

BIOPHOTON 3.0

Instructions and User Manual

vivoredlighttherapy.com

Accessible skin contact photobiomodulation (PBM), combined with low EMF, minimal flicker and an evenly balanced 5 wavelength light spectrum.

- Lightweight thermoplastic design for comfortable use
- Fully passively cooled, so no fan and no noise
- Developed for skin contact use for more efficient light transfer
- Evenly distributed 5 wavelength light spectrum with 225 LEDs
- Mild, easily dosed intensity for comfortable and controlled use
- Simple plug and play operation with a single button press
- Very low flicker for a stable and calm light output
- Very low EMF design thanks to an external power supply and the absence of fans, bluetooth, wifi and digital controls

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Welcome

Thank you for choosing Vivo Red Light Therapy.

Many people experience a sense of calm and energy in natural sunlight, especially around sunrise and sunset. It is precisely at these moments that light is rich in red and near infrared wavelengths. These forms of light are studied worldwide for their supportive role in recovery, skin improvement and general wellbeing.

What can you expect?

- Support for an even, healthy looking skin
- Stimulation of collagen production
- Support for muscle recovery after physical exertion
- Support for blood circulation
- Support for cellular energy production (ATP)

- Relaxation and recovery after physical strain

In today's modern living environment, many people spend most of the day indoors and therefore come into contact with less natural outdoor light. At the same time, we are exposed daily to artificial light and screens. Red light therapy offers a practical way to consciously apply red and near infrared wavelengths as part of a personal wellness routine.

The Vivo BioPhoton 3.0 has been developed for comfortable skin contact use and stands out through a balanced 5 wavelength light spectrum, very low flicker and a low EMF design. This makes the device pleasant, accessible and easy to incorporate into daily life.

Please read this manual carefully before use, so that you can use the device safely and get the best results.

About this device

The BioPhoton 3.0 is not a standard red light panel.

This device was developed from one clear vision: effective light therapy requires not only the right wavelengths, but also comfort, safety and practical use in everyday life.

What sets the BioPhoton 3.0 apart is the combination of a lightweight design (just 850 grams), a mild and easily dosed light intensity, and a refined technical design with low EMF, minimal light flicker and silent passive cooling.

Rather than starting from the principle that more is better, this device was designed around balance: enough stimulation to support the body, without unnecessary strain, overheating or disruptive influences.

The result is a hybrid red light panel that:

- Is suitable for both skin contact and use at a distance
- Combines multiple therapeutic wavelengths
- Runs quietly and comfortably without a fan
- Was developed with attention to safety and quality

In the following chapters, we take a closer look at the key features of the BioPhoton 3.0.

What is red light therapy?

Photo (light), bio (organism), modulation (influencing).

Red light therapy (photobiomodulation) uses specific wavelengths of red and near infrared light. These wavelengths send signals to the mitochondria, allowing cells to temporarily produce energy more efficiently. This can help recovery processes run more smoothly.

Red light works mainly on the skin layers, while near infrared light penetrates deeper into the tissue. Both are free of UV and do not produce harmful heat.

The wavelengths 630 to 660 nm and 810 to 850 nm are the most widely used in scientific literature, due to their clearly documented interaction with cytochrome c oxidase, an important enzyme for cellular energy production.

This manual provides a practical explanation rather than the full underlying theory. The key point to understand is that light does not have a magical effect, but provides a natural signal that the body can respond to efficiently, setting recovery processes in motion.

How does it work?

When red or near infrared light is absorbed by the skin, the light particles reach the mitochondria, the energy centers of our cells.

The light is used there to temporarily produce more ATP, the energy needed for repair, maintenance and the formation of new cells. This extra energy provides a short, efficient boost that activates recovery processes in the body.

Near infrared light (810, 830 and 850 nm) penetrates deeper into the tissue than visible red light (630 and 660 nm). For this reason, near infrared light is more often applied to muscles, tendons and joints, while red light is mainly used for the skin and more superficial tissue.

