



# Red Max

INSTRUCTION MANUAL

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# Meet Your UltraLux Red Max

**Congratulations on taking this next step in your health and wellness journey! We hope you'll enjoy the advanced, restorative, and healing aspects of red light therapy in your own home, on your own time.**

Revitalize your skin from the comfort of home with the UltraLux Red Max! Featuring **six FDA-cleared wavelengths tailored to reverse aging, reduce inflammation, and relieve muscle pain.** Make it your trusted partner for all your therapy needs!



# What Sets the UltraLux Red Max's Apart?

## **Clinically-Proven Pain Relief**

Experience all-natural, medical-grade pain relief without medication or unnecessary procedures. The advanced red light technology of the Red Max eases muscle pain, speeds up healing, and improves overall mobility, making it beneficial for chronic pain and injury recovery.

## **Advanced Skin Care at Home**

Experience advanced skin care technology without the hassle of setting up a doctor's appointment. Rejuvenate your skin and heal your body without leaving the comfort of your home.

## **FDA-Cleared Wavelengths for Weight Loss**

The UltraLux Red Max includes red and near-infrared light wavelengths to fight off fat cells and promote the growth of healthy muscle. These powerful wavelengths enhance mitochondrial function, which in turn boosts cellular energy production and supports an increase in your metabolism, positively helping weight management.

## **Full-Body Coverage**

The Red Max effectively treats larger areas of the body at once, making treatments more efficient and convenient, especially for overall wellness routines or targeting multiple problem areas of your body.

# Health Benefits from using the Red Max

The UltraLux Red Max combines red (610nm, 630nm, and 660nm) and near-infrared (810nm, 830nm, and 850nm) wavelengths for the best therapeutic relief.

## 610-630nm

Anti-aging, heal effects of skin conditions and reduce inflammation and scarring.

## 660nm

Relief from arthritis and inflammation pain, improve athletic performance and accelerates post workout recovery.

## 810nm

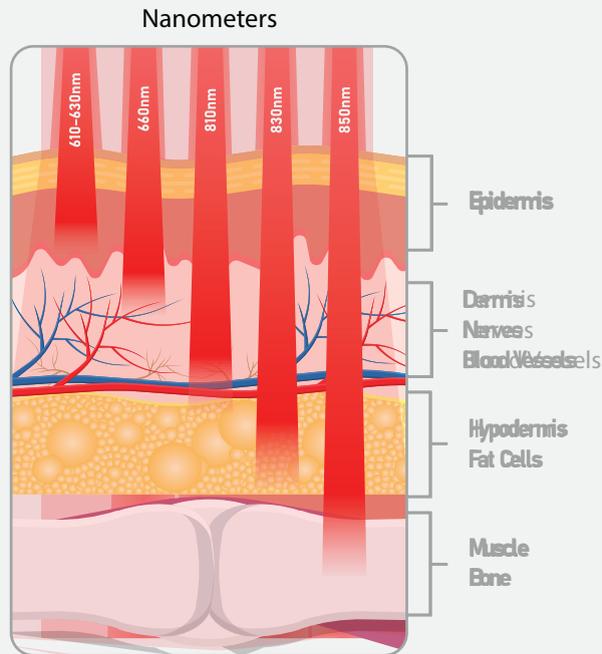
Natural pain relief, muscle building and recovery, increased mental and cognitive stamina.

## 830nm

Reduction of fat cells. boosts metabolism, increases muscle mass and development.

## 850nm

Increase blood circulation, improve mental and cognitive function, initiates a healthy detox within the body and accelerates post workout recovery.

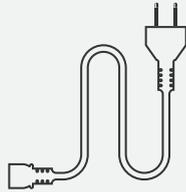


**\*Disclaimer:** Since red light therapy supports a variety of health conditions, we cannot list every condition, nor can we identify if red light is the solution for your specific condition. If you are curious about how red light might help with your particular health issue, we recommend researching or contacting your doctor. A great place to start is the National Institutes of Health website at [nih.gov](http://nih.gov).

