

BIOPHOTON+

Instructions and User Manual

vivoredlighttherapy.com

5 wavelengths, skin contact panel, low EMF design, Dutch Design.

Powerful red light therapy in a compact design

The BioPhoton+ was developed for people who consciously choose quality, ease of use and a wide range of applications for red light therapy.

The device combines five wavelengths of red and near infrared light in one easy to use system. You can use the BioPhoton+ directly on the skin for a deeper effect, or at a distance for more superficial tissue, skin care and applications around the face.

It is precisely the combination of skin contact, low EMF, quiet operation and practical usability that makes the BioPhoton+ suitable for a wide range of applications at home or in a professional setting.

5 wavelengths

Red and near infrared light in one balanced spectrum.

Skin contact and distance

Skin contact for a deeper effect, distance for skin and more superficial tissue.

Passive cooling

No fan, no disruptive noise during your session.

Low EMF

Designed for measurably low EMF, even when used on the body.

Professional build quality

Sturdy, durable and designed for long term use.

Easy to use

All wavelengths active at once, without complicated settings.

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Welcome

Thank you for choosing VIVO Red Light Therapy.

Red light therapy, also known as photobiomodulation, uses specific wavelengths of red and near infrared light. These wavelengths are studied worldwide for their role in cellular energy production, recovery processes, skin improvement and general wellbeing.

With the BioPhoton+ you can apply these wavelengths in a practical way as part of your own routine. The device is designed for targeted use on different parts of the body, with the option of working both at a distance and directly on the skin.

The right approach depends on your goal. Skin contact is mainly used when you want to reach deeper lying tissue, such as muscles and joints. Use at a distance is well suited to more superficial tissue, skin care and applications around the face.

What can you expect?

- Support for a healthy looking skin condition
- Stimulation of collagen production
- Support for muscle recovery after physical strain
- Reduction of inflammatory responses
- Support for blood circulation
- Support for cellular energy production
- A practical routine for recovery, relaxation and wellbeing

Please read this manual carefully before use, so you can apply the BioPhoton+ safely, comfortably and effectively.

About this device

The BioPhoton+ is not a standard red light panel. The device was developed for people who consciously manage their health and want to get the most out of red light therapy: powerful, practical to use and widely applicable.

The strength of the BioPhoton+ lies in the combination of five targeted wavelengths, a robust housing, passive cooling and measurably low EMF. This makes the device suitable for use both at a distance and directly on the skin.

Where many red light panels are only intended for use at a distance, the BioPhoton+ was designed for hybrid use. You can place the panel close to the body or use it directly against the skin. This makes light transfer more efficient and reduces light loss through reflection.

The passive cooling provides a quiet session without fan noise or airflow. This makes the BioPhoton+ pleasant to use, even during longer or more relaxed treatment moments.

Thanks to its sturdy construction and powerful light output, the BioPhoton+ is suitable for intensive home use as well as use in a professional setting, such as practice rooms, treatment rooms or wellness environments.

The result is a powerful, compact and durable red light panel, designed for targeted red light therapy with maximum comfort of use.

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 radiation 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. There, light is used as a biological signal that can influence cell metabolism.

An important part of this is the production of ATP. ATP is the energy that cells need for repair, maintenance and the formation of new tissue. When cells can produce energy more efficiently, natural recovery processes can proceed more effectively.

Red light, such as 630 and 660 nm, works mainly on the skin and more superficial tissue. These wavelengths are often applied for skin improvement, collagen production, redness, wound healing and superficial skin complaints.

Near infrared light, such as 810, 830 and 850 nm, penetrates deeper into the body. These wavelengths are mainly used for muscles, tendons, joints and deeper lying tissue. Near infrared light is not visible to the naked eye, but is still active during the session.

The BioPhoton+ combines red and near infrared light in one balanced spectrum. This is a deliberate choice: these types of light complement each other. Red light mainly supports the upper skin layers and more superficial tissue, while near infrared penetrates deeper towards muscles, tendons and joints.

This is why the BioPhoton+ is kept simple to use: one button, all wavelengths active at once. This means you automatically use the full combination of red and near infrared light, without menus or complicated settings.

What are the benefits?