The BioPhoton 3.0 combines red and near infrared light in one balanced light spectrum. This means both superficial and deeper tissue are reached at the same time, without needing to switch between different light channels.

What are the benefits?

Many users experience clear benefits from red and near infrared light. Muscles relax more quickly, stiffness in the joints decreases, and recovery after exercise noticeably improves.

The skin often responds positively: calmer, less redness and a more even texture. The day and night rhythm can also become more stable, leading to a steadier energy level throughout the day.

Individual responses can vary. Consistent use and an appropriate dosage play an important role in this.

Customer experiences

After reading about red light therapy and doing some research, I left the choice of a good, reliable supplier to my partner. We initially bought the BioPhoton 2.0.

My experience so far has exceeded expectations. We bought the panel because I had been in a lot of pain for four years due to osteoarthritis in both hips. I had tried a great deal, but the pain remained, as did the unsteady walk. By chance I discovered DAM therapy around the same time as buying the BioPhoton 2.0. After two treatments, and using the BioPhoton daily, twice a day, on my hips, knees and lower back, my complaints have reduced by ninety five percent.

That is not all. My overall fitness has measurably improved. I exercise a lot and reward myself by tracking my progress with a fitness tracker. My VO2 max was 32 when I started using the BioPhoton. For a seventy year old woman, that is excellent. But to my surprise, my VO2 max kept improving. After two weeks I scored 43, and now, after five weeks, 52. VO2 max is the maximum amount of oxygen your body can take up, transport and use during intense exercise. A higher VO2 max means better fitness, more efficient oxygen use and better performance capacity.

We have since also bought the Vivo Torch and the Vivo Cap, and we are looking forward to the BioPhoton Max, which we will definitely be buying. On top of that, Michel's service has also exceeded our expectations. Truly recommended!

My wife is happy with the Vivo BioPhoton 2.0. She uses it for twenty minutes every evening before going to bed. The melatonin does its work, as she is already yawning after one minute. That means she gets a good night's sleep. Her fingers have also become much more supple.

I am really happy with it. I notice it immediately in my energy level and in less pain. It is easy to treat my hands and feet, but also, for example, my lower back or calves. It is super light, comes with a nice bag, so it can also come along to the caravan.

The BioPhoton 3.0: a lightweight panel

Lightweight design

Extremely lightweight thanks to its thermoplastic housing. This makes it easy to position for any part of the body.

Easy operation

No electronics or digital menus, just a single on and off button.

Passive cooling

No fan noise, cools through a built in cooling system.

Low EMF (tested)

The EMF values are extremely low, making the panel safe for direct use on the body.

Flicker free light

The light is very stable and has practically no flicker. This feels calmer for the eyes and nervous system, especially during longer sessions.

Targeted wavelengths

Five functional wavelengths (630, 660, 810, 830 and 850 nm) that are the most researched in the literature and align best with the primary mechanism of photobiomodulation.

Flicker and wavelengths

No light flicker

This refers to a light source rapidly switching on and off. It cannot be seen with the naked eye, but it is very tiring and disruptive for the eyes and brain. Natural (sun) light has no flicker, artificial light does. Light flicker from the BioPhoton 3.0 is close to zero.

Tip: You can check light sources at home or at work yourself using your camera's slow motion function, to see the rapid pulsing of light.

Wavelengths

The BioPhoton 3.0 has a unique blend of 5 different wavelengths in the red spectrum: 630 nm, 660 nm, 810 nm, 830 nm and 850 nm. Most of the successful studies in the literature have been carried out using these specific wavelengths.

Most manufacturers use little or no 810 nm, simply because it is more expensive to produce. Recent studies show that 810 nm in particular is able to reach deeper lying tissue, such as muscles, joints and organs.

Source: Photobiomodulation (PBM) research, a comprehensive database.