# Package Contents



1x UltraLux Red Max



1x Power Cord



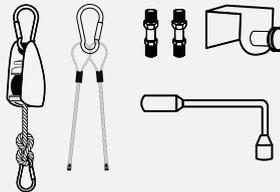
1x Light Protection Goggles



1x Light Protection Glasses



1x User Manual

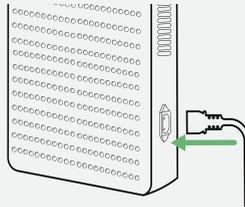


1x Door Hanging Kit

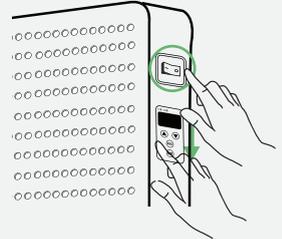
# How to Use Your Red Max



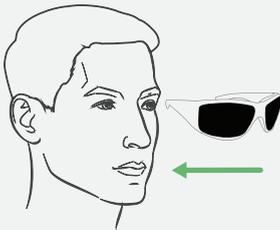
Plug power cord into a power outlet.



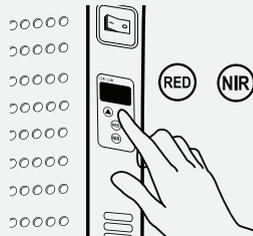
Attach the female end of the power cord into the Red Max port.



Turn on the Red Max by flipping on the power switch, located on the side panel.



Put on light protection goggles or glasses if directly facing the panel for more than 5 minutes.



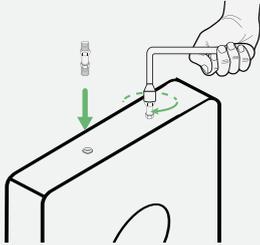
Select either the Red or Infrared light therapy option.

See Red Max Functions on how to adjust settings.

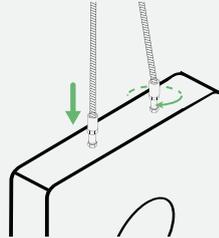


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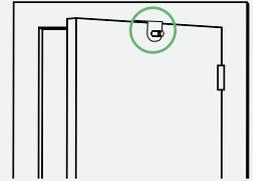
# Attaching the Door Hook



Use the included Wrench to screw the smaller ends of the Screws into the 2 holes at the top of the Panel.



Hand tighten the Steel Wire ends to the Screws in the top of the Panel.

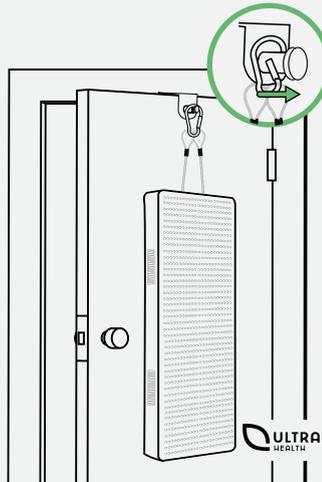


Securely hang the hook over a door.

With a help from another person, lift the Max Panel and attach the Carabiner to the Door Hook.



**NOTE: We strongly recommend only lifting the Red Max with 2 people.**



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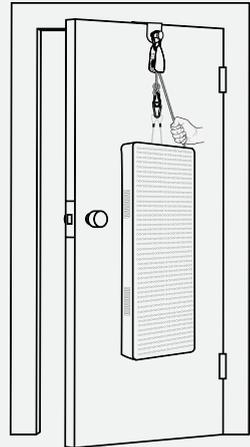
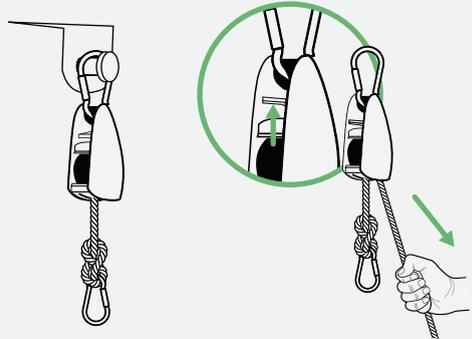
# Optional Rope Pulley System

Attach the Rope Pulley System Carabiner securely to the Door Hook

We recommend adjusting the height of the Rope Pulley System before attaching the Steel Wire Carabiner.

