



nutrilight

The Robin

User Guide



● Light therapy Nutrilight

Welcome to the future in wellness and wellness! Nutrilight can give your health a boost in a number of different areas. Nutrilight consists of LED lamps that emit red light and light in the near-infrared spectrum. The light's wavelengths and Nutrilight's effect are perfectly matched to give the most and best effects on health without the risk of damage or other negative effects. The form of treatment is called red light therapy, which is abbreviated as RLT. The concept of photobiomodulation is also used in scientific contexts, and research has been conducted since the 1960s.

● Why red light therapy?

The combination of red light and near-infrared light affects the body in a very potent way, as the red light reaches a small distance into the skin, while the near-infrared light can reach the body deeply. Together, they provide a therapeutic effect that only one type of light cannot do on its own. Nutrilight emits two wavelengths, one with red light and one with near-infrared light. The light from Nutrilight affects so-called photoacceptors inside the body's cells. This leads to a series of beneficial health effects. Currently, there are thousands of scientific studies that show beneficial effects in a number of areas. These are common uses for RLT:

● General information about The Robin

It is easy and straightforward to use Nutrilight and there are good basic rules for how you should use the lamp. The optimum is a moment every day if you have not been in direct sunlight and received your dose of RLT naturally. Here is the advice we stand behind for the other days.

- Before the first time you use your Robin, you first need to upload it.
- You do this by plugging the USB cable into the input port on the right.
- Robin is charging as long as the red battery light is flashing. When the red battery light is steady, Robin is fully charged and ready to use.
- Charge Robin for at least 3 hours on each charge.
- For Robin to start, you first need to pull out the charging cable, before pressing the start button on the left.
- Robin will be on with an automatic timer in 20 min.

● Teknisk specifikation

Portable Model	The Robin
Nominal power	60W
Charging time	ca 3-4 hours
Battery life expectancy (total)	up to 5000 h
Timer	20 minutes
Electricity consumption	0,01 kWh
Dimensions	15 cm (height) x 9 cm (width) x 4 cm (depth)
Weight	1 kg
Wavelengths	660 nm (red light) och 850 nm (near infrared light)
Material	aluminum



How to use The Robin

Robin is a flexible red light lamp that offers the advantages of spot treatment in a convenient way. Its compact and lightweight design makes it perfect to take with you wherever you go, whether it's in your bag during the day or on the go.

The compact size and light weight of the Robin make it easy to carry with you everywhere. Store it in the included protective case for extra convenience and protection during travel.

Advantages of spot treatment:

Robin is intended for spot treatment, which means it focuses the light on specific areas of the body. This method has been reported to have positive effects on various aspects of health, including recovery, reduction of inflammation and improvement of skin appearance.

How to use:

Connect your Robin lamp to the power source using the supplied cable.

Press the power switch to activate the lamp.

Aim the light at the desired treatment area for optimal effect.

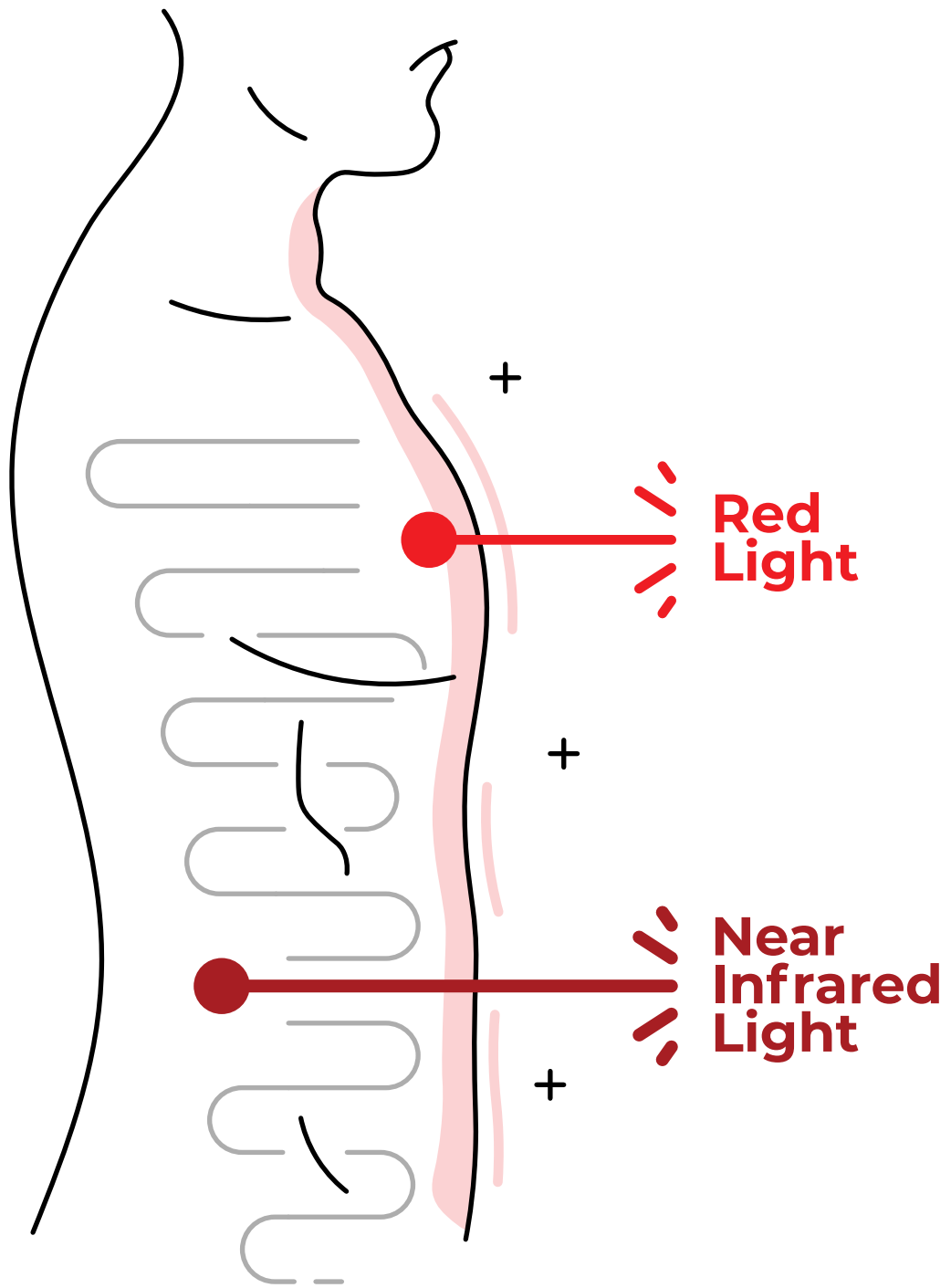
Maintenance and cleaning:

Turn off the lamp and disconnect it from the power source before cleaning.

Use a soft cloth or damp sponge to gently wipe the lamp.

Avoid using strong cleaning agents that can damage the surface.

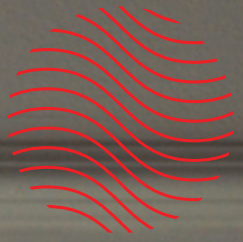
By following these simple guidelines, you will be able to enjoy the benefits of spot treatment with your Robin lamp in a safe and effective manner.





For more information, contact our customer service at hello@nutrilight.se

Our FAQ can be found via the QR code.



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Repairing
through
light.

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