhere skin is showing symptoms
- Distance from BioHeal Panel: 4 inches

JOINT AND ARTHRITIS PAIN

- Treatment Time Per Session: 10 minutes
- Sessions Per Week: 6-7 times per week (twice daily if very painful)
- Mode: Near-infrared light only (Mode 3)
- Target Area: Symptomatic joint
- Distance from BioHeal Panel: 4 inches

WEIGHT LOSS

- Treatment Time Per Session: 10 minutes
- Sessions Per Week: 5-7 times per week (pre- or post-exercise is best)
- Mode: Near-infrared light + red light (Mode 1)
- Target Area: Area of cellulite or fat, or whole body
- Distance from BioHeal Panel: 4 inches

MUSCLE RECOVERY

- Treatment Time Per Session: 10 minutes
- Sessions Per Week: 3-5 times per week
- Mode: Near-infrared light + red light (Mode 1)
- Target Area: Muscles (after a workout)
- Distance from BioHeal Panel: 4 inches

SLEEP AND CIRCADIAN RHYTHM

- Treatment Time Per Session: 10-15 minutes
- Sessions Per Week: 5-7 times per week (30 minutes before bed)
- Mode: Red light only (Mode 2)
- Target Area: Whole body; place BioHeal panel anywhere in the bedroom
- Distance from BioHeal Panel: Anywhere in bedroom

BRAIN HEALTH AND COGNITIVE FUNCTION

- Treatment Time Per Session: 10 minutes, twice a day
- Sessions Per Week: 5-7 times per week
- Mode: Near-infrared light (Mode 3)
- Target Area: Head
- Distance from BioHeal Panel: 4 inches

BOOST TESTOSTERONE

- Treatment Time Per Session: 5-10 minutes, twice a day
- Sessions Per Week: 5-7 times per week
- Mode: Near-infrared light (Mode 3)
- Target Area: Testes
- Distance from BioHeal Panel: 4 inches

THYROID FUNCTION

- Treatment Time Per Session: 8-10 minutes
- Sessions Per Week: 5-7 times per week
- Mode: Near-infrared light (Mode 3) OR red + infrared light (Mode 1)
- Target Area: Thyroid gland area (tilt head back slightly)
- Distance from BioHeal Panel: 4 inches

Positioning and Hanging your BioHeal Red Light Panel

There are several options for positioning your BioHeal. The red light panel can be placed down on a table for the floor and tilted up at your desired treatment area or it can be hung from a door.

USING THE PANEL'S TILT ARM

- Place the BioHeal Red Light panel on a flat, sturdy floor, table, or other surface.
- Adjust the tilt arm on the back of the panel until it is tilted to the desired angle.

 **WARNING:** Adult assembly is required. Keep children away during assembly. This product contains small parts that may present a choking hazard to children under 3 years old.

INSTALL THE HANGING CABLES

1. Locate the 2 hanging screws pre-installed at the top of the BioHeal panel and the 2 hanging cables.
2. Screw the threaded ends of the cables onto the hanging screws. See *Figure 1*.

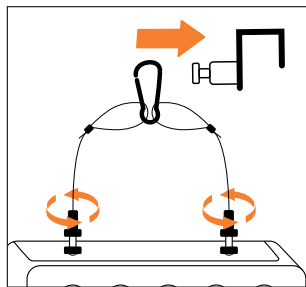


Figure 1

HANG THE PANEL FROM A DOOR (6.5 INCH DROP)

1. Locate the door hook.
2. Place the door hook over the top edge of any standard-size door.
3. Hang the carabiner linking the hanging cables together over the door hook. Be sure the cables are together at the small end of the carabiner and the wider end is in the groove of the door hook. See *Figure 1*.

HANG THE PANEL FROM THE DOOR USING THE PULLEY SYSTEM (13-100 INCH DROP)

1. Locate the pulley system.
2. With the door hook over the top edge of any standard-size door and the hanging cables connected to the red light panel, remove the carabiner joining the 2 hanging cables.
3. Slide the loops of the hanging cables into the carabiner at the rope end of the pulley system. See *Figure 2*.
4. Hang the pulley system from the door hook.

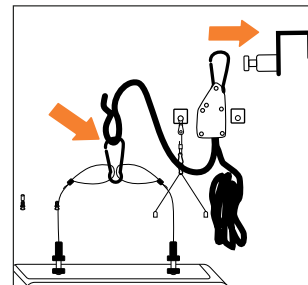


Figure 2

ADJUSTING THE HEIGHT OF THE PANEL WITH THE PULLEY SYSTEM

Raise the Height

1. Support the light panel with one hand as you pull the free end of the rope, raising the panel to the desired height. The pulley will automatically lock in place when you stop pulling on the rope. See *Figure 3*.
2. Check to ensure the rope is secured before releasing the light panel.

