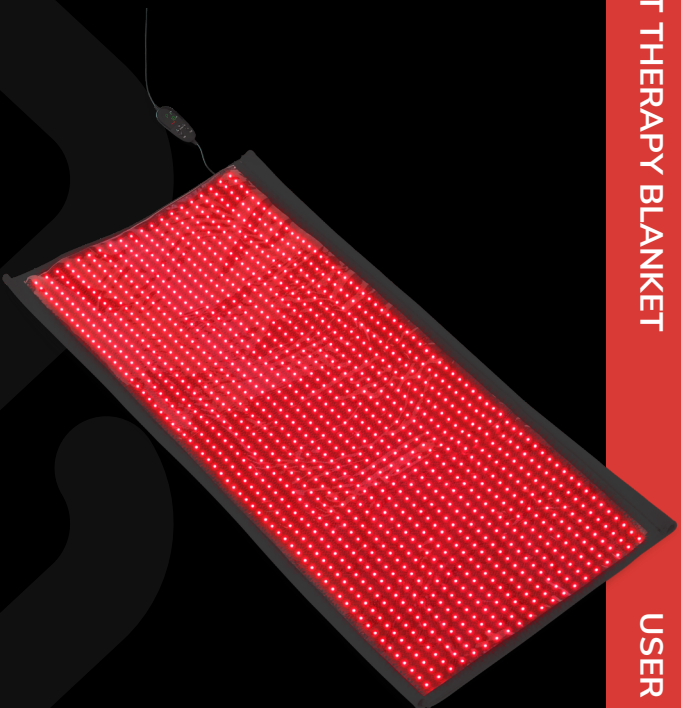


RED LIGHT THERAPY BLANKET

USER MANUAL



BON CHARGE

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1. WELCOME

The Red Light Therapy Blanket delivers high powered and focused red light at 660nm (visible red light) and near infrared light at 850nm (invisible light).

1.1. Intended Use

This product is a general use wellness product and is not intended to prevent, cure or treat any medical condition.

2. KEY POINTS

2.1. Activating Your Red Light Therapy Blanket

For the best possible results, it is highly recommended you read this manual prior to using your Red Light Therapy Blanket for the first time.

2.2. Photosensitivity Test

It is very important to do a photosensitivity test prior to long sessions with your Red Light Therapy Blanket. Turn on your Red Light Therapy Blanket and shine the light on an exposed part of your forearm, about 1 inch away, for 2 minutes. If you experience any discomfort or redness on your skin you must not use your Red Light Therapy Blanket until you have sought professional advice from your doctor or healthcare provider.

2.3. Usage Instructions

Your Red Light Therapy Blanket should be used with minimal clothing. The recommended session time between five (5) minutes and twenty (20) minutes.

2.4. Multiple Usages

Red light works best when administered consistently. The best results will be seen from daily use but as a minimum it is recommend to use your Red Light Therapy Blanket at least 3 times a week.

2.5. What To Expect

The time it takes to see results from using your Red Light Therapy Blanket depends on your personal goals. There are countless peer reviewed academic studies that show the long-term benefits of red-light. It's important to trust these studies and know that you are benefiting from using your Red Light Therapy Blanket. Most people will feel and see benefits within a week of consistent use but other people may take up to 3 months to see and feel the benefits. By using your Red Light Therapy Blanket on a daily basis, you will be optimizing the benefits.



NOW STREAMING • 18 MINS

The BON CHARGE Method

with Flik Swan, Celebrity Trainer

Train like a star, recover like a pro.

Enjoy an 18-minute post workout session to incorporate a full red light recovery routine.



SCAN TO WATCH

<http://youtu.be/tv85HQvRYMc>

3. SETTING UP AND USING YOUR BLANKET

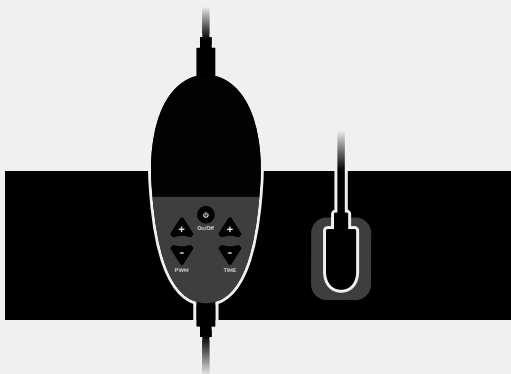
3.1. What's In The Box?

