

Thank you for purchasing the IntegraLight by TendLite® compact Medical Device. Your satisfaction is very important to us. The IntegraLight device is intended to deliver relief of joint and muscle pain, relieving stiffness, promoting relaxation of the muscle tissue and to temporarily increase local blood circulation where heat is indicated.

For best results, use the IntegraLight by TendLite® unit every day for three weeks, twice a day for 1 to 2 minutes cycles per use. Many people get relief from their pain within a few days. Consult your doctor if the pain persists or is severe. Please read this manual before use, in order to take full advantage of your IntegraLight by TendLite®.

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Read before using your device

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INTRODUCTION

Congratulations on your purchase!

This unit takes advantage of 40 years of NASA light frequency therapy research to give you the best in LED therapy. This device is designed to alleviate pain for certain indications. Please observe all safety precautions.

This device is FDA
cleared under number K
100213 - Class II - by our
manufacture: Lumanosity
Celebrity

Please read the entire manual before operating the unit.

INCLUDED IN THIS PACKAGE

- IntegraLight unit
- 3 AA Batteries
- Operating Manual

INDICATIONS OF USE

This unit is intended to deliver relief of minor muscle and joint pain, arthritis and muscle spasm, relieving stiffness, promoting relaxation of muscle tissue, and to temporarily increase local blood circulation where heat is indicated. Many types of joint pain relief including:

- Tendinitis (Tendonitis)
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Arthritis (including Rheumatoid)
- Bursitis
- Fibromyalgia

MEDICAL PRECAUTIONS

Contra indications

- Pregnancy - This unit has not been tested for use by pregnant women or infants and toddlers.
- Carcinoma
- Fever (body temperature higher than 100.4 F/38 C)

- In the vicinity of a pacemaker
- You have light triggered seizures

CONSULT YOUR PHYSICIAN BEFORE USING IF:

- You have high blood pressure
- You are taking Plavix or other blood thinners
- You have heart problems or use a Pace Maker
- You have light triggered seizures

OTHER WARNINGS AND PRECAUTIONS

- DO NOT use directly on the Thyroid (Front of the throat). Impact of increased temperature on thyroid is inconclusive at this time.
- DO NOT use skin creams, oils, rentin-A or lotion of any kind for at least a half an hour before a photo therapy session. Any type skin lotion can make the skin overly sensitive to the light.
- Follow usage INSTRUCTIONS. Putting the Light right next to the skin on one spot for several minutes, 5 minutes or longer, can heat the blood.
- For facial work, wearing PROTECTIVE GOGGLES over the

eyes is recommended. This is an extra safety precaution for the eyes. NEVER stare directly into the lights on the unit. When targeting near the eyes, you may have to adjust the goggles slightly in order to be able to reach some parts of the face.

- The unit should NOT be used by children under the age of 13 as their skin may be too sensitive.
- DO NOT allow the unit to contact broken skin. The device is not sterile and may cause infection.
- This unit does NOT emit UV rays, or any other harmful rays at all only specific wavelengths that have been shown to be safe in studies by NASA and University medical research centers.
- The unit is not to be used by incapacitated, sleeping or unconscious persons.
- Do not leave small children unattended.
- Do not allow children to use – this is not a toy.
- Do not use over areas of bruised, broken or insensitive skin.
- Do not sit on or against, fold, crush, or lay on this device.

- Do not use with liniments, salves or ointments that contain heat - producing ingredients, as skin burn could result.
- Do not look directly into LED or place unit in direct contact with eyes.
- Do not use over areas of poor circulation, as burns may result.
- If the device temperature begins to feel too hot, turn it off immediately. If the heat causes any discomfort, stop use immediately.
- Use cautiously, as burns may result from improper use.
- electronic circuitry. Great care should be exercised when using, storing and carrying the device.
- Do not lay unit (with power On) flat onto a plastic, wood or other heat sensitive surface. The heat from unit could cause damage.
- Do not apply to wet or damp skin. Electronics may be damaged if exposed to water.
- When cleaning the unit, NEVER immerse in or wash with water. Always use a soft dry cloth to clean the unit.
- If unit will not be used for an extended period, remove the battery from unit.
- Disposable battery must be installed, used, and disposed of properly. Battery may explode or leak and cause burn injury if inserted backwards, recharged, disposed of in fire, mixed with a different battery type, or disassembled. You may use RECHARGEABLE or DISPOSABLE battery on this unit.

SAFETY PRECAUTIONS

- DO NOT USE unit around water. Contact with water could cause electric shock. This unit is not waterproof. Do not place or store near a tub, sink, toilet, or other place where the unit could come into contact with water.
- Staring directly at the light can be painful for sensitive eyes.
- Read all instructions and safety precautions before using the IntegraLight unit.
- The IntegraLight unit is made of

DIRECTIONS FOR USE

For your safety, please read the “MEDICAL PRECAUTIONS” and

“SAFETY PRECAUTIONS” section of this manual before start using this product.

