

Meet
your new
MITO LIGHT®

BULB 5.0

USER MANUAL

Thank you!

Dear Customer,

Thank you for choosing MITO LIGHT®.

We founded this company with a shared passion and a great team, driven by the vision of bringing the power of red and near-infrared light into everyday life.

MITO LIGHT® products are carefully designed and developed to be the best on the market, supported by an exceptional customer experience.

Before using the MITO LIGHT® device, please read this user manual carefully, keep it for future reference, provide it to other users, and follow the instructions in the user manual.

Your MITO LIGHT® team



Information

MITO LIGHT® device is CE, UKCA, and RoHS certified. All information provided is for educational purposes only and is not intended to demonstrate the safety or efficacy of the MITO LIGHT® device in the diagnosis, treatment, or prevention of any disease. MITO LIGHT® device and all information provided are not a substitute for a personal consultation with a physician, do not diagnose health problems, and should not be construed as medical advice. It is essential to consult a healthcare professional before use, especially if you have a pre-existing medical condition or are taking any medication. MITO LIGHT® device is intended for illumination only. Individual results may vary.

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Packaging contents

- 1x LED Light Bulb 5.0
- 1x Power Cable with Switch
- 1x Protective Glasses
- 1x User Manual

First, check that the package contents are complete and not damaged. If in doubt, do not use the device and contact your dealer.

Packaging is recyclable or can be handed in for raw material recycling.

Please dispose of packaging material that is no longer needed in accordance with the regulations. If you find any damage caused by shipping when unpacking, please contact your dealer immediately.

Accessories

Power Cable with Switch

- The power cable is designed for screwing in the device and then connecting it to an electrical outlet. The switch is used to switch the device on and off and to switch between the three lighting modes.

Protective Glasses

- We recommend wearing protective glasses during use. However, according to customer feedback, most customers prefer to simply close their eyes.

Description

MITO LIGHT® Bulb 5.0

(from now on referred to as the "device")

The specifications of the device, or the contents of this user manual are subject to change without notice to improve the product's functions.

MITO LIGHT® device emits **red and near-infrared light**. It is equipped with **18 high-power, double-chip LEDs** with an optimal selection of wavelengths, which have six peaks: **630, 660, 670, 810, 830, 850 nm**. Each LED contains one red and one near-infrared chip. This combination achieves a **great synergy** in the form of red and near-infrared light.



How does it work?

Red and near-infrared light is absorbed by tiny light-sensitive molecules **inside mitochondria**, which are the **cell's energy centers**.

Scientific studies indicate that this interaction may **help the mitochondria** work more efficiently.



Because of that, these wavelengths may help with goals such as **sustaining day-to-day vitality, making skin looking smooth and even, good recovery after physical effort, and enjoying overall well-being with a high energy state.**

What are the differences between red and near-infrared light?

- **Visible red light (RED)** is mainly absorbed in the **upper skin layers**, so it is typically chosen for surface care.
- **Invisible near-infrared light (NIR)** reaches **deeper tissues** and is often favored by those seeking post-exercise ease or a clear, alert mind.
- When used together, **red and near-infrared light complement each other**, covering both surface and deeper layers.

How to use the device

Safety & Setup

- Follow the safety instructions.
- Fix the fully unpacked device in the stable position you will use.
- **Screw in the device** into the E27 thread on the power cable.
- **Plug the power cable** into an electrical outlet.
- **Switch on the device** using the switch on the power cable.
- **Choose your preferred lighting mode.**
 - A) Switch on the device for the first time → **RED + NIR mode** lights up.
 - B) Switch the device off and on within 10 seconds → **RED mode** lights up.
 - C) Switch the device off and on within 10 seconds → **NIR mode** lights up.
- After the next switch within 10 seconds, it reverts back to RED + NIR.
- **Memory function:** If you leave the device turned on in any mode for more than 10 seconds and then turn it off, the next time you turn it on, the last mode that was used for more than 10 seconds is automatically activated.