Red and near infrared light are widely studied for their influence on energy production, recovery processes, skin quality and inflammatory responses. Many users find that muscles relax more quickly, joint stiffness decreases and recovery after exertion feels noticeably smoother.

The skin also often responds positively. Red light is widely used for skin improvement, collagen production, redness, scarring and an unsettled skin. Near infrared light, on the other hand, is more often used for deeper lying tissue, such as muscles, tendons and joints.

The BioPhoton+ combines these applications in a single device. Depending on your goal, you can work directly on the skin for a deeper effect, or treat at a distance for more superficial tissue, skin care and applications around the face.

The response varies from person to person. Consistent use, a suitable distance and an appropriate dosage all play an important role in this.

Customer experiences

Rated 4.9 out of 5 based on 369 reviews. Trustpilot TrustScore 4.9 from 130 reviews. Google rating 5 out of 5 from 26 reviews.

Winnie Slikboer

I am happy to share my opinion about VIVO Red Light Therapy's products because I am so enthusiastic about them. I have the Vivo BioPhoton and the Vivo Lux 35. The BioPhoton has helped relieve my irritable bowel syndrome. I used to find it difficult to leave the house, but after a few treatments with the BioPhoton it improved day by day, and now I have no trouble with it at all and I am happy to be able to go outside again. It has also greatly reduced the pain from my fibromyalgia complaints! I am also very satisfied with Michel, the owner, who is always so willing to help and answer questions.

Marianne (verified buyer)

I have been using the BioPhoton+ for a few weeks now. I like it, it is very user friendly. The advantage I find is that I can also use it skin to skin. I use it alternately at a 15 cm distance for my skin and skin to skin for deeper lying tissue. My skin seems to look calmer since I started using it, but I think the real difference will only become visible after about a month. All in all very satisfied with the purchase!

Joyce (verified buyer)

First of all, really good service. And I can already feel a difference. I feel more energetic and my skin already looks better. The pain in my neck and shoulders is also decreasing. I am curious how it will feel after a month. For now I am already convinced that this is something you should treat yourself to. The best purchase of the year for me.

Marion Rietfort

I started using the BioPhoton+ in mid October. My whole face looks more even now. As a bonus, this treatment has also contributed to me sleeping better, and the treatment somewhat supports my eyes as well. I am very happy with this device, and from all the reviews, including mine, it is clear how versatile the BioPhoton+ can be. As for the device itself, that covers it. Now a word about Michel: he has helped me enormously and exceptionally well every time. What service! If I could give more than an old fashioned 10 out of 10, or a modern 5 stars, I certainly would!

The BioPhoton+

Hybrid use

The BioPhoton+ can be used both at a distance and directly on the skin. Skin contact is especially suitable when you want to reach deeper lying tissue, such as muscles, tendons and joints. Use at a distance is more pleasant for more superficial tissue, skin care and applications around the face.

Passive cooling

The device works without a fan. As a result, there is no fan noise, no airflow and no mechanical noise during the session. This makes the treatment calmer and more pleasant, both at home and in a professional environment.

Measurably low EMF

Because the BioPhoton+ can also be used directly on the skin, low EMF values are important. The device is designed for use close to the body, with measurably low electromagnetic fields, even during skin contact.

Targeted wavelengths

The BioPhoton+ uses five functional wavelengths: 630, 660, 810, 830 and 850 nm. Red light and near infrared light complement each other within a single session: red light for the skin and more superficial tissue, near infrared for deeper structures.

Professional build quality

The sturdy housing and solid finish make the BioPhoton+ suitable for intensive home use and for use in a professional setting, such as practice rooms, treatment rooms and wellness environments.

Practical size

The BioPhoton+ is compact enough to take with you easily, yet not too small for targeted sessions. Thanks to the included travel and protective bag, the device stays well protected during storage and transport.

Easy operation

The controls are deliberately kept simple: one button, all wavelengths active at once. No menus, no separate settings and no unnecessary digital functions. You automatically use the full combination of red and near infrared light.

Flicker and wavelengths

Low light flicker

The BioPhoton+ has a very stable light output with minimal light flicker. The measured flicker percentage is 0.14 percent, the Flicker Index is 0.0012, and the frequency is approximately 12.8 kHz.

