

VIVO Red Light Cap 2.0

User Manual

Red light therapy for the head, brain and hair

Congratulations on your new Red Light Cap!

Before you begin your first session, please make sure you read this manual so you understand how to operate the device.

Note: Each LED on the inside has three chips, one 670 nm (nanometer), one 810 nm and one 940 nm. Please note that the near infrared LED is invisible to the naked eye.

What is in the box?

- 1 x Vivo Red Light Cap
- 1 x Earthed power cable
- 1 x Adapter
- 1 x USB cable
- 1 x Manual

Specifications

Specification	Value
Power rating	75W
Actual power draw	26.1W / 19.6W / 14.5W
Diameter	200 mm
Number of LEDs	150 x 0.5W
Dimmable	Yes (3 levels)
Net weight	0.18 kg (cap only)
Wavelength	1 x 670 nm, 1 x 810 nm, 1 x 940 nm
EMF (electromagnetic field)	0.3 V/m electric field
Timer	15 minutes
Adjustable size	Yes, with zipper
Material	Fabric
Pulsing	Yes, optional 10 Hz
Dual buttons	On / off, dimmable, pulse, switch wavelength
Adapter	CE, RoHS, UL

The Vivo Cap 2.0 uses a combination of red light (670 nm) and infrared light (810 nm and 940 nm). This combination was chosen to offer the ideal blend of wavelengths for the head, hair and brain.

User instructions

- 1) **Plug the device into a power outlet, or use a power bank (not included) with the USB cable. Both buttons will light up cyan. Then press the power button to switch the device on.**

The device starts at the lowest brightness level, 50 percent.

- 2) **Distance: 0 cm for the best results. Place the device on your head for hair growth, headache relief and improved memory and brain function.**
- 3) **Selecting options: quickly press the power button once so it lights up green, then:**

- a. Press the button once, and all LEDs (670 nm, 810 nm, 940 nm) turn on.
- b. Press again, and only the red LEDs (670 nm) will be on, with the near infrared LEDs (810 nm and 940 nm) off.
- c. Press again, and only the near infrared LEDs (810 nm and 940 nm) are on, with the red LEDs (670 nm) off. Please note that infrared light is invisible to the human eye, so it can look as if the LEDs are off while the infrared LED is actually on.
- d. Press again, and all LEDs turn off.

Pulsing mode

If you hold the power button for longer than 3 seconds, the power button will light up blue, and:

- Press the button once, and all LEDs (670 nm, 810 nm, 940 nm) switch to pulsing mode.
- Press again, and only the red LEDs (670 nm) switch to pulsing mode.
- Press again, and only the near infrared LEDs (810 nm and 940 nm) switch to pulsing mode.
- Press again, and all LEDs turn off.

Adjusting brightness in dimmable mode

To adjust the brightness in dimmable mode, switch to the other button.

- Mode 1: Low level (power: 50 percent)
- Mode 2: Medium level (power: 75 percent)
- Mode 3: High level (power: 100 percent)

When the device is switched on, it automatically starts at the low level (mode 1). Press the button again to move to the medium level, and press again to reach the highest intensity level (mode 3).

- 4) **Which level you choose depends on you and the season. We recommend the highest level for the winter season and the lowest level for the summer season.**
- 5) **Usage frequency: use the device 1 to 2 times a day for at least 4 weeks. For convenience, the device automatically switches off after each 15 minute session. Let the device cool down for a few minutes before starting another treatment. Unplug the device from the power outlet and store it in a cool, dry place.**
- 6) **Maintenance: for cleaning, we recommend using a damp cloth or tissue to lightly clean the cap. Make sure the device is disconnected from power, with the cords unplugged and the device switched off. Only clean the fabric part of the cap and not the LEDs directly. Do not submerge the cap in water. Let the Vivo Cap 2.0 air dry, and make sure it is not placed in direct sunlight.**

Benefits supported by science

Research shows that wavelengths within the 670 to 950 nm spectrum produce an optimal biological response. This includes:

- Reduces pain or headaches
- Promotes hair growth
- Supports neurodegenerative conditions
- Improves cognitive function

Although this technology has no known side effects, we recommend taking the following precautions:

- This device is water resistant, but not waterproof. Do not submerge the headband or its parts in water.
- Not intended for use by children or pregnant women.
- Do not exceed 30 minutes of treatment per day.
- Do not look directly into the light.
- Do not use the pulsing function if you are sensitive to flashing lights, headaches, or if you have epilepsy.

Contact your doctor if you:

- Have medical questions.
- Suspect you have had a negative reaction from using the device.
- Use medication known to cause light sensitivity.

Application

Here is an example of how you can use the Vivo Cap 2.0, while working, reading, or watching TV.

Disclaimer

Vivo Red Light Therapy makes no claims, statements or other guarantees regarding this product's ability to cure any physical or mental condition. A qualified health professional should always be consulted before using this product for any condition that requires medical attention.

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