EMF and safety

When we talk about electromagnetic (EMF) radiation, we mean magnetic fields and electric fields. All modern electronic devices, whether corded or cordless, emit some level of unnatural EMF.

Not noticing anything? Various studies show that long term exposure to EMF can be disruptive to health. A growing number of people even report experiencing symptoms directly linked to unnatural radiation.

The main contributors are the use of drivers, fans, bluetooth and other wireless connections and components.

We have designed the BioPhoton 3.0 so that its EMF values are extremely low and safe for direct use on the body. To ensure your EMF exposure stays as low as the test results shown below, we recommend using an earthed power outlet during skin contact treatment.

- Measured at direct contact: 0.2 V/m electric field*
- Measured at direct contact: 0.1 mG magnetic field*

** This measurement was carried out with the device connected to an earthed power outlet. Measured values may vary slightly in other usage situations.*

Skin contact method

The BioPhoton 3.0 has such low EMF that it is the first device on the market that can safely be used directly on the skin. Please note that this is not permitted with other panels. This unique feature is not found in any other panel. It is precisely with the skin contact method that the major benefits become noticeable.

With less energy use, you get up to five times deeper photon penetration, and almost no light loss due to skin reflection.

Photon reflection

Almost ninety percent of light is reflected by our skin. With skin contact there is minimal light reflection and deeper photon absorption.

In addition, the BioPhoton 3.0 has a reflective coating, so light bounces from the skin, against the device, and back onto the skin. This is particularly useful when the device is not used directly on the skin.

This makes the BioPhoton 3.0 not only efficient in energy use, but especially effective in practice.

Light intensity and measurement method

The table below shows the light intensity of the Vivo BioPhoton 3.0, expressed in mW/cm². This value matters because sufficient light intensity is needed to achieve the desired effect. As the distance from the device increases, the light intensity decreases.

We think it is important to be transparent about this. That is why we show not only the measured values, but also the measurement method used.

Some manufacturers base their specifications solely on a simple solar power meter. This measurement method often shows higher values than the actual therapeutically relevant light intensity.

That is why we chose to also have the Vivo BioPhoton 3.0 measured with a spectrometer, so you get a more accurate picture of the actual light dose at different distances.

Without reliable measurements, it is difficult to properly determine which light dose you actually receive. Because different applications and treatment goals call for different dosages, we think it is important to make this information as clear as possible.

Based on available scientific literature, combined with the measured light intensity of the device, we have created practical dosage recommendations on the dosage and use page.

For our dosage calculator, please visit: vivoredlighttherapy.com, then learn more, then dosage advice.

Distance	Spectrometer (mW/cm2)	Solar power meter (mW/cm2)
0 cm	13.7	29.6
15 cm	5	8.9
30 cm	3	5.3

How to use the BioPhoton 3.0

The most common way to use the device is to point it directly at the part of the body you want to treat. Hold the BioPhoton 3.0 in your hand, or place it in a way that works for you. Keep the distance between 0 and 30 cm from the lamp for the best result.

Expose the area of skin you are going to treat, and plug the device into an earthed power outlet. Use the button on the BioPhoton 3.0 to turn it on. All wavelengths will now switch on at the same time.

Please note: the near infrared light at wavelengths of 810 nm, 830 nm and 850 nm is not visible to the naked eye. This is normal. These wavelengths are still active.

Unplug the device from the power outlet after use.

Dosage and use

For the best results, follow the guidelines in the table below.

- Use up to twice a day on the area you want to treat
- Shine the light on bare skin
- Build up the dosage gradually, starting with one session per day
- Up to a maximum of 2 x 20 minutes per day
- During a 20 minute session you can treat multiple parts of the body
- If using it twice a day, leave 6 hours between sessions (morning and evening)
- Switch sides of the body with each use for a systemic effect on the whole body (optional)

Distance	Time	Depth / area	Benefits
0 cm	10 to 20 min	Deep effect: muscles, joints, organs	Deep tissue support
15 to 30 cm	10 to 20 min	Superficial tissue / skin care	Blood circulation, skin rejuvenation, skin complaints

Tip: use our dosage calculator on the website for time and distance recommendations for each application.

