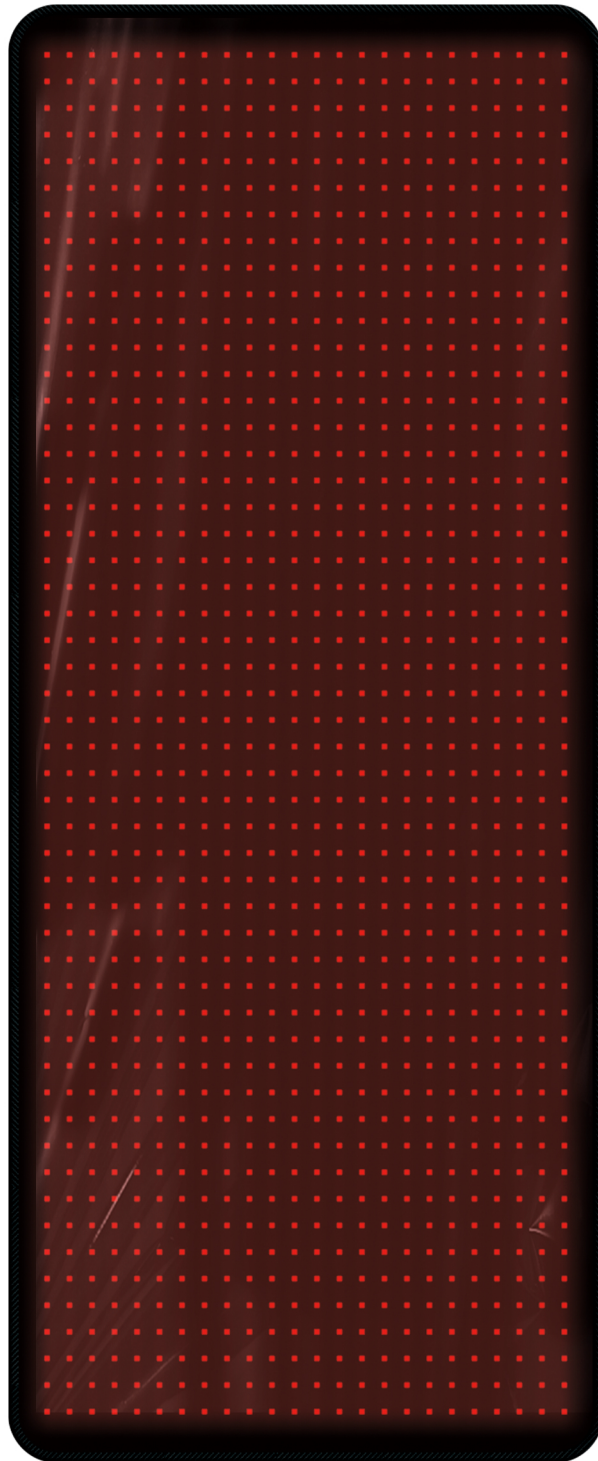


iLUXRM-1230

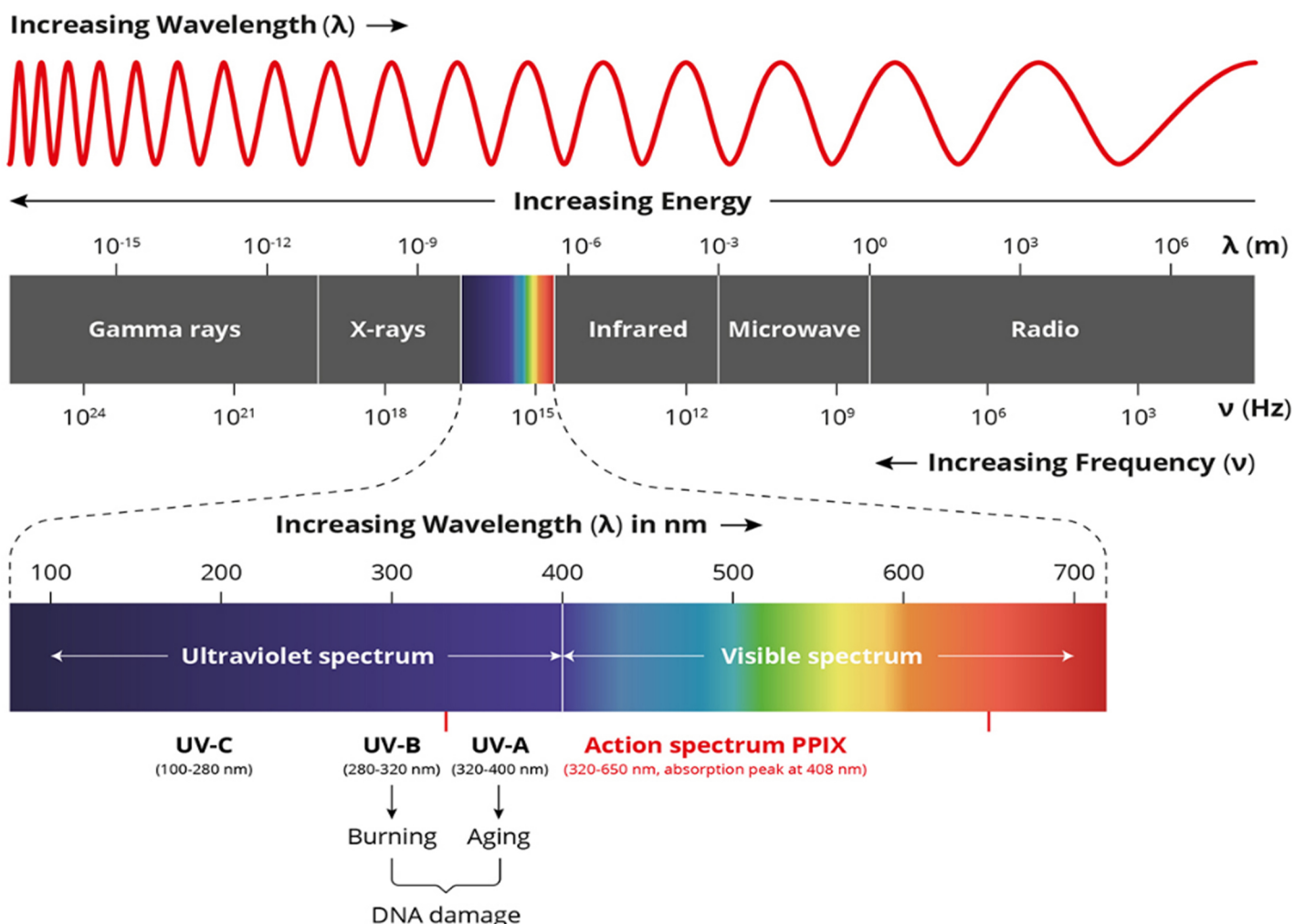
RED LIGHT THERAPY MAT



OVERVIEW OF LIGHT THERAPY

What is Red and Near-Infrared Light Therapy?

Red and near-infrared light therapy is an innovative wellness approach that has been studied for decades. Over the past few decades, scientists have amassed thousands of studies on the power of red and near-infrared light to enhance human health. Red light wavelengths within the sunlight spectrum support natural biological processes. Near-infrared light refers to specific electromagnetic wavelengths, as shown in the accompanying diagram illustrating light spectrum characteristics.



WHAT IS RED LIGHT THERAPY AND HOW DOES IT WORK?

Red light therapy is also known as low-level laser therapy (LLLT). It uses low-energy light emitting diodes (LEDs) or lasers as an alternative therapy for pain relief or to promote good cell functions. Red light therapy is also known as low-level laser therapy (LLLT). It uses low-energy light emitting diodes (LEDs) or lasers as an alternative therapy for pain relief or to promote good cell functions.

The principle of red light therapy can be thought of as a human version of the way plants photosynthesize. It is thought that certain wavelengths of light can enhance the functioning of mitochondria, which are the organelles in a cell that take in nutrients and break them down to create energy molecules for the cell.

By enhancing the cellular respiration will improve the functioning of the whole cell. The principle of red light therapy can be thought of as the human version of the way plants photosynthesize. It is thought that certain wavelengths of light can enhance the functioning of mitochondria, which are the organelles in a cell that take in nutrients and break them down to create energy molecules for the cell. Enhancing cellular respiration will improve the functioning of the whole cell.