Mobile App Control

- Install the **MITO LIGHT** app from **App Store** or **Google Play**.
- **Pair your device** in the app. Once connected, you can **control your device remotely** from your smartphone or tablet.
- In the app, you can easily **set the exact intensity** of the **RED and NIR modes** and also **use the timer function**.

Usage Guidelines

- **Expose yourself to the light** without clothing at a distance of **15 – 50 cm** from the device for **10 – 20 minutes** per day per illuminated area.
- We recommend wearing protective glasses during use. However, according to customer feedback, most customers prefer to simply close their eyes.
- **When you have finished using the device**, first **turn it off using the power switch** and then pull the mains plug out of the socket. This completely disconnects the device from the power supply.

Explanation of symbols

The following symbols are used in the user manual:

Warning 

Warning of risk of injury or health hazard.

Attention 

Safety warning for possible damage to device/accessories.

Opaque eye protection must be worn 

DISPOSAL 

Safety instructions

INSTALLATION



- Place the device on a firm and level surface so that it does not fall, or hold it by the silicone part on the power cable.
- Make sure that the device cannot fall.
- Use only the accessories supplied in the package. The manufacturer is only responsible for the safety of the accessories included in the package, not for other accessories.

- Use the device only in accordance with its intended use as specified in this user manual.
- The device must not lie on the front side with the LEDs.
- Do not place easily flammable or melting objects near the device.
- Do not use the device in a humid environment, near a bath or shower, near a soaked sink, or with wet hands.
- Do not immerse the device in water or other liquids.
- Do not use the device in the open air.
- Protect the device from shock and vibration.
- Improper installation can cause the device to tip over or fall, resulting in serious injury or death.
- The manufacturer is not liable for damage or injury caused by the use of unapproved accessories or improper installation.
- Always make sure the device is securely installed before use. If you are unsure of the installation, contact your dealer or the listed customer service.
- Regularly check your installation to make sure it remains safe over time. If any part of the installation appears to be weakening or deteriorating, stop using the device immediately and contact your dealer or the listed customer service.
- Do not place the device in high movement areas where it could be accidentally knocked over.
- Keep the device out of reach of children and pets to prevent accidental drops or damage.

BEFORE SETTING INTO OPERATION



- Remove all packaging before using the device.
- Check the device for signs of wear or damage. If you doubt the device's damage, do not use it and contact your dealer or the listed customer service.
- The manufacturer is not liable for damages caused by improper or incorrect use.
- Protect the device from dust, dirt, and moisture.

ELECTRICAL SAFETY



- Any inappropriate use can be dangerous!
- The device may only be connected to the mains voltage, whose value is indicated in this user manual.
- Use an easily accessible mains connection so that you can quickly pull the mains plug if necessary.
- Do not touch the mains plug and the device with wet hands. There is a risk of electric shock!
- Protect the power cable from contact with hot objects and open flames.
- Before each use, ensure the device and its accessories are not visibly damaged. If in doubt, do not use the device and contact your dealer or the listed customer service.
- In case of damage to the power cable or cover, contact your dealer or the listed customer service. Otherwise, there is a risk of electrical shock.
- Do not use the device if the cable or power plug is damaged.
- Do not leave the device unattended when it is switched on. There is a risk of fire or electric shock.
- The device is only safely disconnected from the mains when the mains plug is removed from the socket.

USE IN ACCORDANCE WITH THE INTENDED PURPOSE



- The device is intended for illumination only.
- Any other use shall be construed as non-conforming.
- This device is not intended to be used by persons (including children) with limited physical, sensory, or mental abilities or lack of experience or knowledge unless they are supervised or instructed in using this device by persons responsible for their safety.
- Keep packaging material out of the reach of children. Risk of suffocation - small parts.
- The device must not be covered or wrapped in packaging when switched on.
- Never use the device near water.
- If the device has fallen to the ground or been exposed to excessive moisture or otherwise damaged, it must not be used.
- The device must not be immersed in water or other liquid, and no liquid must enter it.
- Do not leave the device unattended during operation.
- Switch off the device immediately if it is defective or if the power cable is damaged.
- Do not use the device in the presence of flammable mixtures of narcotic gases and air, oxygen, or nitric oxide.
- Do not change anything on the device without the manufacturer's consent. There is a risk of injury, electric shock, fire, or damage to the device.
- This device is intended primarily for home use.

