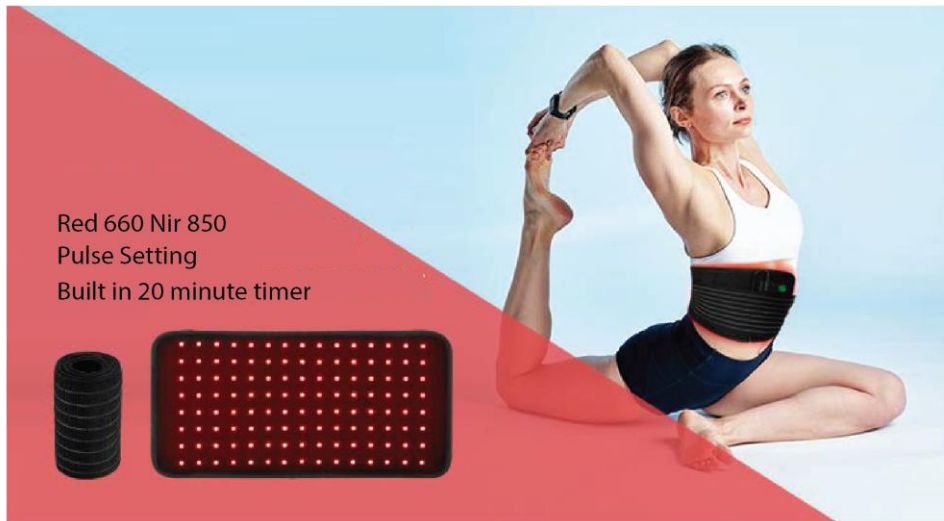




# Adjustable Pad Manual



## Say hello to your red light !

Before starting your first session , please make sure to read this manual as it may explain important operating procedures .

Each Led diode contains 3 chips  
1 pc 660nm and 2 pc 850nm. Near Infrared or NIR light is invisible to the human eye.

### This package includes

- 1\* Red light therapy pad
- 1\* Power cord
- 1\* Adaptor
- 1\* Stretchy strap
- 1\* Connecting wire

### Specifications

Rating Power	60W
Actual Power	25W
Product Size	400*200*4.95MM
LED QTY	120*0.5W
Net Weight	0.58 KG
Wavelength	1*660nm ; 2*850nm
EMF	0 UT
Irradiance	0 Inch: > 100 mW/c m <sup>2</sup>
Timer	20 Minutes
Material	Fabric
Lifespan	Over 50,000 Hours

This device contains Red 660nm and NIR 850nm LEDs. These are the most studied wavelengths of Red and NIR light.

#### Red 660nm

Can be seen by the naked eye.  
Most effectively absorbed in the skin cells

#### NIR 850nm

Can not be seen by the naked eye.  
Most effectively absorbed in the deeper tissue

## To Begin

1). Plug your device into the AC power adapter and into the wall and press the on button. You may also power your device with a TLA 12w Power Bank.

2). Distance: For best results, secure the band firmly but not tightly, against a sore area or joint.

3). MODE SELECTION: When you tap the on button, the button will show a green indicator light.

a. Press the button once and all LED's will turn on.

b. Press again and only Red LED's will be on (near infrared LEDs will switch off)

c. Press again, only near infrared LED's will be on (red LED's will switch off)

d. Press again and all LED's will turn off.

When you press and hold the on button for more than 3 seconds, it will show a blue indicator:

a. Press the button again: all LEDs turn on in pulse mode.

b. Press again for only red light (pulsing)

c. Press again for only NIR light (pulsing)

d. Press again to switch the light off.

(NOTE\* Your device will shut off automatically every 20 minutes)

5). Unplug device and store in cool dry area.



Environmentally Friendly  
Material



OPTION 1: POWER BANK



OPTION 2: PLUG IN



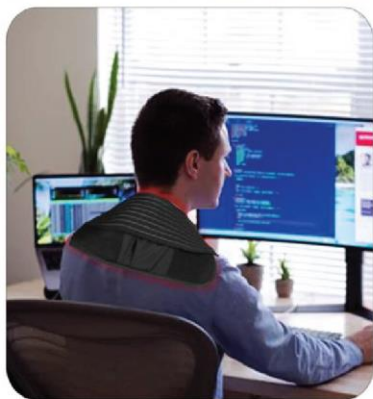
PULSE PRESS  
OVER 3 SECONDS



STEADY LIGHTING



OFF





Thank you for choosing our red light therapy panel . We really appreciate your support and hope you'll enjoy this device .