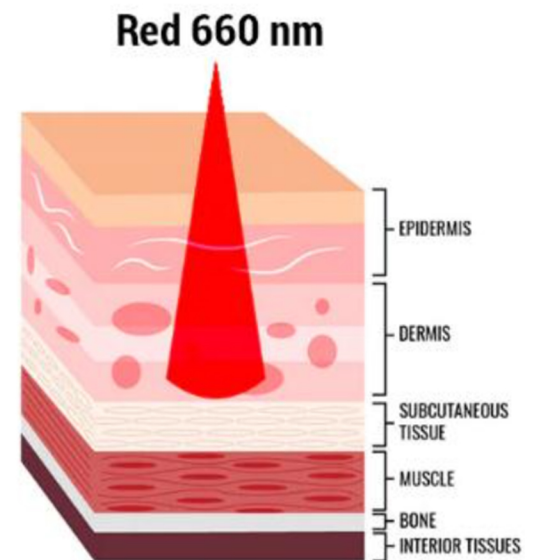
HARNESSING THE POWER OFR+ | NIR+

Our proprietary R+/NIR+ spectrum technology combines 2 specific wavelengths to deliver targeted light benefits. This advanced system is engineered for optimized penetration depth while maintaining safe output levels, developed through photobiological research on light-based wellness applications. Extensive scientific studies confirm this helps create the most advanced and powerful LED therapy light ever designed.

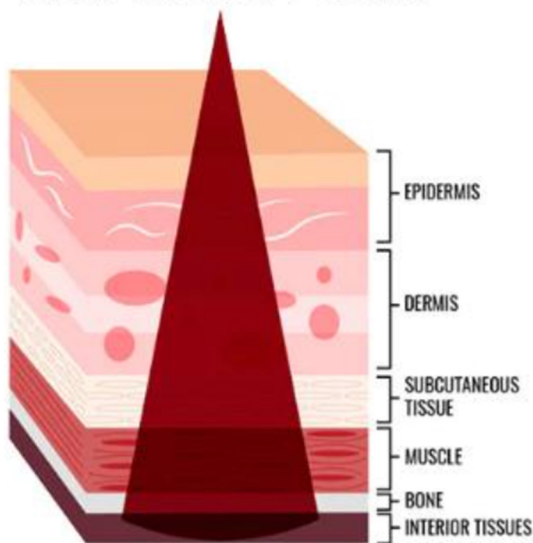
660nm Wavelength Benefits

The 660nm wavelength demonstrates enhanced penetration compared to 630nm, targeting dermal layers to support natural recovery processes.

Observable effects include post-activity fatigue reduction, post-injury swelling management, and enhanced recovery of healthy skin appearance.



Near-Infrared 850 nm



850nm(Near Infrared) Wavelength Benefits

Near-infrared light wavelength is longer than red wavelength, ranging from 700-1000nm, Near-infrared wavelengths demonstrate enhanced tissue penetration characteristics, which penetrated deeper into the tissue to the body's cells and passed through bone to assists in addressing deep tissue recovery needs and physical stress response, with applications focused on post-activity recovery support and musculoskeletal comfort enhancement.

Most of the people select the Near-infrared fortreatment use.

