

# DOSAGE ADVICE OVERVIEW

*Treatment times, distances and Joules per device and application*

## About this overview

This document shows the recommended treatment time per device, depending on the application (superficial or deep tissue) and the distance to the skin. For every combination, a minimum, optimal and maximum treatment time is listed.

- Superficial applications: skin improvement, skin complaints, eyes or wounds.
- Deep tissue applications: muscles, joints, organs.
- Min: the shortest recommended treatment time for a safe, noticeable effect.
- Optimal: the recommended treatment time for the best result.
- Max: the longest treatment time that is recommended.

Below each table you will find the Joules per application and the treatment area of the device. These values apply to all distances within that application.

**Please note: the treatment times below are rounded to the nearest whole minute, to keep them practical and easy to use. Red light therapy does not need to be timed to the second. Use these times as a clear guideline, build up gradually, and listen to your body.**

## BioPhoton 2.0 / 3.0

| Application | Distance | Min     | Optimal | Max     |
|-------------|----------|---------|---------|---------|
| Superficial | 15 cm    | ~3 min  | ~13 min | ~23 min |
| Deep tissue | 0 cm     | ~15 min | ~32 min | ~50 min |
| Deep tissue | 15 cm    | ~23 min | ~50 min | ~77 min |

*Joules: Superficial 8,169 J | Deep 31,233 J | Treatment area: 961 cm<sup>2</sup>*

## BioPhoton Max Bi Tone

| Application | Distance | Min     | Optimal | Max     |
|-------------|----------|---------|---------|---------|
| Superficial | 15 cm    | ~1 min  | ~5 min  | ~9 min  |
| Superficial | 30 cm    | ~1 min  | ~6 min  | ~11 min |
| Superficial | 40 cm    | ~2 min  | ~7 min  | ~12 min |
| Superficial | 50 cm    | ~2 min  | ~7 min  | ~13 min |
| Deep tissue | 0 cm     | ~2 min  | ~4 min  | ~7 min  |
| Deep tissue | 15 cm    | ~9 min  | ~20 min | ~31 min |
| Deep tissue | 30 cm    | ~11 min | ~24 min | ~37 min |
| Deep tissue | 40 cm    | ~12 min | ~25 min | ~39 min |
| Deep tissue | 50 cm    | ~13 min | ~28 min | ~43 min |

*Joules: Superficial 20,196 J | Deep 77,220 J | Treatment area: 2376 cm<sup>2</sup>*

## Vivo Lux 450 S.2

| Application | Distance | Min    | Optimal | Max    |
|-------------|----------|--------|---------|--------|
| Superficial | 15 cm    | ~1 min | ~2 min  | ~3 min |
| Superficial | 30 cm    | ~1 min | ~2 min  | ~4 min |

|             |       |        |         |         |
|-------------|-------|--------|---------|---------|
| Superficial | 40 cm | ~1 min | ~3 min  | ~5 min  |
| Deep tissue | 15 cm | ~3 min | ~7 min  | ~11 min |
| Deep tissue | 30 cm | ~4 min | ~8 min  | ~13 min |
| Deep tissue | 40 cm | ~5 min | ~10 min | ~15 min |

Joules: Superficial 35,700 J | Deep 136,500 J | Treatment area: 4200 cm<sup>2</sup>

## Vivo Lux 300 S.2

| Application | Distance | Min    | Optimal | Max     |
|-------------|----------|--------|---------|---------|
| Superficial | 15 cm    | ~1 min | ~2 min  | ~3 min  |
| Superficial | 30 cm    | ~1 min | ~2 min  | ~4 min  |
| Superficial | 40 cm    | ~1 min | ~3 min  | ~4 min  |
| Deep tissue | 15 cm    | ~3 min | ~7 min  | ~11 min |
| Deep tissue | 30 cm    | ~4 min | ~8 min  | ~13 min |
| Deep tissue | 40 cm    | ~4 min | ~10 min | ~15 min |

Joules: Superficial 23,460 J | Deep 89,700 J | Treatment area: 2760 cm<sup>2</sup>