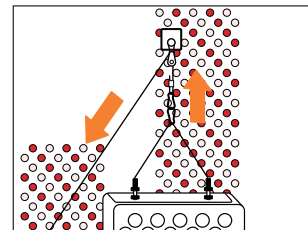


Figure 3

Lower the Height

1. Support the light panel with one hand as you press the small lever inside the pulley to release it. See *Figure 4* (the lever is shown in orange to help with identification).
2. While still supporting the weight of the light panel with one hand, slowly lower the panel to the desired height. The pulley will automatically lock in place when you stop lowering the panel.

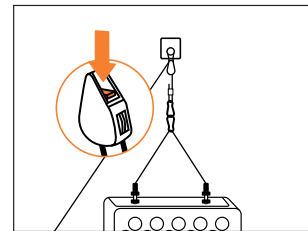


Figure 4

NOTE: Be careful not to pull the rope completely through the pulley. We recommend leaving a 6" rope tail.

PRO TIP: When removing the hanging cables, it is common for the pre-installed hanging screws to unscrew with them. This is completely fine and you can keep the cables WITH the screws attached until the next time you want to hang your BioHeal Red Light Panel.

Operating Instructions

Scan Here 

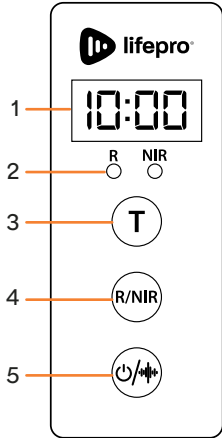
Scan now to learn more about your BioHeal.



Please read the operating instructions before using the BioHeal Red Light Therapy Panel. Keep this manual for reference.

USING THE CONTROL PANEL

1. **Display Window:** Shows the set working time.
2. **Mode Indicator LEDs (2):** LEDs indicate the current selected mode.
3. **Time (T) Button:** Press to set the time duration from 1-30 minutes, in 1-minute increments. The default time is 10 minutes.
4. **Mode (R/NIR) Button:** Press to toggle through the three modes: red + nearinfrared mode (660+850nm), red mode (660nm), and near-infrared mode (850nm).
5. **On/Pulse/Off Button:** Press the button once to turn on the LED lights, press a second time to turn on the 10 Hz pulsed light feature, press a third time to turn off the LED lights.



MODE OPTIONS

1. R+NIR Mode: 660 Red Light + 850nm Near-Infrared
2. R Mode: 660nm Red Light
3. NIR Mode: 850nm Near-Infrared Light

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

USING THE BIOHEAL RED LIGHT THERAPY PANEL

1. Place the protective eyeglasses over your eyes.
2. Flip the red power switch on the back of the panel to the ON position.
3. Press the **On/Pulse/Off** button on the control panel to turn on the LED lights and begin treatment using the default treatment, Mode 1 660+850nm (red light + near-infrared light). The display window will show the default working time of 10 minutes, "10:00".
4. Press the **Mode (R/NIR)** button to change the mode, if desired. Press the button once to change to Mode 2, red light (660nm); press a second time to select Mode 3, near-infrared light (850nm); and press a third time to return to Mode 1. You may change the mode at any time.
5. Press the **Time (T)** button to adjust the working time, if desired. The default working time is 10 minutes. Choose from 1-30 minutes, in one-minute increments. The set working time appears in the display window and may be adjusted at any time.
6. Press the **On/Pulse/Off** button a second time to turn on the 10 Hz pulsed light feature, if desired. The LEDs on the panel will pulse, or flash, on and off rapidly in a cycle.
7. Press the **On/Pulse/Off** button a third time to stop the treatment session at any time. The BioHeal will automatically shut down when the set working time is complete. Press the **On/Pulse/Off** button again if you wish to continue using the device.
8. Always press the **On/Pulse/Off** button to turn off the LED lights, flip the power switch on the back of the light panel to the OFF position, and unplug the device after each use.

DETERMINING TREATMENT FREQUENCY AND DURATION

ISSUE/SEVERITY	ACUTE	CHRONIC	MAINTENANCE
Frequency (How Often)*	1-2 times daily	1-3 times daily	2-4 times weekly
Duration (How Long)*	20-30 minutes	15-25 minutes	10-20 minutes

*Per treated area.

NOTE: Do not use continuously for more than 30 minutes, and wait at least 6 hours between sessions in each treated area.



QUESTIONS?

We're here to help! Email us at support@lifeprofitness.com

Testing for Skin Sensitivity

Scan Here 

Scan the QR for additional information about your BioHeal Red Light Panel.



Before your first treatment, it is important to perform a skin sensitivity test to ensure you won't experience any adverse reactions to light therapy.