## Battery

The battery is designed to charge using the same cord as you would normally use to power your band. Simply plug the power cord into the in socket on your battery pack. When 4 lights are flashing, it is charging. When only 2 lights flash, it is full and should last around 2 hours depending on what power setting you use. You can turn your battery pack on and off using the button underneath the lights to conserve power between uses.

## WARNING

1. This is an electrical device; to avoid electric shock:
  - a. Do not stand on device.
  - b. Do not touch the plug or device with wet hands or skin.
  - c. Do not use the unit if the band is wet.
  - d. Do not use if cord or plug appear to be damaged.
  - e. Do not use if the unit is damaged, torn, or has come in contact with water.
  - f. Do not lift or carry unit by power cord.
  - g. Do not use the cord as a handle or pull cord against sharp edges.
  - h. Do not use near hot surfaces or flammable items.
2. Do not allow children to use, this is not a toy.
3. Do not use on open wounds, heat may increase circulation and cause bleeding, and warmth may increase infection in some climates.
4. Do not use if you are allergic to neoprene.
5. Do not use with liniments, salves or ointments that contain heat producing ingredients as skin burns or irritation may occur.

6. Do not use this device if you are sensitive to light, or you are currently taking medications that increase light sensitivity. Doing so may result in a photosensitive reaction. Discontinue use immediately if you experience any discomfort or sensitivity.
7. Contact your doctor before purchasing or using this device if you have any concerns about using this device in general or while taking any current medications.

## Eye Protection

TLA advises the use of eye protection with all TLA products that may come into your direct vision. DO NOT STARE INTO THE LED'S FOR ANY REASON as they are incredibly bright.

## How to Test for Light Sensitivity

1. Power on your device
2. Place within 1cm of the skin on your forearm for 3 minutes.
3. Check the area, if the area has turned red, and redness lasts for more than 2 hours, you have symptoms of light sensitivity and should discontinue use of this product.

## Care

To preserve the life and functionality of the device, always store in a cool, dry place when possible. For proper use and safety, please be sure to read this manual and follow all instructions and do not do any of the following with the device:

- λ DO NOT let children use the device without adult supervision.
- λ DO NOT use this device on infants.
- λ DO NOT let sleeping, disabled (unable to move away from or operate the light), or unconscious persons use the device.
- λ DO NOT exceed 20 minutes of use in one therapy session.
- λ DO NOT use on open, fresh wounds.
- λ DO NOT use in combination with liniments, salves, ointments, or balms that contain heat producing ingredients. A skin burn could be the result of doing so.
- λ DO NOT modify or attempt to repair this equipment. There are no parts that are serviceable by the user. The TLA light is an electrical device. To avoid electric shock and other electricity-related dangers, adhere to the following instructions:
  - λ DO NOT wash electrical parts with water or other liquids.
  - λ DO NOT drop your device in water or other liquids or place it where it may fall into water or other liquids. Do not expose to running water. If your device comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet. If device is to be used in the vicinity of water, we recommend using an electrical outlet protected by Ground Fault Circuit Interrupter.
  - λ DO NOT directly touch the device or touch the plugs or switches with wet hands.

λ DO NOT apply or touch the device to, or with, wet or damp skin.

λ DO NOT pull, carry, or lift the device by its cord. If the cord is damaged, don't use the device.

λ DO NOT use on or near heated surfaces.

λ DO NOT operate this device in areas where it could be exposed to flammable or combustible products or vapours. Explosion of fire may occur.

λ DO NOT store your device in hot temperatures exceeding 140 degrees Fahrenheit.

λ DO NOT use your device if it is damaged. Continuous use of a damaged device may result in electric shock or injury.

λ DO NOT use extension cords unless they are designed to carry the total wattage of the device being powered.

λ DO NOT unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.

λ DO NOT cover the cooling fans while operating the device

#### Caution

TLA recommends consulting with your healthcare provider prior to use if you believe that you are sensitive to light. Some cold and allergy medications, pain medications, and medications used to treat infection may cause light sensitivity. We also recommend consulting with your healthcare provider prior to using the device if you are pregnant, have any suspicious or cancerous lesions, or have recently had a steroid injection or use topical steroids. If you experience discomfort or have a concern about the device, stop use immediately and contact your healthcare provider. Unplug from outlet when not in use to avoid tripping hazards.

Disposal directions; found on the device or within its packaging, indicates that this device may not be disposed of with other household waste. This device requires disposal via a designated collection point for the recycling of electrical waste. Please recycle your equipment at the time of disposal to help conserve natural resources and protect human health and the environment.

#### Disclaimer

This product is not intended to diagnose, cure, or prevent disease. TLA makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical, skin or mental conditions from using this product. A qualified health professional should always be consulted prior to using this product with regards to any condition that requires medical attention