

FULL-BODY RED LIGHT THERAPY

Red Light Therapy Science



Stimulates wound healing and tissue repair



Reduces aging effects by supporting collagen production



Increases Blood Circulation



Improves joint health



Improves physical performance through improved muscle recovery and energy levels



Improves sleep quality and duration

How does Red Light Therapy Work?

What is Red Light Therapy? Red and near infrared (NIR) light therapy, often simply referred to as “red light therapy”, is a type of therapy that uses specific wavelengths of light to bring about positive health benefits. This form of phototherapy uses wavelengths of light that are considered bioactive in humans.

People use red light therapy to improve skin quality, speed wound healing, stimulate hair growth, reduce chronic pain, and improve workout recovery times. Studies indicate that red light therapy's effects occur due to the stimulative effect that red and NIR wavelengths of light have on mitochondria, the energy center of the cells.

Post a picture and #mitoredlight and tag @mitoredlightofficial

Our products are low-risk, general wellness / fitness products. These products are not intended to diagnose, cure, or prevent specific diseases or medical conditions. The Mito Red Light website is for education and information purposes only and is not intended as medical advice or a substitute for medical advice. A qualified health professional should always be consulted prior to using the products.



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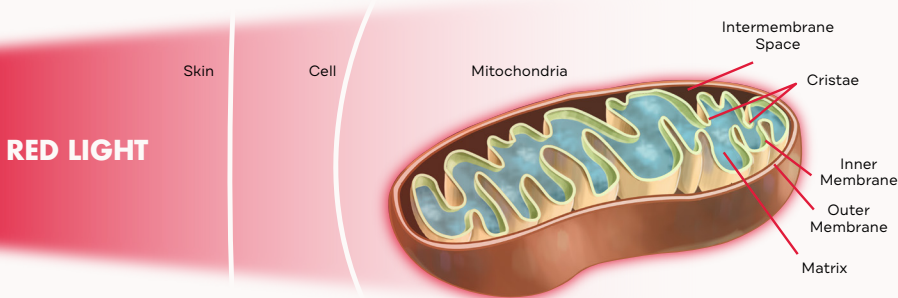
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CELLULAR ACTIVATION BY RED LIGHT

LIGHT PENETRATION → **MITOCHONDRIAL ACTIVATION** → **CELLULAR ENERGY BOOST**
 Red light enters the cell → Mitochondria absorbs light → ATP production increases enhancing cellular repair



The Science Behind RLT

The best-studied mechanism of action surrounding red and near-infrared light therapy is the stimulation of mitochondrial energy production in the cells. Mitochondria are tiny organelles (organs within a cell) that produce all of the energy that our cells and our bodies ultimately need.

All molecules and atoms absorb very specific wavelengths of light. The specific molecule within the mitochondria that is thought to absorb red and near-infrared light is a chemical called cytochrome C oxidase. Cytochrome C oxidase plays an absolutely essential role in transferring electrons down an electrochemical gradient in mitochondria called the electron transport chain.

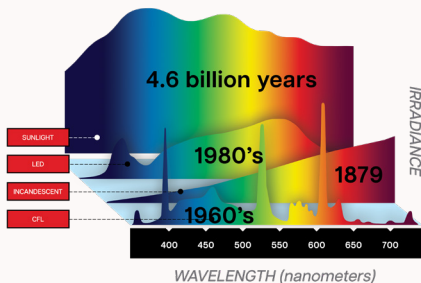
The electron transport chain is what drives the synthesis of ATP (adenosine triphosphate). ATP is a complex organic molecule that is considered the “currency” of energy in the body.

Red light therapy is ultimately thought to improve the efficiency and speed of the electron transport chain, improving the availability of ATP in the cells and throughout the body. This increased energy is what is thought to provide the many benefits that red light therapy is used for.

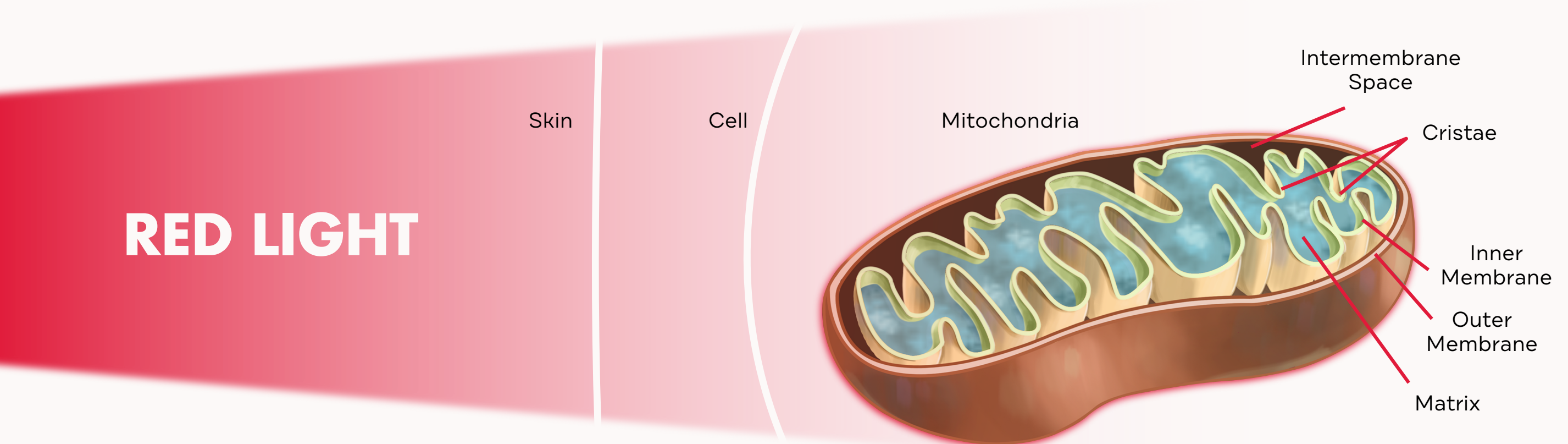
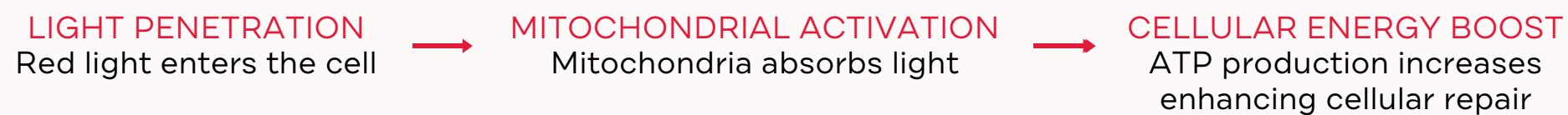
Modern Humans are “Mal-Illuminated”

The human body requires light to function, with light having an important role in many biological processes. The solar spectrum is made up of UV, Visible and Infrared light with each part of the spectrum having important and distinct biological effects. For example UVB light is needed to make vitamin D and blue light helps regulate our body’s circadian rhythm.

While light plays many important roles in health, modern humans are spending less and less time exposed to sunlight. Our housing, transport, and workspaces are often indoors, reducing our exposure to the beneficial health effects of natural sunlight.



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