

Instructions & safety manual

Congratulations on getting the Arkni PhotoBioLife **tPBMT**, 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. **Best time to use the device is in the mornings, during the day or around sunset. Best not to use post sunset.** Each person's body is different and the needs for stimulation too, depending upon age, fitness, lifestyle and health conditions. We offer a **free consultation**, on the number/email below, to help you achieve your **desired outcomes**. 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. **One should be hydrated when using the device.**

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.

Troubleshooting: Device not switching on: Rotate the round pin which goes into the cap socket/ check the contact between the USB and the adaptor/laptop or power bank can be loose, just remove and put it in again & check power source.

Device might get warm when using on higher level of brightness for longer duration which is not a problem. Simply reduce brightness/duration

Warranty: 1 year limited warranty for replacement or repair. Applicable only to original end user purchaser. Warranty covers manufacturing defects only. 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 internally or externally torn or damaged are not covered under warranty. Trying to open or disassemble the device or take it apart, or wrongfully repair it shall nullify the warranty. For further details please visit website. **Device Setup:**



Connect the round pin of the USB wire to the bigger round pin connected below the Power Button of the remote. Plug the USB into the adaptor and insert into the power socket. Or one can plug the USB into a power bank/laptop. Plug the other round pin from the screen end of the remote to the black pin socket on the outside of the cap by gently holding the black socket with one hand. In case device does not switch on, rotate the round pin which goes into the cap socket.



Operation **Step 1:** Press the **Power button** (on the bottom) to switch on. **Device starts with ALL (Red + NIR- Near InfraRed) LEDs. Press this button twice for 10 HZ** (Pulse: It flickers 10 times in a second). (image 1,2,3)

Step 2: Press the **Mode** button (on the right) repeatedly to choose **ALL (Red + NIR)** or **660 (Red Light)** or **NIR** (in NIR mode, the light is **not visible** to the naked eye, one can use a **phone camera** to see a faint colour on the LED chips in the cap. (image 4,5,6)

Step 3: Select the **Brightness** button (on the top) to switch the **light** from **L0** (lowest) to **L4** (highest) brightness. (image 7,8)

Step 4: Press the **Timer** button (on the left) to set duration between **5 - 30 minutes**. (image 9,10) Once the session is over, **don't pull the wires to remove device**. Just hold the USB/pin end to unplug the device else you might damage the internal wiring. Store the cap in the box with the plastic shaper ensuring you don't bend or fold the cap. **Do not get the cap, wires or remote wet under any circumstances.**



Image 1



Image 2



Image 3



Image 4



Image 5



Image 6



Image 7



Image 8



Image 9



Image 10

For any queries please mention your device serial number and invoice number on

Email: care@arkniphotobio.life Tel: 9820253742 you can also watch videos on usage on www.arkniphotobio.life