INSTRUCTIONS FOR SAFE USE OF THE DEVICE



- Do not look into the light source when shining, and wear protective glasses.
- Do not touch the device with wet hands when it is switched on.
- Do not touch the metal parts of the device during use.
- Water must not splash on the device.
- The device must only be used in a completely dry state.
- Remove all packaging material before using the device.
- When you have finished using it, turn off the power switch and pull the mains plug out of the socket.
- Do not use the device if it is not working properly or if you have dropped or fallen into the water, or if it has been damaged.
- Remove flammable objects from the reach of the device.
- Do not use the device near a bath or shower, over a soaked sink, or with wet hands.

WHEN SHOULD THE DEVICE NOT BE USED?



- In acute inflammatory processes, the device can be used only after consultation with a physician.
- For pregnant women, the device can be used only after consultation with a physician.
- For cancer patients, the device can be used only after consultation with a physician.
- For people with hyperthyroidism, the device can be used only after consultation with a physician.
- If a person is taking any medication that may affect light sensitivity, the device can be used only after consultation with a physician.
- For children, the device can be used only after consultation with a physician and under the supervision of an adult.
- Do not use on helpless people, children under 3 years of age, or people insensitive to heat (people with skin diseases), after taking painkillers, alcohol, or drugs.
- Consult your physician if you have any health concerns!
- Use after injury or surgery is only allowed after consultation with a physician.

- The device is not suitable for people with reduced sensitivity to heat.
- Do not expose swollen, burned, or inflamed parts of the body, areas affected by rashes, wounds, or other sensitive areas.
- Do not use the product if your skin burns or is insensitive.
- If skin irritation occurs, discontinue shining and seek medical help.
- IR devices are not to be used by persons suffering from sunburn.

IMPORTANT NOTICES



- The distance from the device depends on individual light sensitivity and the specific need. Always ensure that the minimum distance of 15 cm between the device and the body part to be illuminated is not exceeded.
- Do not illuminate one area for more than 30 minutes per day.
- Do not illuminate one area for more than 20 minutes at a time.
- Always check for skin and eye reactions. If the light burns your skin or eyes, turn the device off immediately and do not use it.
- Medications, cosmetics, or foods can lead to hypersensitivity or allergic skin reactions under certain circumstances. In this case, the lighting must be stopped immediately.
- Special care and attention must be taken when operating the device.
- Do not use the device if you are tired and if there is a risk of falling asleep while the light is switched on.
- Too much light exposure can lead to cell stress and is potentially dangerous.
- Children do not know the dangers associated with electrical devices. Ensure that the device is not used by unsupervised children.

CLEANING AND REPAIR



- Under no circumstances may you open or otherwise repair the device. Otherwise, its faultless operation is not guaranteed. Failure to comply with this policy will void the warranty.
- For repairs, please contact your dealer or the listed customer service.
- Improper handling can result in injury, electric shock, fire, or damage to the device.
- You must not repair the device yourself. It does not contain any parts that you can repair yourself.
- Before cleaning, switch off the device, disconnect it from the mains, and allow it to cool down.
- Do not clean the device in the dishwasher!
- Do not use cleaning agents containing solvents.
- When cleaning, disconnect the power cable and gently wipe the device with a cloth.
- Do not spray water or other liquids directly on the device. Otherwise, electric shock or damage to the device may result.

STORAGE AND TRANSPORT



- Before moving the device, switch off the device and pull the mains plug.
- Let the device cool down before touching it.
- Store the device preferably in its original packaging and in a dry place.
- Allow the device to cool down before putting it into storage.
- Do not use or store the device where it will be exposed to toxic vapors or volatile substances.
- When transporting, ensure the product is switched off, unplugged, and the power cable has been disconnected.
- Prevent objects from hitting and falling on the device.