Both values fall within the No Risk zone according to the IEEE PAR1789 guideline for light flicker.

Measurement	Value
Flicker percentage	0.14%
Flicker Index	0.0012
Flicker frequency	12,808 Hz

Wavelengths

The BioPhoton+ operates with five specifically chosen wavelengths within the photobiomodulation spectrum.

Nominal values and measured spectral peaks (measured with a HopooColor OHSP 350S spectrometer):

Nominal wavelength	Measured peak
630 nm	629 nm
660 nm	659 nm
810 nm	808 nm
830 nm	831 nm
850 nm	849 nm

Why these wavelengths?

Photobiomodulation works mainly within two well known absorption ranges of cytochrome c oxidase (CCO): 630 to 670 nm and 800 to 850 nm. These ranges are the most described in scientific literature.

By working exclusively with these functional wavelengths, the spectrum stays clean and targeted. Additional wavelengths outside these core bands could weaken the effectiveness of the primary mechanism of action (CCO).

Measured light intensity

Light intensity, together with treatment time and distance, determines how much light the body actually receives. That is why we measure light intensity in mW/cm²: milliwatt per square centimeter.

For the BioPhoton+ this information matters, because the device can be used both directly on the skin and at a distance. The smaller the distance to the device, the higher the light intensity. With skin contact, the treated area therefore receives more light than when used at a distance.

The specifications page shows the measured values at different distances. These values form the basis for our dosage recommendations and our dosage calculator.

Why measure with a spectrometer?

A simple solar power meter responds to a broad light spectrum and can therefore give values that are higher or less accurate than the therapeutically relevant light intensity.

A spectrometer measures more specifically within the relevant wavelength range. This gives a more reliable picture of the amount of red and near infrared light the body actually receives.

Why accurate measurements matter

Without reliable intensity measurements, it is difficult to determine a suitable dosage. Different applications call for a different combination of distance, treatment time and light intensity.

By measuring accurately, we can better substantiate how much light you receive at a given distance, and base our dosage guidelines on that.

Measurement method: HopooColor OHSP 350S spectrometer. Measured values: see the Specifications page.

EMF and safety

Electromagnetic fields, or EMF for short, refers to the electric and magnetic fields that can arise around electronic equipment. Because the BioPhoton+ can also be used directly on the skin, low EMF values are especially important.

The BioPhoton+ was developed with attention to a low electromagnetic load. The device has no fan, no bluetooth, no wifi and no wireless controls. The passive cooling also contributes to a calm and simple design without unnecessary electronic components.

Measured EMF values at 0 cm (measured with an earthed power outlet):

- Electric field: 0.2 V/m
- Magnetic field: 0.2 mG

These values are well below internationally applied exposure limits for electromagnetic fields, and fall within the lowest categories used in independent measurement guidelines for electronic equipment.

Why this matters for skin contact

With standard red light panels, it is often recommended to keep a distance. The BioPhoton+, by contrast, was specifically designed for direct use against the body. That is why it matters that EMF values are not only low at a distance, but also at 0 cm.

For the lowest measured values, we recommend using an earthed power outlet.

Electrical safety

Only use the included power supply and connect the device to a suitable, preferably earthed, power outlet. Do not use the device if the cable, adapter or housing is visibly damaged.

Never open or repair the device yourself.

Electrical safety and material standards

The device and power supply comply with the relevant CE and RoHS directives for electrical safety and electromagnetic compatibility.

Dosage and use

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

- Use the device a maximum of twice a day
- Start gently and preferably begin with one session per day
- Always start with the lowest recommended dosage
- A full session takes about 20 minutes and may be divided across multiple parts of the body
- Always use the light on bare, clean skin
- With two sessions a day, leave about six hours between treatments (for example morning and evening)
- Consistent use matters more than extremely long sessions. More light is not automatically better
- For skin and face, more distance is often more pleasant; for muscles and joints, skin contact is more pleasant

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

Use	Distance	Time	Best suited for
Skin contact	0 cm	4 to 7 min	Muscles, tendons, joints, deeper tissue
Short distance	15 to 30 cm	10 to 15 min	Superficial tissue, skin, circulation
Greater distance	30 to 60 cm	15 to 20 min	Face, skin condition, collagen production

Tip: also use our handy dosage calculator on the website for time and distance advice per application.