RADIANCE AND APPLICATIONS

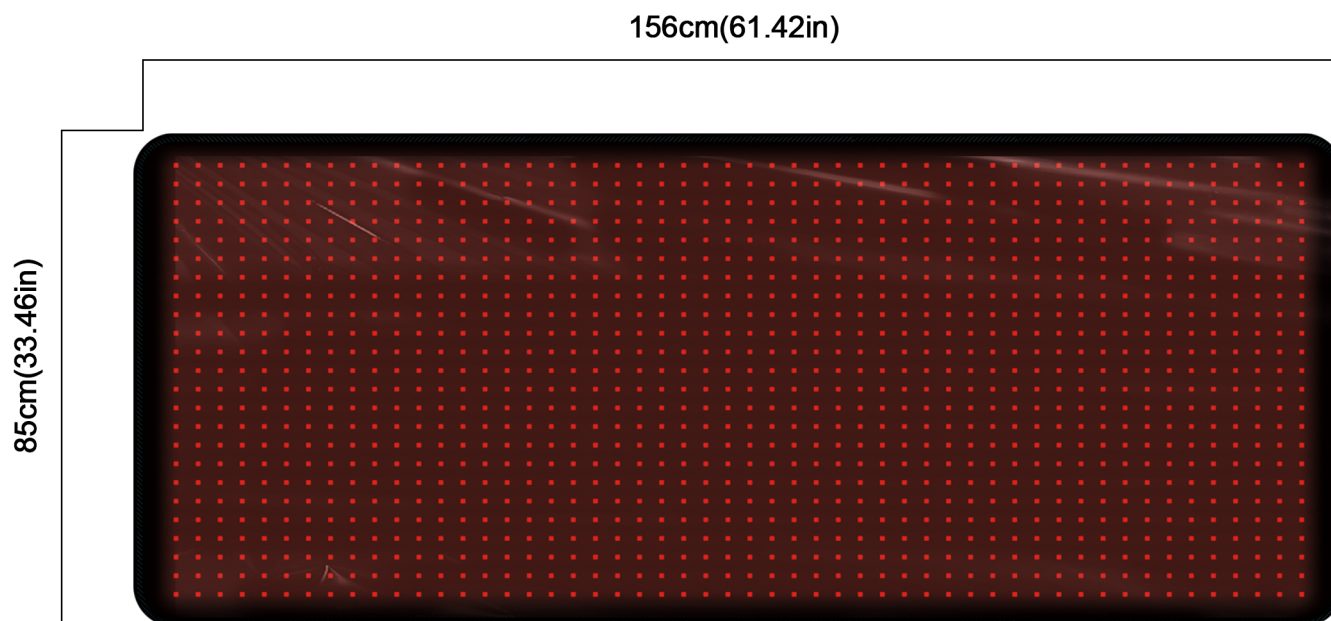
Red light and near-infrared light therapy are renowned for their research-backed efficacy. This device emits precisely 660nm red light and 850nm near-infrared light wavelengths, These are the two wavelengths that have been proven to be the most effective by a large amount of research data. There are more than 3000 items published in research. In addition, our devices output these specific wavelengths of light, also known as irradiance, at high power, so you can achieve effective therapeutic results in a shorter period.

Red light can be used for:

- (1) Improving blood circulation
- (2) Enhances tissue repair
- (3) Aids bone recovery
- (4) Reduces inflammation
- (5) Relieves joint pain and stiffness
- (6) Stimulates acupuncture points on the feet
- (7) Relaxes sore muscles
- (8) Enhances overall foot and ankle health
- (9) Improvement in skin texture
- (10) Sleep optimization