IN THE EVENT OF AN EMERGENCY



- In the event of a fire of the device, do not attempt to extinguish it with water. Use a fire extinguisher suitable for electrical fires.
- If the device emits smoke, sparks, or a strong burning smell, disconnect it from the mains immediately and contact your dealer or the listed customer service.
- In such cases, do not attempt to repair or disassemble the device yourself. This could lead to further damage or injury.
- If the device causes an electric shock, disconnect it from the mains immediately. Do not directly touch a person connected to the electrical source. Use a non-conductive object to separate the person from the electrical source and seek medical help immediately.

NOTICE

- There are no known side effects for the applications listed here, provided that all safety instructions in this user manual are followed.
- For all other uses not listed in this user manual, you may use this device only after consulting a physician.
- This device is not intended for industrial or clinical use.
- Consult your physician for health problems of any kind!

How do I know if the light is working properly?

- When the device is turned on, one of three modes (RED + NIR / RED / NIR) will light up, based on which either the red LED chips in combination with the near-infrared LED chips or only the near-infrared LED chips or only the red LED chips will turn on.
- The near-infrared (NIR) spectrum is invisible to the human eye.

How do I know if the light is not working properly?

- No LEDs light up when any lighting mode is switched on.
- Only a portion of the LEDs will light up when any lighting mode is turned on.
- The LEDs flash instead of glowing when any lighting mode is switched on.

Technical data

Name and Model: MITO LIGHT® Bulb 5.0

Power Consumption: 16 W

Consumption: 0,016 kWh

Dimensions (H x W x D): 12,1 x 12,1 x 12 cm

Weight: 350 g

Power Input: AC 110-270V, 50/60Hz

Wavelengths: 630, 660, 670, 810, 830, 850 nm (1:1:1:1:1:1)

Operating Conditions: temperature between 10°C and 30°C, humidity between 40% and 60% (non-condensing), atmospheric pressure between 980 hPa and 1050 hPa, altitude between 0 and 2000 m above sea level.

Storage Conditions: temperature between 0°C and 40°C, humidity between 40% and 60% (non-condensing)

LED Lifespan: 50 000 hours of illumination

IP Rating: IP20

Materials: Metal, Plastic

Lens Beam Angle: 30 degrees

Certifications: CE, UKCA, RoHS

MITO LIGHT

MITO LIGHT® Bulb 5.0

POWER CONSUMPTION: 16 W

INPUT: AC 110-270V

FREQUENCY: 50/60 Hz

WAVELENGTHS: 630, 660, 670, 810, 830, 850 nm

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DESIGNED BY MITO LIGHT® IN THE CZECH REPUBLIC. MADE IN CHINA.



Disposal

In order to protect the environment, the device must not be disposed of in household waste. Disposal must be carried out in accordance with local regulations.

The environmentally friendly disposal of electrical waste is ensured through the REMA System, a.s. collection system. If you wish to dispose of your device, contact us at hello@mitolight.com, and we will arrange a free worldwide pick-up of your device at your address and will arrange a transfer of the device over to a collection point of REMA System, a.s..

Declaration of conformity

Hereby, MITO LIGHT Logistics s.r.o. declares that the radio equipment MITO LIGHT® Bulb 5.0 is in compliance with the following Directives:

2014/53/EU (RED), 2011/65/EU (RoHS)

The full text of the EU declaration of conformity is available at the following internet address:

www.mitolight.com/declaration-of-conformity
www.mitolight.co.uk/declaration-of-conformity

Warranty and claims

MITO LIGHT® Bulb 5.0 is covered by a **3-year warranty**.

If you have already received the device nonfunctional, or if any problem has occurred during use, please follow the instructions at:

www.mitolight.com/complaints-and-returns

www.mitolight.co.uk/complaints-and-returns

We will resolve your complaint in record time!

The Complaint Conditions can be found at:

www.mitolight.com/complaint-conditions

www.mitolight.co.uk/complaint-conditions

MITO LIGHT

CUSTOMER SERVICE

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