How to use the BioPhoton+

1. Choose the part of the body you want to treat.

Use skin contact especially for muscles, tendons, joints and deeper lying tissue. For skin care, the face and more superficial tissue, treating at a slightly greater distance is often more pleasant.

2. Expose the skin of the area to be treated.

Make sure the skin is clean and dry for optimal light transfer.

3. Plug the adapter into a suitable power outlet.

For the lowest EMF values, we recommend using an earthed power outlet.

4. Switch the device on using the on/off button.

All five wavelengths are automatically activated at the same time.

5. Follow the guidelines in the dosage and use table.

A full session takes a maximum of about 20 minutes and may be divided across multiple parts of the body.

6. Keep your eyes closed when using the device around the face.

People who are sensitive to bright light can optionally use protective glasses.

7. Switch the device off after use.

Then unplug it from the power outlet and let it cool down before storing it.

8. Store the BioPhoton+ in a dry and safe place.

Preferably use the included travel and protective bag.

Frequently asked questions

When will I notice a result?

Some users notice relaxation or relief fairly quickly. Other effects, such as an improved skin condition, muscle recovery or joint support, usually take several weeks of consistent use. The response varies from person to person.

Do I need to wear glasses?

The BioPhoton+ comes with protective glasses. When using it around the face, we recommend keeping your eyes closed, or using the glasses if you are sensitive to bright light. Never look directly into the LEDs for a prolonged period.

Can I get burned by red light therapy?

No, the BioPhoton+ contains no UV light and does not cause tanning like sunlight. Always use the recommended dosages though. More light is not automatically better.

Is this the same as an infrared sauna?

No. An infrared sauna works mainly with heat. The BioPhoton+ works with specific wavelengths of red and near infrared light within the photobiomodulation spectrum.

Can I use too much red light therapy?

Yes. Light is a stimulus. Too high a dose can reduce the desired effect. Start gently, begin with the lowest recommended dosage, and allow sufficient rest days.

Can I combine skin products with red light therapy?

Yes, but preferably use the device on clean skin without strongly light sensitive ingredients. It is better to apply skin products after the session.

Can I keep my clothes on during treatment?

Red and near infrared light work best on bare skin. Thin clothing sometimes lets a limited amount of light through, but clearly reduces the intensity.

How do I maintain the BioPhoton+?

Clean the device with a dry or slightly damp cloth. Do not use aggressive cleaning products, and never submerge the device in water.

Does the device get warm during use?

Yes, mild heat build up is normal. The BioPhoton+ uses passive cooling and operates without fan noise.

Warranty and maintenance

Maintenance

The BioPhoton+ is designed for long term use with minimal maintenance. Clean the device regularly with a dry or slightly damp cloth, and do not use aggressive cleaning products.

Always use the device according to the recommended dosages, and do not leave it switched on unnecessarily for long periods when not in use.

The passive cooling operates without fans and therefore requires little maintenance. Do make sure the device stays dry and free of dust, especially during storage or transport.

Preferably store the BioPhoton+ in the included travel and protective bag when not in use.

Warranty

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

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

Damage resulting from dropping, incorrect transport, moisture, improper use, modifications to the device, or visible user damage is not covered by the warranty.

Never open the device yourself. Repairs or modifications by unauthorized parties may void the warranty.

For questions, defects or support, always contact Vivo Red Light Therapy first before replacing parts or opening the device.

Important

- Only use the included adapter and accessories
- Store the device in a dry place at room temperature
- Avoid hard impacts or pressure on the LEDs and lens parts
- Regularly check cables and connections for damage

Specifications

Specification	Value
Number of LEDs	55 x 3W dual chip
Nominal power	165 watts
Actual power consumption	37 watts
Wavelengths (nominal / measured)	11 x 630 nm nominal, 629 nm measured peak. 11 x 660 nm nominal, 659 nm measured peak. 11 x 810 nm nominal, 808 nm measured peak. 11 x 830 nm nominal, 831 nm measured peak. 11 x 850 nm nominal, 849 nm measured peak.