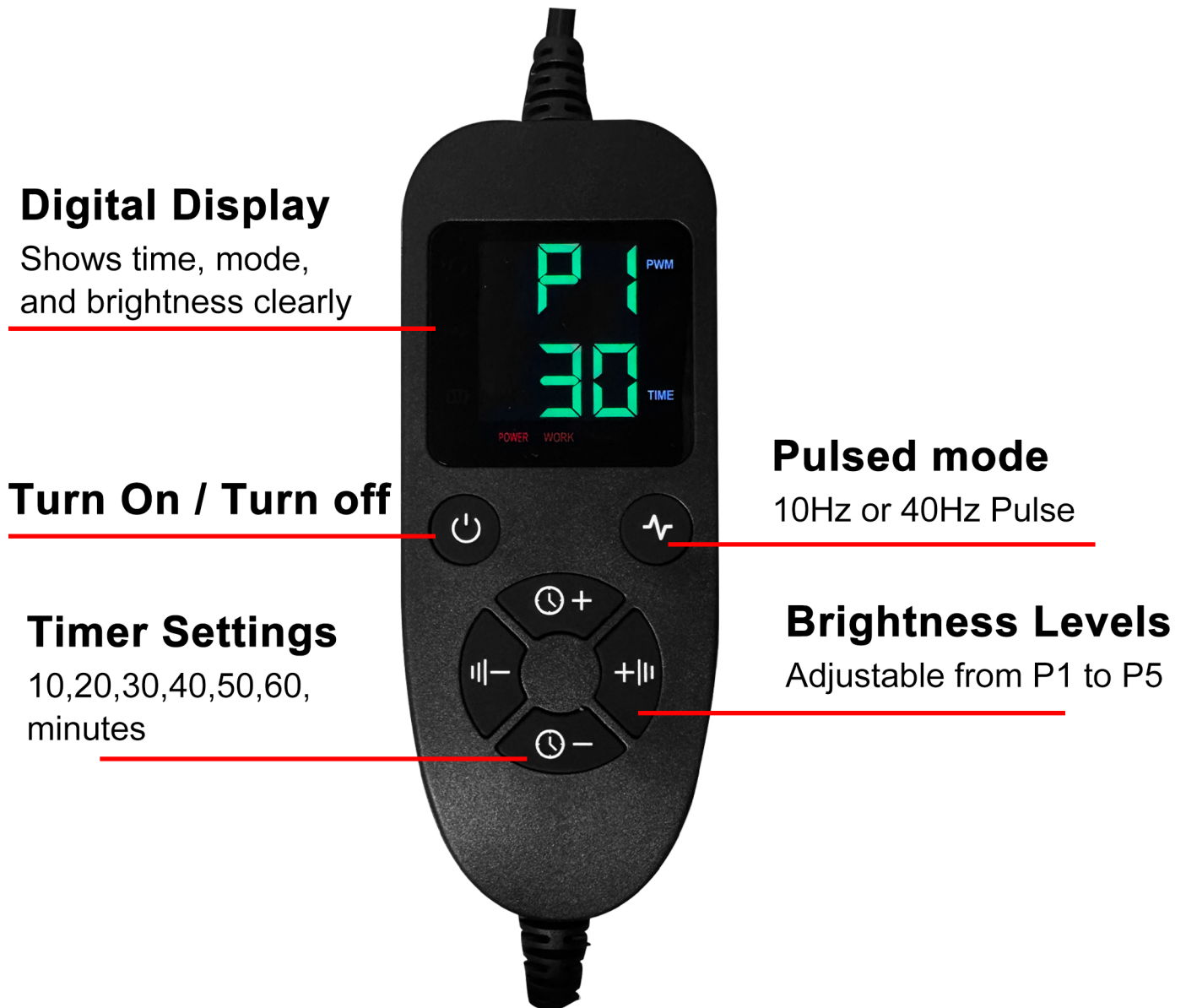


TECHNICAL SPECIFICATIONS



Item	Parameters
Model	iLUXRM-1230
Input Voltage	100V-240V
Maximum Power	80W±5W
Power Supply	12V/10A
Controller	1 pc
Maximum Irradiance	400W/m ²
Wavelength	660 nm, 850 nm
LED Chip Model	Three-chip SMD LED
LED Chip Quantity	1230
LED Chip Ratio	Red Light 660 nm : Infrared Light 850 nm = 1:2
Dimension	1560x850 mm
Net Weight	2.7 Kg
Gear	P1-P5
Material	Woven Fabric (1st layer: Frosted PVC; 2nd layer: SBR fabric; 3rd layer: PU leather; 4th layer: non-adhesive OK fabric); FPCB; LED
Package Dimension	820x220x130mm
Package Weight	3.5 kg
Accessories	Sleeping mat + power supply + controller + goggles + power supply bag + user manual
Package	Black portable bag + corrugated carton

CONTROLLER INSTRUCTION



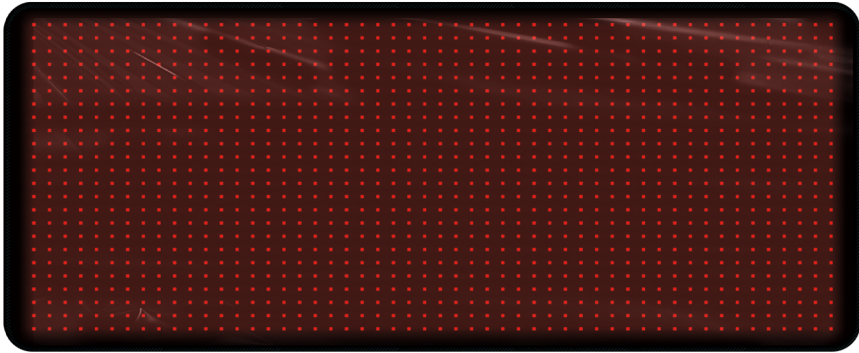
1. Turn On / Turn Off

When powered on, both red and infrared lights operate simultaneously. The ratio of 660 nm to 850 nm LED beads is 1:2.

