

Instructions & safety manual

Congratulations on getting the Arkni PhotoBioLife iPBMt, 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 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 open the transparent cover on the prongs- it will damage the device and make it unusable.

Do not try to separate the two prongs by force. Do not try to disassemble the spring clip.

Do not use force of any kind on the wires, the device springs or other parts. Do not unnecessarily open and shut the spring closure.

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

How to use? Intranasal (in the nostrils): Gently wipe the nasal prongs before use with simple alcohol wipes or a clean cloth or tissue.

Step 1: Gently press the white base of the prongs together. (image 1,2)

Step 2: Insert the prongs into the nostrils.

One prong goes into one nostril. Insert the prongs just partially in the nostrils as per comfort.

(image 3)

White Base Prongs

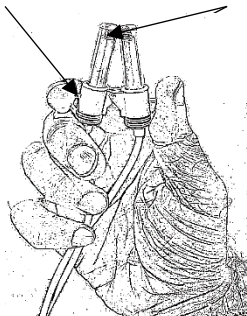


Image 1

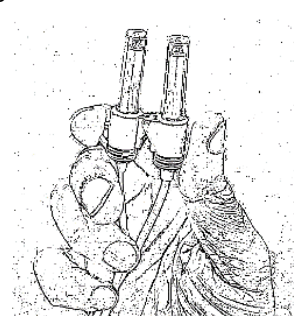


Image 2

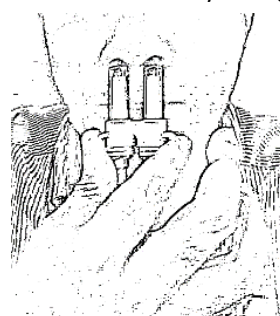


Image 3

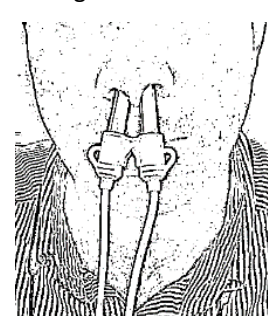


Image 4

Step 3: Don't push the prongs all the way inside. They will be held together with the spring closure. (image 4)

Step 4: Repeat Step 1 (image 1,2) to remove the prongs after the session. **Don't pull the wires to remove device.**

Hold the USB end (not the loose wire) to unplug the device else you might damage the internal wiring.

Simple Usage, No buttons No apps: To switch on the device simply plug it into your phone, laptop, tablet, iPad or power bank. Alternatively, you could plug into your mobile phone charger (maximum 5V 1A).

The device automatically switches off after 15 minutes which is the **recommended duration** of usage (15 minutes in a day). 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 twice a week and gradually increase the frequency of usage to 5-6 times per week.

Using the device on the body: you can simply plug in the device and hold the white base to point & hold the prongs at the skin on any part of the body for direct benefits from pain, inflammation, acne (except directly into the eyes).

Troubleshooting:

If device gets very warm: Please remove and check the power source, you might be using more than 5V 1A.

Device not switching on: the contact between the USB and the type C 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

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

Email: care@arkniphotobio.life customer care number: +91 98202 53742