- With only a small area of your forearm exposed, place the BioHeal about 6 inches away, with the LEDs facing your inner arm.
- Flip the red power switch on the back of the panel to the ON position.
- Press the **Power/Pulse button** to turn on the BioHeal. Allow the default 10-minute treatment program to run for 5 minutes, then turn off the BioHeal.
- If your skin feels uncomfortable or too hot at any point during the treatment, stop using the BioHeal immediately.
- Some temporary redness and warmth are normal. If you have lasting or excessive redness, or the heat is uncomfortable, you may be sensitive to light therapy, and you should not continue to use the BioHeal.
- Wait at least 6 hours after the sensitivity test. If your skin becomes red and/or itchy during this time, you may be sensitive to light therapy, and you should not continue to use the BioHeal.

NOTE: Please see a list of contraindications (people who should not use this device) on page 22.

Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with your BioHeal Red Light Therapy Panel using the table on this page. Please contact a customer support representative for additional assistance at support@lifeprofitness.com or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Device is not working.	Device is not plugged in.	Plug the power cable into the power cable jack on the back of the device. Plug the power cable into a wall outlet.
	Device is not turned on.	Press red power switch on the back of the device to turn it on. Then, press the On/Pulse/Off button once to turn on the LED lights and begin treatment.
Device stopped working suddenly.	Device automatically shuts off after the set working time. If no specific working time is set, the device shuts off after the default working time of 10 minutes.	Turn the BioHeal on to begin a new red light therapy session. Wait 6 hours between 30-minute sessions.
Pulsed light is not on.	Pulsed light setting is not selected.	Press the On/Pulse/Off button once turn on the LED lights. Press a second time to turn on the 10 Hz pulsed light feature.
LED lights do not appear to be on while device is running.	Near-infrared (NIR) light is not visible to the naked eye.	Check the Mode Indicator LEDs below the display window for the current selected mode. Both LEDs will be lit if Mode 1 (red + near-infrared light) is selected.

Cleaning and Storage

 **WARNING:**
Never allow water, other liquids, or steam to come into contact with the device. Do not immerse the device in water or other liquids.

- Turn off, unplug, and allow the device to cool down before cleaning or storing.
- Wipe the device with a soft, dry cloth as needed.
- Do not use soap, detergent, or abrasive, corrosive, solvent, or chemical cleaners or harsh detergents to clean the device.
- Store the device in a cool, dry, indoor location. Remove the power cable before storing.
- Do not store other objects on top of the device. Store in the original box to prevent damage to the LEDs.
- Do not attempt to disassemble or repair the device; contains no user-serviceable parts.

NOTICE

- Excessive force or weight applied to the device can crush or damage it.
- Do not wrap the power cable around the device to avoid damaging it.
- Keep away from sharp objects that could damage the device or LEDs.
- Do not insert objects into the power cord jack.
- Unplug the device immediately in the event of a power failure.
- This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- Dispose of device and all accessories according to state and federal regulations.
- The device will automatically power off after the set working time. Do not use continuously for more than 30 minutes. Wait at least 6 hours between treatment sessions.

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following 2 conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, it may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by 1 or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



Industry Canada Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'utilisateur de l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Product Specifications

UNIT SPECS

Size: 10.2 × 8.8 × 3.4 in 25.9 × 22.4 × 8.6 cm	Net Weight: 5.5 lbs. 2.49 kg
Power: 97W +/- 5%	Voltage: 110-120V
Total LEDs: 120 Triple-LED Chip Sets	LED Wavelengths: 660 nm Red: 60 850 nm Near-infrared (NIR): 30
Irradiance: At LED Surface: >1.419 W/in ² 0.220 W/cm ² From 6 Inches Away >0.53 W/in ² 0.082 W/cm ²	LED Life Expectancy: 50,000 hrs
EMF Emissions: ~0 µT	Auto Timer: 10 minutes
Modes: 3	Certifications: CE, RoHS, FDA

Operating / Storage Temperature:
32-113°F | 0-45°C

Made in China

From Our Wellness Collection:

RejuvaWrap Infrared Sauna Blanket



Skip the spa—and still get the glow! With the Lifepro RejuvaWrap, you can experience all the benefits of infrared wavelengths from the comfort of your home. No memberships, no travel, no hassle.

This sweat-resistant, non-toxic sauna blanket uses carbon fiber heating wires to deliver powerful far-infrared waves that promote deep warmth and total-body relaxation.

What it does best:



SUPPORTS
DETOX PROCESS



PROMOTES
CIRCULATION



SUPPORTS
SKIN HEALTH



WELLNESS
ROUTINE BOOST

Fully Customizable Wellness:

Choose from 9 heat levels and set your session time anywhere from 5 to 60 minutes. Use it 3-4 times a week for 30 minutes to feel the difference and enjoy a more consistent wellness routine.