WHAT IS INCLUDED

All accessories

Red Light Therapy
Sleeping Mat

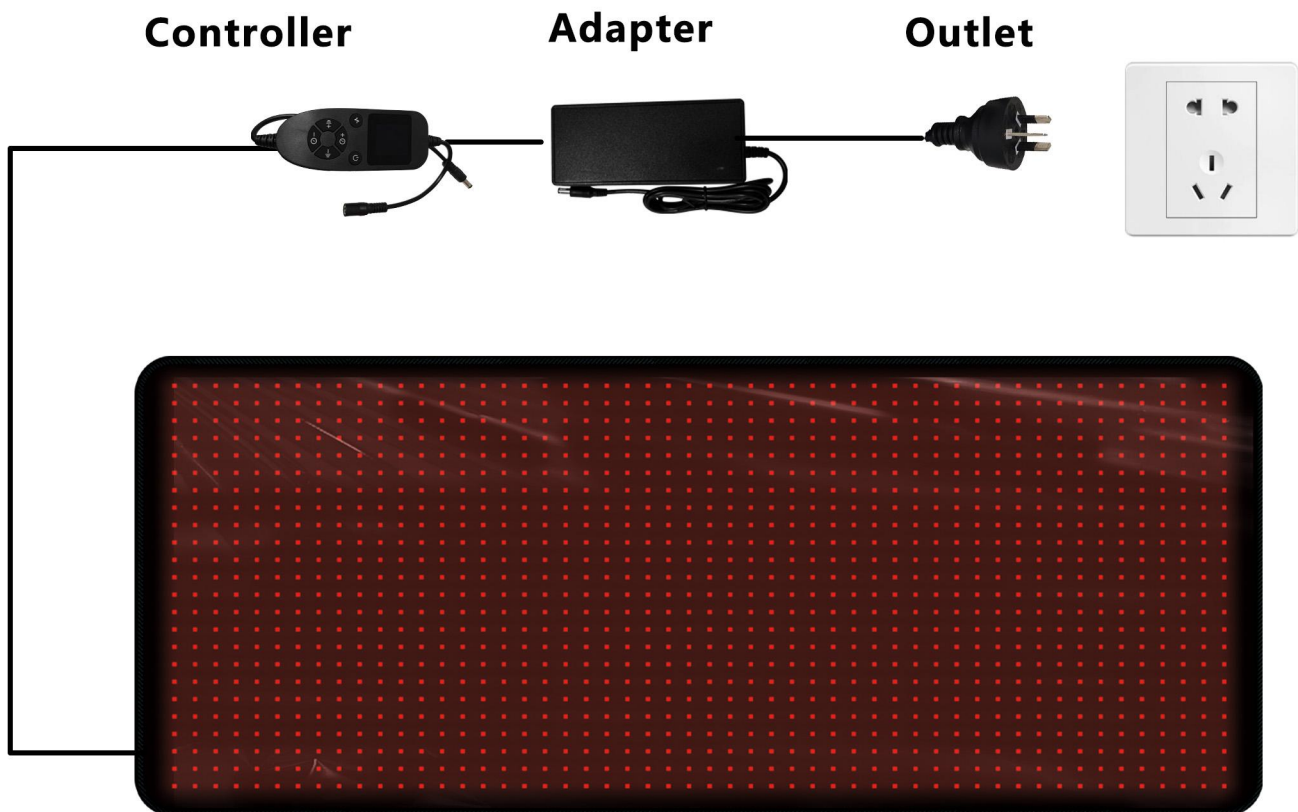


Note: Final accessory appearance may vary slightly from illustrations.