Frequently asked questions

When will I see results?

Relaxation is often felt immediately. Improvements in energy and recovery usually appear within a few days. Visible skin improvement typically requires six to twelve weeks of consistent use. This is in line with what studies show about collagen production and cell repair.

Do I need to wear glasses?

The BioPhoton 3.0 is supplied without glasses, given its mild light intensity. Closing your eyes during treatment is sufficient. New studies even show benefits of red light therapy for eye function.

Will I get a tan from red light?

No. Red and NIR light contain no UV, do not cause tanning and do not cause sun damage.

Is this the same as an infrared sauna?

No. Infrared saunas work with heat (longer wavelengths above 1000 nm). The BioPhoton 3.0 works through photobiomodulation at wavelengths of 630, 660, 810, 830 and 850 nm, and stays cool during use.

Can I use too much red light therapy?

Yes. Too much light can reduce the effect. Stick to the recommended dosages and start with one session per day.

Does it work together with skin products?

Yes, but not all products are suitable before a session. Avoid products with acids, retinoids or other active ingredients that can increase light sensitivity. Preferably use red light on clean skin, and apply products only after the session.

Can I keep my clothes on?

Red and NIR light work best on bare skin. Thin clothing lets some light through, but blocks a large part of the intensity. For the best effect, treat the area without clothing.

How do I maintain the device?

You can clean the BioPhoton 3.0 with a dry or slightly damp cloth. Do not use aggressive cleaning products. The passive cooling system requires no maintenance.

Warranty and maintenance

The BioPhoton 3.0 comes with a 3 year warranty. This warranty covers manufacturing and material defects that occur under normal use of the device.

If the device stops functioning under normal use, and there is no question of improper use, Vivo Red Light Therapy will repair or, if necessary, replace the device.

Damage resulting from dropping, incorrect transport, improper use, modifications, or visible wear damage to mechanical parts is not covered by the warranty. Such damage can often still be repaired. Vivo offers a paid repair service and spare parts for this purpose, so the device can continue to be used even after the warranty period.

Specifications

Specification	Value
Number of LEDs	225 x SMD LED
Nominal power	45 watts
Actual power consumption	30 to 35 watts
Wavelengths (nominal and measured)	45 x 630 nm nominal, 633 nm measured peak. 45 x 660 nm nominal, 661 nm measured peak. 45 x 810 nm nominal, 813 nm measured peak. 45 x 830 nm nominal, 834 nm measured peak. 45 x 850 nm nominal, 855 nm measured peak.
Flicker percentage	1.48% Flicker Index, 0.0049% Flicker Percentage
Flicker frequency	37,118 Hz

Light intensity by distance and measurement method:

Distance	Spectrometer (mW/cm2)	Solar power meter (mW/cm2)
0 cm	13.7	29.6

15 cm	5	8.9
30 cm	3	5.3

Specification	Value
Device weight	850 grams
Dimensions	31 x 31 x 3 cm
Lens light angle	120 degrees
EMF at 0 cm (earthed)	0 V/m electric field, 0.1 mG magnetic field
External power supply	High efficiency external power supply (CWT KPL 040F VI, 40W, efficiency level VI)
Maximum power supply output	40.0 W
Power supply input	AC 100 to 240V, 50/60Hz, 1.7A
Power supply output	DC 12.0V, 3.33A
Material	High grade thermoplastic (impact resistant plastic)
Cooling	Passive cooling through ventilation openings and thermal design
Note	Suitable for skin contact use
LED lifespan	50,000 hours
Warranty	3 years
Certification	CE, RoHS

Overview of parts

Front of the device

- On / off button (power button)
- DC power connector (12V input)
- Thermoplastic housing
- 225 high efficiency LEDs (5 wavelengths)

Included parts

- External power supply (40W, DC output)
- Power cable (EU, earthed, approximately 2 meters)

Treatment log

Use one page, or one row, per goal or complaint. If you change the distance, treatment time or light channels, start a new entry.

