

VIVO TORCH 2.0

User Manual

vivoredlighttherapy.com

The VIVO Torch 2.0 combines blue light (450 nm), red light (620 and 670 nm) and near infrared light (810 nm). These can be used together or separately.

What is in the box

- 1 x VIVO Torch 2.0
- 1 x Intra oral attachment
- 1 x Moon lens (for the skin contact method)
- 1 x Type C cable and charging stand
- 1 x Protective glasses

Please note: a USB C charger or adapter is not included.

Benefits

- Relieves joint and muscle pain, arthritis, and stiffness in muscles and joints
- Stimulates relaxation of muscle tissue
- Improves blood circulation
- Reduces inflammation
- Stimulates collagen production
- Effective against acne causing bacteria
- Improves eye health
- Effective against pathogens in the nose, ears and mouth
- Reduces hay fever and sinus complaints

Red and near infrared light trigger a cascade of chemical reactions in the body that support the body's natural healing and protective processes. This can lead to improved overall skin health, reduced pain and inflammation, better sleep, and optimal muscle recovery.

The health of every cell, tissue, and organ in the body depends on the energy produced by the mitochondria within those cells. Because red and near infrared light help mitochondria produce more energy, the benefits of this therapy can reach many different areas and systems of the body, including:

- Reduced acne and acne scarring
- Improved muscle recovery
- Improved sleep and circadian rhythm
- Improved sexual performance
- Pain relief and improved mobility
- Improved overall health and wellbeing
- An anti aging effect on the skin
- Improved mood and energy levels
- Increased melatonin levels
- Stimulated collagen production
- Improved wound healing
- Reduced inflammation

Understanding the wavelengths

Red light (620 and 670 nm) reaches just below the skin's surface and is ideal for treating surface level tissue such as small wounds, acne, eczema and psoriasis, and for stimulating blood circulation and oxygen supply.

The invisible near infrared light (810 nm) reaches deeper into the tissue, which makes it more suitable for muscles, joints, lymph nodes, bones and the brain.

Blue light (450 nm) works only at the very surface of the skin and can be used specifically to target bacteria, fungi and other surface level pathogens. In short, blue light is well suited to acne breakouts, small wounds and infections of the skin, teeth and ears.

We combine the blue light setting with 670 nm deep red light to balance out blue light's less favorable effect on mitochondria.

How to use the Torch 2.0

Point the Torch 2.0 at the area you want to treat. See the dosage table below for recommended settings.

Charging is done using the included charging stand. Charge the device fully before first use, then recharge once the battery drops to 25 percent (or when the light output weakens). The device is fully charged after 3 hours, and a full charge provides about 2 hours of use.

Do not leave the device switched on for longer than 6 minutes at a time. If a longer session is needed, switch the device off for 1 minute after every 6 minutes of use. This prevents overheating.

The same instructions apply when treating pets. Hold the fur aside where possible so the light reaches the skin directly, since fur reflects a large part of the light. Dark fur absorbs more light energy than light fur, which causes heat to build up more quickly. If this feels uncomfortable for the animal, move the device in a slow circular motion for better cooling.

Dosage guide

Goal	Mode	Distance	Attachment	Treatment time	Other
Eyes	3	20 cm	None	3 to 6 min	In the morning, eyes closed
Muscles / joints	2	0 cm	Moon lens	2 to 6 min per point	20 min total
Ear / teeth (inflammation)	1	0 cm	Intra oral tip	2 to 6 min per point	20 min total
Collagen production	2	3 cm	None	2 to 6 min per point	20 min total
Acne	1	3 cm	None	6 min	20 min total
Hay fever / sinus	2	0 cm	Intra oral tip	6 min per nostril	Twice daily

Operating the Torch 2.0

- Mode 1: Press the button once. Blue light (450 nm), red light (620 and 670 nm) and near infrared light (810 nm x2) all switch on.
- Mode 2: Press the button again. Red light (620 and 670 nm) and near infrared light (810 nm x2) switch on. (Recommended)
- Mode 3: Press the button once more. Only the red light switches on (620 and 670 nm).

To turn on light pulsing, first select the mode you want, then hold the button down for 5 seconds. The light will pulse at 10 Hz, meaning 10 pulses per second. Please note that pulsing helps prevent the device from overheating at higher doses. The pulsing mode is not recommended if you are sensitive to flashing light.

The Torch 2.0 can be angled at 90 degrees for easier handling. To do this, turn the top section (the lamp head) a quarter turn.

Intra oral attachment

Ideal for use in the mouth, nose or ears.

- If another attachment is fitted, first unscrew the ring on the lamp end of the Torch 2.0.
- Then screw on the intra oral extension piece.

Moon lens

The moon lens is comfortable to use with the skin contact method. Its shape allows you to apply gentle pressure to the skin for deeper light penetration into the tissue.

- If another attachment is fitted, first unscrew the ring on the lamp end of the Torch 2.0.
- Then screw on the moon lens.

Product specifications

Specification	Value
Power	15 W
Consumption	5 W
Size	16 x 3 cm
Number of LEDs	5
Lens light angle	120 degrees
Wavelengths	450 nm / 620 nm / 670 nm / 810 nm / 810 nm
Material	Aluminum (housing) and glass (lenses)
Color	Black and grey
Battery	18650 lithium rechargeable
Light intensity	98.7 mW/cm ² at 0 cm, 54.7 mW/cm ² at 3 cm, 12.3 mW/cm ² at 20 cm
EMF (electromagnetic radiation)	6 V/m electric field at 0 cm, 0.1 milliGauss magnetic field at 0 cm
Timer	6 minutes
Lifespan	50,000 hours

Warnings

- Never look directly into the light from close range. When treating the eyes, keep them closed and use mode 2 or 3 only (not blue light).
- Use the included protective glasses when treating the face.
- Not suitable for children or pregnant women.
- The device is not water resistant. Keep it away from moisture and water.
- Do not use the pulsing mode if you are prone to headaches or dizziness, or if you have epilepsy.
- Do not use the device if you are photosensitive, for example due to medication that causes photosensitivity.

Disclaimer

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