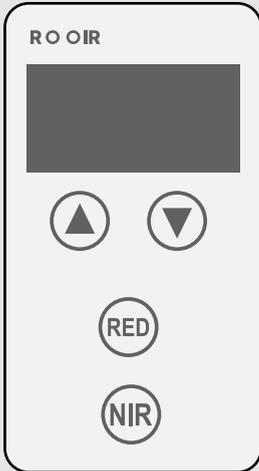
To do so, lift up the lock on the pulley and pull either side of the rope to adjust the height.

With help from another person, lift up the Max Panel and attach the 2 Carabiners.



# Red Max Functions

All settings can be adjusted using the digital panel on the side of the Red Max.



Press the “RED”  button to turn on the red light LEDs. Press it again to turn them off.

Press the “NIR”  button to turn on the near infrared LEDs. Then press it again to turn them off.

**Note:** The near infrared LEDs will look as though they are off as the light is invisible to the human eye, but the countdown timer will light up on the screen to signify the LEDs are on.

Press the “RED” and “NIR”  +  buttons to have both the red light and near infrared light LEDs on at the same time.

To adjust the timer:

 Select the up arrow to increase the time in your session.

 Select the down arrow to decrease the time in your session.

**Note:** The near infrared LEDs will look as though they are off as the light is invisible to the human eye, but the countdown timer will light up on the screen to signify the LEDs are on.

## Troubleshoot

If you are experiencing difficulty with your Red Max, we recommend powering off your device and unplugging the power cord from the Red Max. Then unplug the cord of the Red Max from the power outlet of your wall. Reconnect the cord to the Red Max and the connector to the power outlet. This will support the device in resetting.

## Safety Instructions



This device is water-resistant, NOT WATERPROOF.

Do not submerge the Red Max or its components in water.

- Not intended for use by children or pregnant women.
- Do not exceed 30 minutes per treatment session.
- Do not stare directly into the red light panels/diodes.

## Consult Your Doctor if You:

- Have any medical questions regarding red light therapy.
- Experience negative reactions or effects from using this device.
- Are taking drugs or medication known to cause light sensitivity.

## Care Instructions

**Before storing your Red Max, unplug it and keep it in a cool, dry area away from direct sunlight.**

### To Clean the Red Max:

- Make sure all cords are disconnected, and that the panel is powered off.
- Use a damp cloth or paper towel to clean the panel. Only clean the outside portion of the Red Max, avoiding the LED diodes.
- Never submerge your panel in water or other liquids.
- Allow your Red Max to air dry before using it again.

# Frequently Asked Questions

## **How does red light therapy work?**

Red light therapy delivers natural, non-invasive wavelengths of light to the cells in our bodies. When these light wavelengths are absorbed, the mitochondria are stimulated, creating more energy within our bodies. As a result, this cellular energy is used to increase the health and effectiveness of our bodily functions.

## **Are there side effects from using this device?**

Red light therapy is not associated with any adverse side effects if used as directed.

## **How long will it take to notice results?**

You may start noticing visible or physical results in as little as 4 weeks of consistent use. Individual results may vary.

## **Is Red Light bad for my eyes?**

No, red light therapy has shown to improve eye health! By exposing your eyes to red light, it stimulates the mitochondria within the cells, promoting increased cellular energy production and enhancing overall cellular function.

To use red light for your eyes, please do the following. Close your eyes and place the Red Max approximately 3-6 inches away from your eyes for 3 to 5 minutes. Do not exceed 5 minutes per session directly on the eyes.

# Frequently Asked Questions

## **What is irradiance?**

Irradiance measures the strength and effectiveness of a light wavelength. UltraLux Health uses high irradiances on all red light therapy products to ensure real, powerful results.