HOW TO USE

This product is made of leather. It may smell leathery when you open it. This is normal. Please ventilate it for 3-5 hours and use it after the smell is reduced.

Step 1: Connect the RLT Sleeping Mat as shown below:



Step 2: Use the controller to adjust your session settings (mode, brightness, and timer).

Step 3: Lie down in the sleeping mat

Tip: Use on clean, bare skin for optimal results.

RLT BASIC GUIDELINES

1.Systemic vs. Localized Benefits

Systemic benefits: (improved circulation, sleep, energy, skin quality, reduced inflammation) can be achieved by illuminating large portions of the body

Muscle or tendon-specific benefits: (pain reduction, recovery, reduced inflammation, increased cellular repair). Closer placement increases intensity and allows shorter exposure times (typically 30 minutes).

2.Recommended Session Duration and Frequency Typical sessions last 30 minutes per treatment area.

For systemic benefits, aim for 30 minutes total exposure, covering as much body area as practical.

Regular frequency is key; daily or near-daily sessions yield the best results. A rest day per week is recommended to allow optimal tissue recovery and adaptation.

3.Skin Exposure Bare skin is ideal. Clothing significantly reduces the effectiveness of RLT, so expose skin directly to maximize benefits.

4.Eye Safety While RLT is considered safe, avoid staring directly at the LEDs. Wearing protective goggles or keeping eyes gently closed when treating the face or upper body is recommended.

5.Consistency and Long-Term Use Consistent, regular use over weeks and months yields cumulative, lasting results.

Initial noticeable benefits often appear after 2–4 weeks of regular use, though subtle improvements (like improved sleep quality) may occur sooner.

6.Hydration and Nutrition Stay hydrated and ensure a balanced diet rich in antioxidants to support cellular repair processes boosted by RLT.

7.Timing of Sessions Morning sessions can help energize and set circadian rhythm. Evening sessions may promote relaxation and improve sleep quality.

POTENTIAL RISKS OF OVERUSE

- 1.Skin Irritation or Mild Burns : Using the bag for prolonged periods (significantly exceeding recommended guidelines) could cause mild burns, redness, itching, or dryness.
- 2.Eye Strain or Damage: Prolonged or repeated direct exposure to bright red or near-infrared light could strain or potentially harm your eyes. Always protect your eyes or avoid staring directly into the bag.
- 3.Oxidative Stress (Theoretical): While RLT generally reduces oxidative stress, excessive use at high intensities could theoretically create oxidative stress rather than mitigate it. However, clear evidence of long-term harm from this effect remains very limited.
- 4.Diminishing Returns: Beyond recommended durations, the therapy becomes less effective, potentially wasting your time without providing further benefits.

WHAT CONSTITUTES “TOO MUCH” RLT?

- 1.Frequency: Multiple sessions daily or prolonged sessions (>30 minutes) consistently exceed optimal therapeutic doses.
- 2.Ignoring recommended breaks (using the bag daily without periodic days off) may reduce effectiveness and cause irritation.

RECOMMENDED PRACTICES TO AVOID OVERUSE

- 1.Limit your total daily RLT exposure to about 30 minutes maximum.
- 2.Allow at least one or two rest days per week for optimal cellular recovery and responsiveness.
- 3.Monitor your body's reactions—if you notice irritation, discomfort, or fatigue, reduce exposure duration or increase distance

CAUTIONS AND WARNINGS

1. Avoid prolonged exposure to high-temperature or high-humidity environments. Keep dry and keep away from fire. Please do not use chemicals to clean the product.
2. Operate only at specified voltage and frequency ratings.
3. The switch contains circuit protection - the fuse will automatically cut power in case of short circuits or electrical leakage.
4. Operational sounds during heat dissipation are normal.
5. Standard operating temperature: 30°C to 40°C. Immediately disconnect the power if the device temperature exceeds 50°C.
6. While red light therapy is generally non-allergenic, discontinue use if discomfort occurs. Seek medical consultation for severe reactions.
7. Contraindicated for pregnant individuals and users with cardiac pacemakers.
8. No known interactions with concurrent personal care, so they are safe for simultaneous use.