

## Instructions & safety manual

Congratulations on getting the Arkni PhotoBioLife PBM ProBody Band, your very own personal red & near infrared light therapy wearable device. The device uses LEDs and is completely safe for use by children (under supervision) adults and senior citizens. The device is based on scientifically proven technology. Since this is a natural therapy that works by stimulating the body's own healing and regenerative processes the effectiveness of PBM is gradual and cumulative, meaning that the therapeutic benefits build up over time with repeated sessions.

Although there are no documented side effects of led photobiomodulation: **We don't recommend it for use under these conditions:**

X Pregnant or breastfeeding women and infants since there isn't enough research based data on this.

X Do not stare into the lights directly with eyes open or closed.

X Photosensitive patients, those suffering from epilepsy, Lupus, Photosensitive eczema or albinism.

X Those taking steroids or cortisone or any medication which has photosensitivity as a side effect.

X Cancer: Do not treat over the site of any known primary carcinoma or secondary metastasis unless the patient is undergoing chemotherapy when it can be used to reduce side effects such as mucositis after checking with your doctor.

**Using the Device: Do not try to pull the power button- it will damage the device and make it unusable.**

**Do not use force of any kind on the wires, the device plugs, sockets or other parts.**

**Do not make the device wet. Do not dip in liquid.**

**How to use? Simple Usage, No apps:** To switch on the device simply plug it into the power socket using the attached plug and white cable and the black round pin into the socket in the band. Or you could also use your own power bank by plugging the short black wire into it and placing the power bank in the pouch provided in the band. It comes along with an adjustable Velcro band, which can be used to wrap around the band on any part of the body

**•It can be used for your hand, elbow, back, knees, legs, shoulders or any other part of the body and the face too. Just avoid the eyes.**

**How to choose the mode? The device has no battery inside so it can be carried in your onboard or check in luggage easily.**

**•Press the power button once and it will turn green and will be on Red & Near Infrared light.**

**•Press it again for Red Light**

**•Press once again for Near Infrared Light (In Near Infrared light mode, the light will only be visible from a phone camera)**

**For pulsating (flashing) lights:**

**•Long press the power button for a few seconds for Red & Near Infrared Light with pulse . The power button will turn blue.**

**•Press again for Red light with pulse**

**•Press once again for Near Infrared light (In Near Infrared light mode, the light will only be visible from a phone camera)**

**The device automatically switches off after 20 minutes** which is the **recommended duration** of usage (20 minutes in a day). Depending upon your needs you can use it for an additional 20 minutes if it suits you. Just as too much sunlight is not good or too much exercise, so is too much of any stimulation. Each person's body is different and the needs for stimulation too, depending upon age, fitness, lifestyle, and health conditions.

**One should be hydrated when using the device. Best time to use the device is in the mornings or during the day. Best not to use post sunset.** Begin with using it on alternate days and gradually increase the frequency of usage to 5-6 times per week.

**Troubleshooting:**

**If device gets very warm:** Please remove and check the power source, you might be using more than 5V @2A.

**Device not switching on:** the contact between the USB and the power source or the socket in the device might be loose, remove and put it in again & check power source. Just wait for a few minutes before plugging in the device again.

**Warranty:** 1 year limited warranty for replacement or repair on **manufacturing defects only**. Applicable only to original end user purchaser. Warranty does not cover superficial wear & tear, external or internal damage or breakage due to mishandling by user. Internal damage or malfunction due to usage of wrong power source or wrong amount of electrical power, product getting wet, wires being pulled and getting damaged are not covered under warranty. Trying to open or disassemble the device, or wrongful repairs shall nullify the warranty.

**You can also view videos on how to use the device on [www.arkniphotobio.life](http://www.arkniphotobio.life)**

**For any queries, please email your device serial number and invoice number on**

**Email: [care@arkniphotobio.life](mailto:care@arkniphotobio.life) customer care number: +91 98202 53742**