## **What is the EMF output of this device?**

The Red Max has an EMF output of 1.7 milligauss at its highest setting.

## **Will I get a tan from the red light?**

No, you will not get a tan. Because light therapy doesn't contain UVA or UVB rays, there is no possibility of skin damage or tanning.

## **Do I need to clean the device? How do I clean it?**

The UltraLux Red Max can be cleaned regularly, but you do not need to clean it after every use. Use a damp cloth or paper towel to clean the panel. Only clean the outside portion of the Red Max, avoiding the LED diodes. Never submerge your panel in water or other liquids. Allow your Red Max to air dry before using it again.

## **How long can I use the Red Max for?**

For best results, use the Red Max for one 15-minute sessions per day for a minimum of 4 weeks. We strongly advise you to only use the Red Max for these recommended time allotments. Do not exceed 30 minutes per treatment session.

# Frequently Asked Questions

## **Does red light therapy hurt?**

No, it should not hurt. Red light therapy should feel like a comfortable, slight warmth. If you experience skin irritation or pain, stop using and consult a medical professional right away.

## **Do I need a prescription from my doctor to use the Red Max?**

Not at all! Our light therapy device uses FDA-cleared wavelengths that can be bought over the counter for anyone experiencing pain issues. If you have any health concerns, or light sensitivity issues, please consult a medical professional before use.

## **Is the Red Max battery-operated?**

There is no need to purchase batteries separately! The Red Max is powered by plugging it into a power source during your treatment session.

## **Can I choose my preferred wavelengths?**

You cannot choose specific wavelengths, but by choosing the light color, you will automatically receive the 3 associated wavelengths with that light color.

## **How close do I need to be to the Red Max during a red light therapy session?**

For optimal results, be approximately 18-24 inches away from the Red Max during use.

# Warranty

The UltraLux Red Max comes with a **2-year manufacturer warranty only valid for the original buyer**. In order for the warranty to apply, the item must be in like-new condition, excluding the defect.

Contact **support@ultraluxhealth.com** with photo or video evidence of the defective item. Whether or not the item is covered under warranty is under full discretion of UltraLux Health. If the item is covered, a replacement item will be shipped to the customer at no cost to the customer. Warranties cover labor, defective parts, and the return shipping of the new/repaired product to the customer.

# Contact for Assistance

Now that you know exactly how to operate and use your UltraLux Red Max, it's time to take full advantage of the amazing benefits!

Feel free to reach out to our customer service team with any questions or concerns



✉ Support@ultraluxhealth.com    💬 Live Chat : [ultraluxhealth.com](https://ultraluxhealth.com)

☎ 385-360-9755 or Internationally Toll Free at: 855-479-4149

M-F 8:00am - 4:00pm MST

 **ULTRALUX**  
HEALTH

# RED MAX

HEALTH GUIDE



# UltraLux Red Max Health Guide

The UltraLux Health Red Max has benefits for all types of skin, muscle, and hair conditions. **Whether you want healthier skin or to improve muscle recovery, the Red Max can be your solution.** This Red Max Health Guide will provide you with information to facilitate quality results.

## Supported Mechanisms of the Red Max

Red light therapy (RLT) supports various mechanisms related to internal biological processes that promote body, skin, and mental health. **The UltraLux Red Max supports these same processes while targeting the skin and muscles.** Additionally, we advise consulting a doctor if you have questions about a specific condition related to these targeted areas. However, if your specific condition would improve by experiencing a benefit listed below, the Red Max is right for you!



### Increased Collagen

Collagen is a structural protein that provides support to the skin and hair. Red light therapy's ability to boost collagen production may contribute to accelerated healing of wounds, scars, wrinkles, and skin injuries.



### **Stimulation of Cellular Activity**

Red light therapy enhances cellular function by promoting increased energy production (ATP) within the cells. This may lead to improved cell metabolism and overall cellular health in the body.



### **Reduction of Inflammation**

Red light therapy enhances cellular function by promoting increased energy production (ATP) within the cells. This may lead to improved cell metabolism and overall cellular health in the body.