AMOUNT	ITEM
1 *	Red Light Therapy Blanket
2 *	Adaptor
1 *	Goggles
2 *	Controller
2 *	Power Cord
1 *	QR Code Manual

3.2. Setup

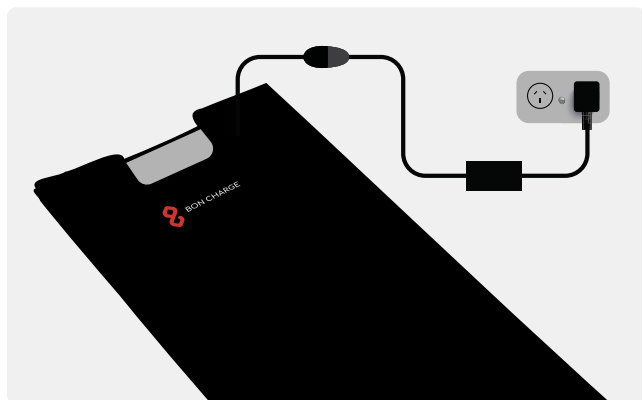
Step 1:

Connect the device to the controller



Step 2:

Connect the controller to the power adaptor via the power cord provided

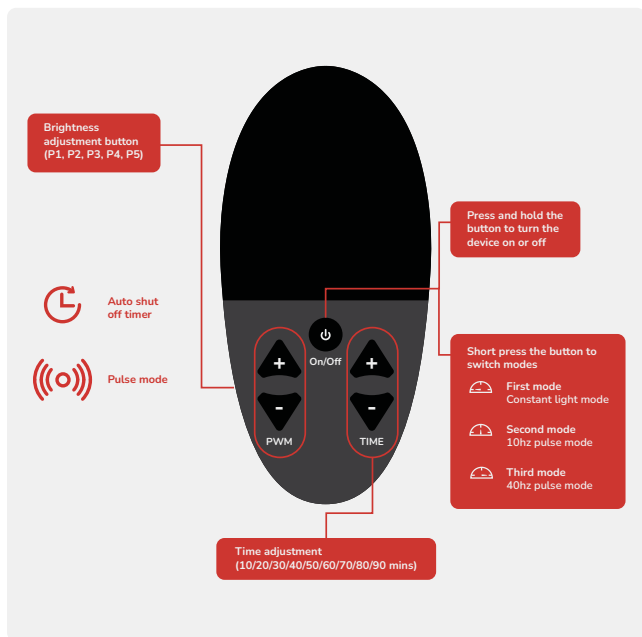


Step 3:

Get into the Red Light Therapy Blanket, much like you would a sleeping bag and then zip the side closed.



3.3. Using The Controller



4. MISCELLANEOUS INFORMATION

4.1. Troubleshooting

My Red Light Therapy Blanket won't turn on:

- Ensure your Red Light Therapy Blanket battery is fully connecting and the power supply is switched on at the mains
- If your Red Light Therapy Blanket still won't turn on please contact us at BONCHARGE at hello@boncharge.com for further assistance.

4.2. Frequently Asked Questions

How should I use my Red Light Therapy Blanket?

We highly recommend using your Red Light Therapy Blanket for between five (5) to twenty (20) minutes per day, every day, for optimal results.

Do I need to wear eye protection?

Protective goggles are provided and should be worn during your session. Do not stare directly into the LEDs.

Will the light from the Red Light Therapy Blanket disrupt any medication I am taking?

If you are taking any photosensitizing medication ensure you seek medical advice before using Red Light Therapy Blanket. Such medications include Tetracycline, Digoxin and Retin A. Thousands of clinical trials have shown red light to be safe and effective, however it is always recommended to consult your health care provider or doctor before using the Red Light Therapy Blanket.

Can my children use the Red Light Therapy Blanket?

This device is only suitable for adults 18 years and older.

4.3. Technical Specification

Dimensions	180*80cm
Wavelengths	660nm, 850nm
Power	270W
LED Count	2,520
Irradiance	170mw/cm ²
Warranty	1 Year
Lens Beam Angle	30 degrees
Power Source	Mains Powered

4.4. Notice

We suggest taking the following precautions:

- This device is not waterproof
- This device is not suitable for children and pregnant women
- Do not exceed 30 minutes per session
- Do not stare at the light directly
- Do not use when sleeping
- Keep away from children

4.5. Safety Instructions

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions.

Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property.

4.6. Contraindications

- Do not use this product over open or bleeding wounds.
- Do not use this product if you are, suspect you may be, or are planning to become pregnant, or if you are, or plan to begin, breastfeeding.
- Do not use this product if you have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumors.
- If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using this product.
- Consult your physician before using this product if you:
 - Are under the care of a physician for a pre-existing health condition.
 - Take steroid medication, use a topical steroid, or receive steroid injections.
 - Have recently had surgery, LASIK or PRK eye surgery, or skin filler injections, if you have breast implants, or if you have a tattoo in the treatment area.
 - Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
 - Take a medication that may make you sensitive to light or sunlight, including some antibiotics, chemotherapy drugs, cold and allergy medications, pain medications, and diuretics.
 - Use products that may cause photosensitivity, such as citrus essential oils, St. John's Wart, antibacterial soap, and coal tar and petroleum products.
 - Are or may be sensitive to red light or near-infrared light.

4.7. Warning

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power adapter and USB power cable at the specified voltage to power the device. Using power adapters or cables other than the ones provided may result in fire or explosion.
- Do not use the provided power adapter or USB power cable to power other devices.
- Do not modify, tamper with, or damage the power adapter or USB cable.
- Never unplug the power adapter by pulling on the cord.
- Never use a modified or damaged power adapter or USB cable to power the device.

- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Always inspect the device, remote control, and power cables for damage, wear and tear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- 10Hz pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household experience symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements or convulsions, stop using the device immediately and consult your physician.
- Stop using the product immediately if you feel pain or discomfort.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
- Do not operate the device while, sleeping, driving, smoking, or under the influence of drugs or alcohol.
- Do not use this product on sleeping or unconscious people or infants.
- For adult-use only. Keep away from children and pets.
- This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.

4.8. Disclaimer

This product is not intended to diagnose, cure or prevent disease. BON CHARGE makes no claims, representations or otherwise warranties the ability of this product to cure any physical, skin or mental conditions from using this product. A qualified health professional should always be consulted prior to using this product and with regards to any conditions requiring medical attention or contraindications.

5. MAINTENANCE, CLEANING AND DISPOSAL

5.1. Maintenance

The Red Light Therapy Blanket does not require any maintenance.

5.2. Cleaning

- Ensure your device is switched off.
- Clean the surface with a damp cloth and allow to dry before use.
- Avoid using any polishes or bleaches as they may damage your Red Light Therapy Blanket.

5.3. Disposal

This device must not be disposed of with your normal household rubbish. This device requires disposal via your designated waste collection point. This device contains a lithium battery and this must be disclosed when handing over to the waste collection point adviser.



6. WARRANTY AND RETURNS

6.1. Manufacturer's Warranty

BON CHARGE warrants that this device (Red Light Therapy Blanket) will function and perform within the specifications for one year from the date of delivery.

6.2. What does this Manufacturer's Warranty Cover?

This Manufacturer's Warranty covers any defect in material or workmanship under normal use during the warranty period.

During the warranty period, BON CHARGE will repair or replace, at no charge, products or parts of a product that proves defective because of improper material or workmanship, under normal use and maintenance.

6.3. How Long Does The Cover Last?

This Manufacture's Warranty for Red Light Device purchased from BON CHARGE is valid for one (1) year from date of purchase. A replacement Red Light Device or part assumes the remaining warranty of the original Red Light Device.

6.4. What Does This Warranty Not Cover?

This Manufacturer's Warranty does not cover any problem that is caused by:

- Conditions, malfunctions or damage not resulting from defects in the material or workmanship.
- Equipment that has been abused, modified, damaged, or fitted with substitute parts.

6.5. What Do You Have To Do?

To obtain a warranty service, you must first contact us to determine the problem and the most appropriate solution for you.

Contact details:

hello@boncharge.com

2/40 King Edward Road, Osborne Park, 6017, Western Australia

If service is required, the buyer is responsible to return the device to BON CHARGE within the one (1) year warranty period.

BON CHARGE reserves the right to provide parts in different colours to the original device.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.



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