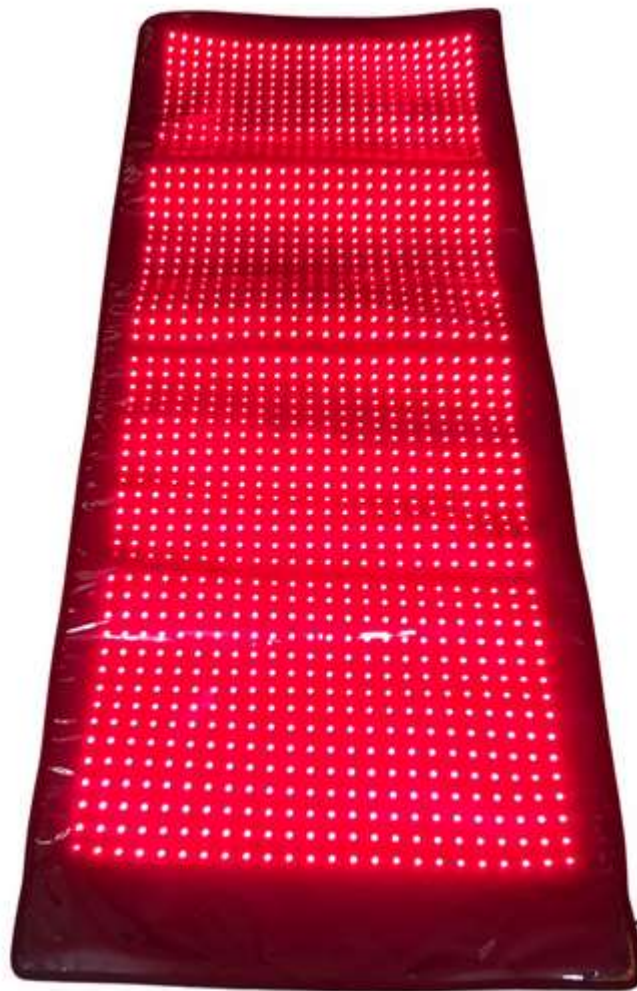


# Revolution Red Light Therapy Mat

## User Manual



## **1. WELCOME**

The Revolution Red Light Therapy mat delivers high powered and focused red light at 660nm (visible red light) and near infrared light at 850nm (invisible light).

### **1.1. Intended Use**

This product is a general use wellness product and is not intended to prevent, cure or treat any medical condition.

## **2. KEY POINTS**

### **2.1. Activating Your Red Light Therapy Blanket**

For the best possible results, it is highly recommended you read this manual prior to using your Revolution Red Light Therapy mat for the first time.

### **2.2. Photosensitivity Test**

It is very important to do a photosensitivity test prior to long sessions with your Revolution Red Light Therapy mat. Turn on your Revolution Red Light Therapy mat and shine the light on an exposed part of your forearm, about 1 inch away, for 2 minutes.

If you experience any discomfort or redness on your skin you must not use your Revolution Red Light Therapy mat until you have sought professional advice from your doctor or healthcare provider.

### **2.3. Usage Instructions**

Your Revolution Red Light Therapy mat should be used with minimal clothing.

The recommended session time between five (5) minutes and twenty (30) minutes.

### **2.4. Multiple Usages**

Red light works best when administered consistently. The best results will be seen from daily use but as a minimum it is recommend to use your Revolution Red Light Therapy mat at least 3 times a week.

### **2.5. What To Expect**

The time it takes to see results from using your Revolution Red Light Therapy mat depends on your personal goals. There are countless peer reviewed academic studies that show the long-term benefits of red-light. It's important to trust these studies and know that you are benefiting from using your Revolution Red Light Therapy mat.

Most people will feel and see benefits within a week of consistent use but other people may take up to 3 months to see and feel the benefits. By using your Revolution Red Light Therapy mat on a daily basis, you will be optimizing the benefits.

### 3. SETTING UP AND USING YOUR REVOLUTION RED LIGHT THERAPY MAT

What's in the Box

#### ITEM

Revolution Red Light Therapy mat

Revolution Red Light Therapy mat Cover

Travel Bag

Goggles

Remote Control

Power Cord

Adapter

#### 3.2. Setup – See Set Up Video

**Step 1:** Place the Revolution Red Light Therapy mat into the Cover Provided ensuring the LEDs are facing upwards so they shine through the clear upper surface of the Cover provided, and Zip it Up.