### **Increased Blood Circulation**

Red light therapy stimulates blood flow which aids in the removal of waste products and toxins from tissues. Improved blood circulation ensures a more efficient delivery of oxygen, nutrients, and other essential substances to the cells.



### **Mental Health**

Exposure to red light is believed to stimulate cellular activity, particularly in the mitochondria, leading to enhanced energy production and improved neurotransmitter function. The release of certain neurotransmitters (such as serotonin and endorphins) as a result of red light exposure can play a key role in mood regulation and emotional well-being.

# Recommendations

Customizing your red light therapy sessions can help you reach your goals quicker and maximize the benefits of this treatment. For the best results, we recommend the following:



**Ensure skin is free from makeup, lotions, sunscreens, or other barriers.**

Clean the target body area with a gentle cleanser before your red light therapy session.



**Remove Clothing or other barriers from the target body area.**

Bare skin absorbs the red light better than covered skin.



# How to Optimize Red Max Benefits

Tailoring your red light therapy sessions is great for achieving goals and maximizing the potential benefits of this treatment. For the best results, we recommend the following:

## Reverse Wrinkles and Sun Damage

If you would like to target wrinkled or sun damaged skin, select the Red Light Setting. Use for one 15-minute sessions every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL DISTANCE

**1**  
SESSION EVERY DAY

 15 MIN

 RED LIGHT

**4**  
WEEKS

## Improve Cellular Health and Regeneration

For cellular health and regeneration improvement, select the Red Light Setting. Use for one 15-minute sessions every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL DISTANCE

**1**  
SESSION EVERY DAY

 15 MIN

 RED LIGHT

**4**  
WEEKS

## Treat Skin Conditions

Whether you have psoriasis, acne, or eczema, the Red Mini can assist in improving all kinds of skin conditions. Select Infrared Light Setting. Use for one 15-minute session every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL DISTANCE

**1**  
SESSION EVERY DAY

 15 MIN

 NIR LIGHT

**4**  
WEEKS

## Pain Relief

For alleviating muscle or skin pain, select Infrared Light Setting. Use for one 15-minute sessions every day for a minimum of 4 weeks.

**18-24"**  
OPTIMAL DISTANCE

**1**  
SESSION EVERY DAY

 15 MIN

 NIR LIGHT

**4**  
WEEKS

# What to Avoid

When using the UltraLux Red Max , it is important to maintain your health and safety. We recommend avoiding the following in order to receive the results you want, while protecting yourself.

## Overexposure

We recommend not exceeding 30 minutes per session. Do not use your Red Max overnight.

## Not Consulting a Doctor About Conditions and Medications

If you suffer from a specific scalp condition or are taking photosensitizing medications, and do not consult with a healthcare professional or dermatologist, there may be adverse effects. Talk to your doctor, and they can provide personalized advice based on your health status.

## Inconsistency in Use

Consistency is key with red light therapy. Avoid sporadic or irregular usage, as regular and consistent sessions are more effective for achieving quality results. But do not exceed recommended session time.

**DISCLAIMER** : The information provided in this health guide is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis, or medical treatment. Use the information in this guide responsibly, and seek professional medical guidance from your doctor if you have questions concerning your specific health concerns.

# Product Specifications

Product Name	UltraLux Red Max Red Light Therapy Panel
Rating Power	600-1410 Watts
Size	7.6x24x3 inches
Spectrum	610nm; 630nm; 660nm; 810nm, 830nm, 850nm
LED Count	464 dual chips flicker-free LEDs
Net Weight	25 pounds
Beam angle	30 degrees
Session Timer	5/10/15/20/25/30 mins
Voltage	AC100-240V
Irradiance	Up to 160 mW/cm <sup>2</sup> at 6 inches



Questions? We are happy to help.

✉ [Support@ultraluxhealth.com](mailto:Support@ultraluxhealth.com)  Live Chat : [ultraluxhealth.com](https://ultraluxhealth.com)

 385-360-9755 or Internationally Toll Free at: 855-479-4149

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