Safety Instructions

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property. *Keep this manual in a safe place for future reference.*

INTENDED USE

- This product is not intended to be used:
 - By anyone who had an adverse reaction during or after the Skin Sensitivity Test.
 - If you have any open or bleeding wounds, or infected, bruised, swollen, inflamed, or sunburned skin in the exposed area.
 - Take or use any topical or oral medication or products that may cause photosensitivity.

CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Do not use this product if you:
 - Have open or bleeding wounds. Do not use over infected, bruised, swollen, inflamed, or sunburned skin.
 - Have cancer, or suspect you may have cancerous lesions in the treatment area. Do not use over malignant or benign tumors.
- Consult with your physician before using this product if you:
 - Are under the care of a physician for a pre-existing health condition.
 - Have ever had (or anyone in your household has ever had) symptoms related to epilepsy, such as seizures or loss of consciousness, when exposed to flashing lights.
 - Are pregnant, suspect you may be pregnant, or if you have recently given birth.
 - Take steroid medication, use a topical steroid, or receive steroid injections.

- Have poor blood circulation, peripheral neuropathy dysfunction, or if you have sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature.
- Take a topical or oral medication that may cause photosensitivity, including some antibiotics, antifungals, antidepressants, antipsychotics, oral contraceptives, psoralens, cardiac, diabetic, blood pressure, and cholesterol medications, chemotherapy drugs, pain medications, nonsteroidal anti-inflammatory drugs (NSAIDs), diuretics, cold and allergy medications, and retinoids (such as Retin-A and Retinol).
- Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
- Use a product that may cause photosensitivity, such as alpha-hydroxy acids (like glycolic acid), beta-hydroxy acids (like salicylic acid), Retin-A and Retinol, melatonin, citrus essential oils, St. John's Wort, acne products, antibacterial soap, and coal tar and petroleum products.
- Have recently had surgery, LASIK or PRK eye surgery, or skin filler injections, if you have breast implants, or if you have a tattoo in the treatment area.
- Have a skin disorder, including inflammatory skin disorders, or sensitive skin.
- Are or may be sensitive to red light or near-infrared light.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute. The information in this document is not a substitute for expert medical care or advice.

- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, inadequate or improper maintenance, or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

WARNING

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power cable at the specified voltage to power the device. Using power cables other than the ones provided may result in fire or explosion.
- Do not use the provided power cable to power other devices.
- Do not modify, tamper with, or damage the power cable.
- Never unplug the power cable by pulling on the cord.
- Never use a modified or damaged power cable to power the device.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Always inspect the device, remote control, and power cables for damage, wear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, heat sources, and direct sunlight at all times. Do not use or charge in high temperatures or direct sunlight. Do not use or charge under a blanket or pillow. Excessive heat can cause a battery explosion, fire, electrocution, serious injury, death, or property damage.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Keep away from liquids. Do not use outdoors, in high-moisture environments or in any place where the device may become wet. Do not immerse in water. If the device becomes wet, do not use.
- Do not touch the device or power cable with wet hands.

- Do not use during electrical storms.
- Keep sharp objects away from the device, accessories, and power cables.
- Do not use the power cable with an extension cord.
- Never leave the device unattended while running or plugged in. Unplug the device after use.
- Pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household experience symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements, or convulsions, stop using the device IMMEDIATELY and consult your physician.
- Stop using the product immediately if you feel pain or discomfort.
- Do not operate the device while sleeping, driving, smoking, or under the influence of drugs or alcohol.
- Do not use this product on sleeping or unconscious people or infants.
- For adult use only. Keep away from children and pets.
- This device is not intended for use by adults with diminished mental, sensory, or physical capacity unless they are closely supervised by a responsible adult.

CAUTION

To reduce the risk of minor or moderate injury:

- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- Do not wear metal accessories, such as snaps, buttons, zippers, belts, or jewelry, as the metal may heat and cause skin irritation or burns. Metal accessories can also damage the device or power cables.
- Do not use the device over the eyes, head, or neck.
- Do not look directly into the LED lights while the device is powered on. Looking directly at infrared lights may result in damage to the eyes.
- Do not stop your traditional pain treatment without first discussing with your physician (some medications may have withdrawal side effects) and experiencing long-term relief.

Lifetime Warranty

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products.

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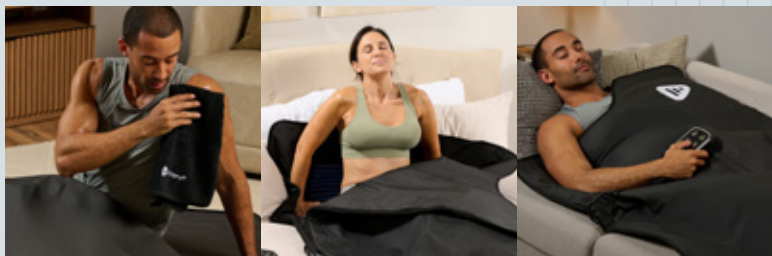
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