[Click Here to Watch Set Up Video](#)



**Step 2:** Connect the Revolution Red Light Therapy mat to the power adaptor via the power cord provided.

**Mains Adapter**



**Mains Lead Connects to Adapter**



**Socket for Mains Cable**

**Power Button & Selector**



**Connect Mains Cable**



**Connected Mains Cable**



**Switched on**



### 3.3. Using The Controller

#### Step 1 - Turning it On & Time Selection



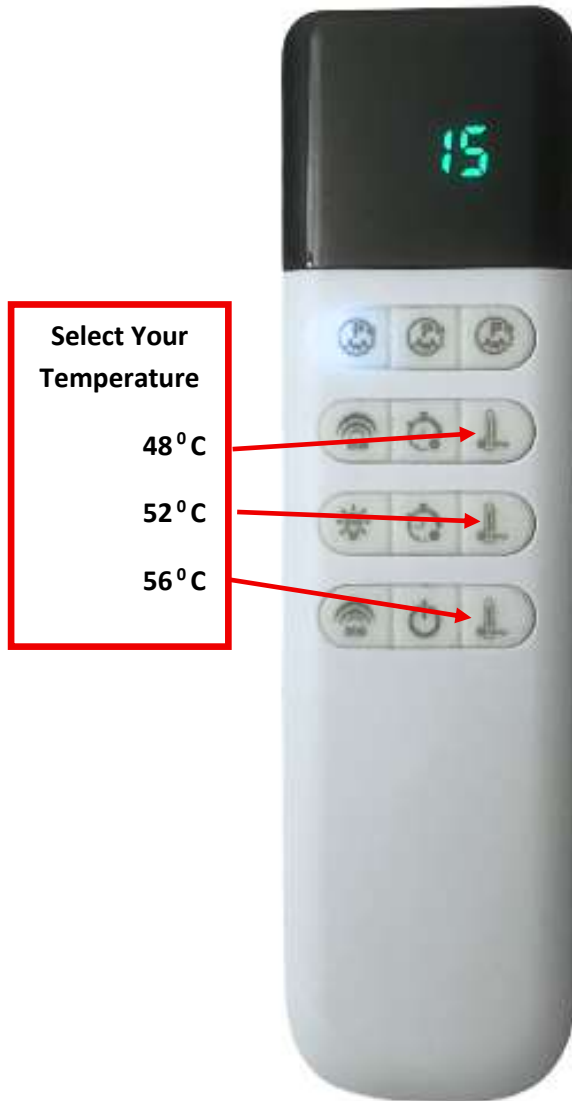
## Select Your Light Combination



**STEP 2 – Select Your Light**  
RED ONLY

**STEP 3 – Select Your NEAR INFRARED Light**  
LEVEL 1- NEAR INFRARED ONLY  
(1440 LEDES)  
LEVEL 2- NEAR INFRARED ONLY  
(1440 LEDES)

## Selecting Your Temperature



## Selecting Pulse Mode – See Pulsing Guide

Select Your Pulsing Frequency

10Hz Slow	40 Hz Fast	73 Hz Fastest
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## Manual Operation

The Revolution Red Light Therapy Mat has 1440 LED's each with 3 chips;

**1 x Red -1440 Lights and**

**2 Near Infrared – 2880 Lights**

Below are the manual instructions to operate the Revolution Red Light Therapy Mat.

### **1. Using All LED's – 1 X Red & 2 X Near Infrared**

Press the power button once. The power button remains green during use

and indicates the Revolution Red is on **low temperature mode**.



One press will activate the default low temperature mode of 2 Red and 1 Near Infrared LEDs.

### **2. NEAR INFRARED ONLY – 1 Set (1440)**

Press the power button twice.

This will activate the 1 group Near Infrared of LEDs

### **3. RED ONLY – 1 Set (1440 Lights)**

Press the power button 3 times.

This will activate the 1 group Red of LEDs

### **4. 1 SET RED (1440) + 1 SET NEAR INFRARED (1440)**

Press the power button 4 times.

This will activate the 1 group Red of LEDs and the Near Infrared of LEDs.

### **5. HIGH TEMPERATURE MODE**

To switch to High temperature, press **AND HOLD** the power button for 3 seconds on any mode.

### **6. TURN OFF THE MAT**

Press the power button 5 times to turn the Revolution Red off.

The Revolution Red will switch off after 30 minutes.

## Specification

Constant light mode

Second mode

10hz pulse mode

Third mode

40hz pulse mode

Time adjustment

(10/20/30/40/50/60/70/80/90 mins)

Auto shut

off timer

Pulse mode

08

## 4. MISCELLANEOUS INFORMATION

### 4.1. Troubleshooting

My The Revolution Red Light Therapy Mat won't turn on:

- Ensure your The Revolution Red Light Therapy Mat is fully connecting and the power supply is switched on at the mains

### 4.2. Frequently Asked Questions

How should I use my Revolution Red Light Therapy Mat?

We highly recommend using your Revolution Red Light Therapy Mat for between five (5) to thirty (30) minutes per day, every day, for optimal results.

#### **Do I need to wear eye protection?**

Protective goggles are provided and should be worn during your session. Do not stare directly into the LEDs.

#### **Will the light from The Revolution Red Light Therapy Mat disrupt any medication I am taking?**

If you are taking any photosensitizing medication ensure you seek medical advice before using Red Light Therapy Blanket. Such medications include Tetracycline, Digoxin and Retin A. Thousands of clinical trials have shown red light to be safe and effective, however it is always recommended to consult your health care

provider of doctor before using the Red Light Therapy Blanket.

### **Can my children use the Red Light Therapy Blanket?**

This device is only suitable for adults 18 years and older.

### **4.3. Notice**

We suggest taking the following precautions:

- This device is not waterproof
- This device is not suitable for children and pregnant women
- Do not exceed 30 minutes per session
- Do not stare at the light directly
- Do not use when sleeping
- Keep away from children

### **4.4. Safety Instructions**

Keep this manual in a safe place for future reference.