Light intensity:

Distance	Spectrometer (mW/cm ²)	Solar power meter (mW/cm ²)
0 cm	85.4	184
15 cm	18.2	27
30 cm	15.2	24

Temperature during use:

Time	Temperature
Start	24.5 C

10 min	28.5 C
20 min	31.6 C
30 min	34.0 C

Flicker measurement data:

Measurement	Value
Flicker percentage	0.14%
Flicker Index	0.0012
Flicker frequency	12,808 Hz

These values fall well within the No Risk zone according to the IEEE PAR1789 guideline.

Specification	Value
Device weight	2.4 kg
Dimensions	34 x 20.5 x 3 cm
Lens light angle	30 degrees
EMF at 0 cm (earthed)	0.2 V/m electric field, 0.2 mG magnetic field
External power supply	Channel Well Technology KPL 040F VI
Maximum power supply output	40 watts
Power supply input	100 to 240V AC, 50/60Hz, 1.7A
Power supply output	12V, 3.33A
Material	Metal housing with aluminum cooling fins
Mounting point	VESA 10 x 10 cm on rear
Warranty	3 years
Cooling	Passive cooling, no fan
LED lifespan	approximately 50,000 hours
Certification	CE and RoHS

Overview of parts

Front of device

- LED lens
- Ventilation openings
- Metal housing
- On / off button
- DC power connector

Back of device

- Protective cap
- VESA mounting points
- Fold out stand

Included parts

- External power supply
- Earthed EU power cable (2 meters)
- Protective glasses
- Manual
- Travel and protective bag

Dosage and treatment log

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

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

Safety instructions, warnings and disclaimer

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 BioPhoton+ is intended for home use and professional environments where wellbeing, relaxation and recovery support are central.

Do not use the device in the following situations:

- On infants
- By children without supervision from an adult
- By people who are asleep, unconscious or unable to care for themselves
- On open, fresh or irritated wounds
- On wet or damp skin
- Together with lotions, ointments or balms that generate heat or can make the skin light sensitive
- For longer than the dosage recommended in this manual

Do not modify the device or attempt to repair it yourself. The device contains no parts that can be maintained by the user.

Electrical safety

- Only use the included power supply and cables. Preferably connect the device to an earthed power outlet
- Never clean electrical parts with water or other liquids. Do not drop the device in water or other liquids, and do not use it in humid rooms such as bathrooms
- Do not touch the device, plug or switches with wet hands. Do not use the device when the cable, adapter, plug or housing is visibly damaged
- Never pull, carry or lift the device by the power cord. Always unplug it by holding the plug itself, not the cord
- Do not use the device on or near heated surfaces, and not in environments where flammable or combustible substances or vapors are present

- Do not cover the ventilation openings during use, and make sure there is enough free space around the device.
Do not store or use the device at temperatures above 50 degrees Celsius

Eye safety

Do not look directly into the light for a prolonged period. When using the device close to the face, we recommend keeping your eyes closed, or using the included protective glasses, especially if you are sensitive to bright light.

Placement and environment

Always place the device in a stable position, for example on a flat surface, against a sturdy support, or using the fold out stand. Make sure the device cannot shift or fall during use. Only use the device in a way that avoids pinched cables or a tripping hazard.

Warnings

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

- Use of light sensitive medication
- Pregnancy
- Suspicious skin lesions or a history of skin cancer
- Recent steroid injections or use of steroid ointments
- Known light sensitivity
- Doubt about suitability due to a medical condition

Stop use immediately in case of discomfort, doubt, unexpected reactions or technical irregularities, such as an unusual smell, heat or noise. If in doubt, contact a healthcare professional or Vivo Red Light Therapy. Unplug the device when it is not in use.

Compliance and material safety

The device complies with applicable European directives for electrical safety and electromagnetic compatibility. The electronic components 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+ 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 do 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.

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Vivo Red Light Therapy B.V.

Constructieweg 90K
3641 SP Mijdrecht, The Netherlands
Phone: 0297 893048
Email: info@vivoredlighttherapy.com Website: www.vivoredlighttherapy.com

CE, RoHS compliant