## Vivo Lux 150 S.2

| Application | Distance | Min    | Optimal | Max     |
|-------------|----------|--------|---------|---------|
| Superficial | 15 cm    | ~1 min | ~2 min  | ~3 min  |
| Superficial | 30 cm    | ~1 min | ~2 min  | ~4 min  |
| Superficial | 40 cm    | ~1 min | ~3 min  | ~5 min  |
| Deep tissue | 15 cm    | ~3 min | ~7 min  | ~10 min |
| Deep tissue | 30 cm    | ~4 min | ~8 min  | ~13 min |
| Deep tissue | 40 cm    | ~5 min | ~10 min | ~16 min |

Joules: Superficial 12,240 J | Deep 46,800 J | Treatment area: 1440 cm<sup>2</sup>

## Vivo Lux 60 S.2

| Application | Distance | Min     | Optimal | Max     |
|-------------|----------|---------|---------|---------|
| Superficial | 15 cm    | ~1 min  | ~2 min  | ~4 min  |
| Superficial | 30 cm    | ~1 min  | ~4 min  | ~7 min  |
| Superficial | 40 cm    | ~1 min  | ~6 min  | ~10 min |
| Deep tissue | 15 cm    | ~4 min  | ~8 min  | ~13 min |
| Deep tissue | 30 cm    | ~7 min  | ~15 min | ~23 min |
| Deep tissue | 40 cm    | ~10 min | ~22 min | ~33 min |

Joules: Superficial 5,177 J | Deep 19,793 J | Treatment area: 609 cm<sup>2</sup>

## Vivo Lux 35 S.2

| Application | Distance | Min    | Optimal | Max    |
|-------------|----------|--------|---------|--------|
| Superficial | 15 cm    | ~1 min | ~2 min  | ~4 min |
| Superficial | 30 cm    | ~1 min | ~5 min  | ~8 min |

|             |       |         |         |         |
|-------------|-------|---------|---------|---------|
| Superficial | 40 cm | ~2 min  | ~7 min  | ~12 min |
| Deep tissue | 15 cm | ~4 min  | ~10 min | ~15 min |
| Deep tissue | 30 cm | ~8 min  | ~18 min | ~28 min |
| Deep tissue | 40 cm | ~12 min | ~26 min | ~40 min |

Joules: Superficial 2,125 J | Deep 8,125 J | Treatment area: 250 cm<sup>2</sup>

## Vivo Red Light Cap 2.0

| Application | Distance | Min    | Optimal | Max     |
|-------------|----------|--------|---------|---------|
| Superficial | 0 cm     | ~1 min | ~4 min  | ~6 min  |
| Deep tissue | 0 cm     | ~6 min | ~14 min | ~21 min |

Joules: Superficial 3,009 J | Deep 11,505 J | Treatment area: 354 cm<sup>2</sup>

## Vivo Torch 2.0

| Application | Distance | Min     | Optimal | Max     |
|-------------|----------|---------|---------|---------|
| Superficial | 3 cm     | ~1 min  | ~2 min  | ~3 min  |
| Superficial | 20 cm    | ~2 min  | ~8 min  | ~14 min |
| Deep tissue | 0 cm     | ~2 min  | ~4 min  | ~6 min  |
| Deep tissue | 3 cm     | ~3 min  | ~7 min  | ~10 min |
| Deep tissue | 20 cm    | ~14 min | ~29 min | ~45 min |

Joules: Superficial 77 J | Deep 293 J | Treatment area: 9 cm<sup>2</sup>

## Specific applications (Vivo Torch 2.0)

| Complaint                | Mode   | Distance | Attachment |
|--------------------------|--------|----------|------------|
| Muscles / joints         | Mode 2 | 0 cm     | Moon lens  |
| Ear / tooth inflammation | Mode 1 | 0 cm     | Intra-oral |
| Hay fever / sinus        | Mode 2 | 0 cm     | Intra-oral |

These settings come from the original manual and differ from the general distance table above.

### Disclaimer

Vivo Red Light Therapy makes no claims, statements or other guarantees regarding these products' ability to cure any physical or mental condition. A qualified health professional should always be consulted before using these products for any condition that requires medical attention. The treatment times in this overview are general guidelines only, rounded for practical use, and may not be suitable for every individual or situation.

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