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.

#### 4.5. Contraindications

- Do not use this product over open or bleeding wounds.
- Do not use this product if you are, suspect you may be, or are planning to become pregnant, or if you are, or plan to begin, breastfeeding.
- Do not use this product if you have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumours.
- If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using this product.
- Consult your physician before using this product if you:
  - Are under the care of a physician for a pre-existing health condition.
  - Take steroid medication, use a topical steroid, or receive steroid injections.
  - 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 condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
  - Take a medication that may make you sensitive to light or sunlight, including some antibiotics, chemotherapy drugs, cold and allergy medications, pain medications, and diuretics.
  - Use products that may cause photosensitivity, such as citrus essential oils, St. John's Wart, antibacterial soap, and coal tar and petroleum products.
- Are or may be sensitive to red light or near-infrared light.

#### 4.6. 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 adapter and USB power cable at the specified voltage to power the device. Using power adapters or cables other than the ones provided may result in fire or explosion.
- Do not use the provided power adapter or USB power cable to power other devices.
- Do not modify, tamper with, or damage the power adapter or USB cable.
- Never unplug the power adapter by pulling on the cord.
- Never use a modified or damaged power adapter or USB cable to power the device.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.

#### 4.6. Warning .....cont'd

- Always inspect the device, remote control, and power cables for damage, wear and tear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- 10Hz 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.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
- 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.

#### 4.7. Disclaimer

The Revolution Red Light Therapy Mat is not intended to diagnose, cure, or prevent specific diseases or medical conditions. These products are only intended to be used on mild conditions that have been medically diagnosed.

Our Revolution Red Light Therapy Mat and information contained is not intended as medical advice or a substitute for medical advice.

Gert Fitt does not intend these products to cure any physical or skin conditions solely from their use. A qualified health professional or doctor should always be consulted prior to using the products, and professional medical attention should be sought regarding any serious or life-threatening conditions.

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

## **5. MAINTENANCE, CLEANING AND DISPOSAL**

### **5.1. Maintenance**

The Revolution Red Light Therapy Mat does not require any maintenance.

### **5.2. Cleaning**

- Ensure your device is switched off.
- Clean the surface with a damp cloth and allow to dry before use.
- Avoid using any polishes or bleaches as they may damage your Revolution Red Light Therapy Mat

### **5.3. Disposal**

This device must not be disposed of with your normal household rubbish. This device requires disposal via your designated waste collection point.

## **6. WARRANTY AND RETURNS**

### **6.1. Manufacturer's Warranty**

Get Fitt warrants that this device (The Revolution Red Light Therapy Mat) will function and perform within the specifications for one year from the date of delivery.

### **6.2. What does this Manufacturer's Warranty Cover?**

This Warranty covers any defect in material or workmanship under normal use during the warranty period.

During the warranty period, Get Fitt will repair or replace, at no charge, products or parts of a product that proves defective because of improper material or workmanship, under normal use and maintenance.

### **6.3. How Long Does The Cover Last?**

This Warranty for Revolution Red Light Therapy Mat purchased from Get Fitt is valid for one (1) year from date of purchase.

A replacement Red Light Device or part assumes the remaining warranty of the original The Revolution Red Light Therapy Mat.

### **6.4. What Does This Warranty Not Cover?**

This Manufacturer's Warranty does not cover any problem that is caused by:

- Conditions, malfunctions or damage not resulting from defects in the material or workmanship.

## 6.WARRANTY AND RETURNS ....cont'd

- Equipment that has been abused, modified, damaged, or fitted with substitute parts.

### 6.5. What Do You Have To Do?

To obtain a warranty service, you must first contact us to determine the problem and the most appropriate solution for you.

### Technical Specification:

<b>Input Volts</b>	<b>110V ~240V 50Hz/60Hz</b>
<b>Output Volt</b>	<b>DC 36V</b>
<b>Input Power</b>	<b>180 Watts</b>
<b>Manual Control Panel</b>	<b>Manual Control</b>
<b>Remote Control</b>	<b>Infrared Remote Control</b>
<b>Pulsed Modes</b>	<b>Yes - 3 Pulsed Modes 10 Hz, 40Hz, 73 Hz</b>
<b>Temperature Settings</b>	<b>3 Settings - 46 -56 degrees Celsius</b>
<b>Ultra Low EMF</b>	<b>Yes</b>
<b>Trinity Chip LED's</b>	<b>1440 (x 3 Chips)</b>
<b>Wavelengths</b>	<b>Red Light 660nm, Near Infrared 850nm</b>
<b>LED Power</b>	<b>Rated:150 mw/cm<sup>2</sup>, Actual: 125 mw/cm</b>
<b>Timer</b>	<b>0 to 30 minutes</b>
<b>Dimensions</b>	<b>170 x 60 cm</b>
<b>Net Weight</b>	<b>3.5 kg</b>
<b>Certifications</b>	<b>FDA Class 11 medical, CE, ROHS</b>
<b>Warranty</b>	<b>12 months</b>