Area	Goal / complaint	Distance	Time (min)	Frequency	Date / time / notes

Safety instructions, warnings and liability

General use

Read this manual in full before use. Follow all instructions carefully. Store the device in a cool, dry place and use it only as described in this manual. The device is intended for home use and professional settings focused on wellness and recovery support.

Do not use the device in the following situations:

- Do not let children use the device without adult supervision
- Do not use the device on infants
- Do not let the device be used by people who are asleep, unconscious or unable to care for themselves
- Do not use the device for longer than 30 minutes per session
- Do not use the device on open or fresh wounds
- Do not use the device together with lotions, ointments or balms that generate heat or make the skin light sensitive

Do not modify the device or attempt to repair it yourself. The device contains no user serviceable parts.

Electrical safety

Follow the instructions below to prevent electric shocks and other electricity related risks:

- Never clean electrical parts with water or other liquids
- Do not drop the device in water or other liquids, and do not expose it to moisture or running water. Do not use the device in humid rooms such as bathrooms
- Do not touch the device, plug or switches with wet hands
- Do not shine the light on wet or damp skin
- Do not pull, carry or lift the device by the power cord. Do not use the device if the power cord is damaged
- Do not use the device on or near heated surfaces
- Do not use the device in environments where flammable or combustible substances or vapors are present
- Do not store or use the device at temperatures above 50 degrees Celsius
- Do not use the device if it is visibly damaged
- Only use the power supply that is included with the device
- Do not use an extension cord unless it is suitable for the device's full power rating
- Always unplug the device by holding the plug itself, not the cord
- Do not cover the cooling openings during use, and make sure there is enough free space around the device

Eye safety

Avoid prolonged direct eye contact with the light. When using the device close to the face, it is recommended to keep your eyes closed. People who are sensitive to bright light, or who want extra protection, can optionally use protective glasses.

Placement and use

Use the device in a stable and comfortable way, suited to the part of the body being treated. The device can be used directly on or close to the body, for example on your lap, against a backrest, or on another stable surface.

Always make sure that:

- The ventilation openings remain unobstructed
- The power supply and cables do not become pinched
- The device cannot shift or fall during use

Warnings

Consult a healthcare professional before use if any of the following applies to you:

- Use of light sensitive medication (such as certain antibiotics, painkillers or allergy medication)
- Pregnancy

- Suspicious skin lesions or a history of skin cancer
- Recent steroid injections or use of steroid ointments
- Known light sensitivity

Stop use immediately in case of discomfort, doubt, unexpected reactions or technical irregularities (such as an unusual smell, heat or noise), and contact a healthcare professional. Unplug the device when not in use, among other reasons to prevent a tripping hazard.

Compliance and material safety

The device complies with applicable European directives for electrical safety and electromagnetic compatibility (CE). All electronic components used comply with the European RoHS directive on the restriction of hazardous substances.

Waste and environment

This device may not be disposed of with household waste. Please hand it in at a recognized collection point for waste electrical and electronic equipment (WEEE).

Disclaimer

The BioPhoton 3.0 is not a medical device and is not intended for the diagnosis, treatment or cure of any disease or condition. Red and near infrared light can support natural biological processes, but does not replace medical care. Use of the device is at your own responsibility. Vivo Red Light Therapy B.V. is not liable for damage resulting from improper use or use contrary to this manual.

Translation and liability notice

This document is an English translation of the original manufacturer's manual. Every reasonable effort has been made to ensure the accuracy of this translation, however Dutch Health Store cannot guarantee that it is entirely free of errors, omissions or inaccuracies that may result from the process of translation. Where any discrepancy exists between this translation and the original manual, the original version shall prevail.

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