- **With the unit pointed away from your eyes, turn the ON/OFF switch (Black Rubber Button in the back of the unit) to ON position.**
- If using the unit anywhere near the face, put tanning goggles on first.
- If you are treating an area where blood vessels are visible near the surface of the skin, long treatments may increase the temperature of the blood.
- If you feel any discomfort at all, increase the distance of the unit from your body or discontinue the session.

- It is not recommended to point the light toward the front of the throat as this may create discomfort to the thyroid gland.
- To stop a treatment, push the ON/OFF rubber button in the back of the device.

DIRECTIONS FOR USE ON JOINTS

- Hold the unit over the pain spot in question at a distance anywhere from touching the skin to 1 inch away from the skin, depending on the depth of treatment desired. The Red light penetrates 1/2 inch into your tissue/joint. Reaching your tendon and joint directly, which makes the treatment very effective.
- Hold the unit on that spot for anywhere from 1 to 2 minutes. Then proceed to any additional spots.

The images below show the simple and easy use of your IntegraLight:



- For joint pain, it may be necessary to treat the area in question for up to 10 minutes. It may be helpful to move the light around to different angles around the area in question. For example, if it's a finger, point the light at different angles around the circumference of the finger, as you feel the need.
- Allow a day for full impact of healing to begin. For chronic pain, repeat treatment daily for 2 weeks.

SESSION FREQUENCY

For joint pain, daily sessions are Ok. For other conditions, 3 times a week is generally enough. This allows tissue to rest between treatments.

TREATMENT PERIOD

For best results, use the IntegraLight by TendLite® unit every day for two weeks, twice a day for 1 to 2 minutes cycles per use. Many people get relief from their pain within a few days.

Consult your doctor if the pain persists or is severe. Please read this manual before use, in order to take full advantage of your IntegraLight by TendLite®.

Treatments can be ongoing. Treatment periods can be as short as a single session for post-exercise mus-

cle relaxation, or as long as several months to promote relief for more involved and chronic conditions.

TROUBLESHOOTING

The IntegraLight units have NO customer serviceable parts.

IF YOU HAVE A PROBLEM CHECK THESE:

Person Related

- Lightheadedness - Stop use immediately. Consult a doctor if this persists. Make sure you are using the unit as directed. Holding the unit too close to the skin (less than an inch) for an extended period of time (over 3 minutes) on a single spot can lead to a rising of the blood temperature.

Machine Related

- The Red light doesn't turn on, is blinking or weak check battery.
- Is the power switch in ON position?

If none of these remedies correct the problem, contact customer support at support@tendlite.com for return authorization and a customer support representative will contact you with instructions.

EQUIPMENT MAINTENANCE

This unit has no customer serviceable parts. Opening the case or tampering with the lights will void the warranty.

Cleaning and Disinfecting

Use only a soft dry cloth to clean the exterior.

Never use an abrasive cleanser or submerge in water or any other liquid. This device cannot be sterilized by any liquid or autoclave method.

Storage

Store the unit in a cool, dry place, away from direct light and extreme heat.

WARNING: Do not allow moisture to come in contact with the case or light of the unit. Do NOT immerse the unit in water.

TECHNICAL SPECIFICATIONS

Model: 204 - IntegraLight unit

Voltage: 1.2 - 1.5 Vdc

1500 mW Input - 500 mW Output

Dimensions of Case: 4"L x 1"H

LED's: Red 660nm

Operating Environment

- Equipment is not suitable for use in the presence of a flammable anaesthetic mixture of air or with oxygen or nitrous oxide.
- Operating environment: 10 C to 40 C (50 F to 122 F) 700 to 1060 hPa
- Storage environment: -20 C to 50 C (4 F to 122 F) 700 to 1060 hPa
- Humidity: 15 to 95% RH
- Equipment: Class II
- Mode of operation: Continuous operation

30 DAYS MONEY BACK GUARANTEE

Please contact us at contact@tendlite.com

MANUFACTURE LIMITED 1-YEAR WARRANTY

This product is warranted to be free

from defects in materials and workmanship for a period of one (1) year from date of original purchase. If the Unit should become defective within the warranty period, we will repair any defective parts free of charge. The warranty does not cover external parts, unauthorized repairs, or unusual wear and/or damage resulting from accident, natural disasters, or use of the unit for other than intended use.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state in the USA. This device has NO customer serviceable parts. Opening, dismantling or tampering with this unit in any manner will void the warranty. This unit must be returned to manufacturer for all service and repairs.

Warranty Service Procedure

1. Contact the Distributor **Tend Lite®** at: **contact@tendlite.com** for your Return Merchandise Authorization (RMA) number and procedures.
2. Please include the RMA number, a complete description of the

problem, copy of original sales receipt and your name, address, telephone number and email address.

GLOSSARY

LED - Light Emitting Diodes which are used to generate photonic energy (the source of light on the Celebrity unit).

Milliwatt (mW) - Unit of measure for optical output power.

Nanometer (nm) - The unit of measure for the length of the light wave (wavelength), which is defined as the shortest distance at which the wave pattern fully repeats itself, usually measured from crest to crest. The wavelength of light in the visible spectrum determines its color.

Frequency - The number of times that the light wave oscillates per second (The number of periods of oscillations per second).

Vdc - Direct current voltage.