

# Testimonials

*"I thought I had no choice but to live with constant back and hip pain. Light therapy with CareLight technology changed my life."*

*- Larry Sims, Retired Emergency Room Doctor*



Phillis Chrampanis was used to living with constant pain and the impact it had on her sleep and her long hours at work. After seven weeks using her CarePads, she has more energy and much less pain.

Donald Althoff was sidelined from the golf course with constant pain in his feet and lower legs. Not anymore!



Beth Dawson thought she was headed for a wheelchair with debilitating pain in her feet and legs. Then, with CareLight technology, Beth was back on her feet with less pain.

Devices are intended for temporary relief of minor pain, muscle aches and stiffness and increased circulation. Carelight and it's devices are not intended to diagnose, treat, cure, or prevent any disease.

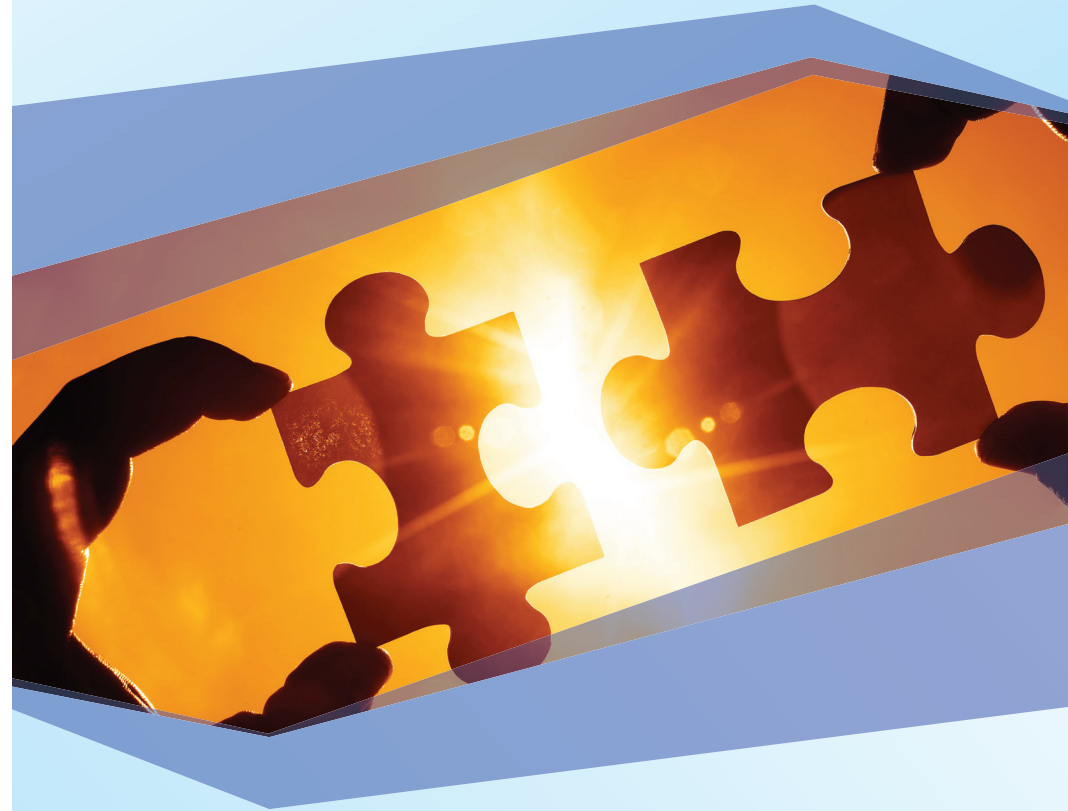


Learn more at [www.carelight.com](http://www.carelight.com) and visit our channel "CareLight" on YouTube

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## Solving the Puzzle for Pain Relief



Brought to you by CareLight,  
leader in quality red light therapy products

# What is Light Therapy?

The mechanics of vasodilation are the core efficacy of Light Therapy.

## The Nobel Prize in Physiology or Medicine 1998



Photo from the Nobel Foundation archive.  
**Robert F. Furchgott**  
Prize share: 1/3

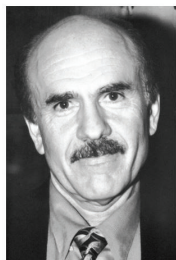


Photo from the Nobel Foundation archive.  
**Louis J. Ignarro**  
Prize share: 1/3



Photo from the Nobel Foundation archive.  
**Ferid Murad**  
Prize share: 1/3

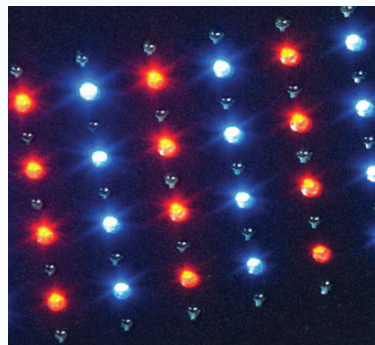
Nitric oxide, a critical molecule of life, was discovered to prompt vasodilation by a Nobel Prize Winning team of researchers in 1998.

It is that same process that doctors have discovered occurring during light therapy sessions. People experience vasodilation, and the resulting increase of oxygen and nutrients to cells.

This process, which once was only achievable by drugs and other medications, leads to increased circulation and a temporary reduction of pain.

Light therapy is a non invasive, pain free, drug free way to increase circulation and reduce pain. It utilizes specialized, medical grade LEDs to create the therapeutic wavelengths that have long been known to promote wellness. In the case of a chronic illness, the relief may be temporary and require multiple sessions of use before you can extend out the frequency of the sessions. Because of pain relief from light therapy, we have seen our customers use fewer drugs for pain management.

What light therapy medical devices exist in the marketplace? There is a wide variety of designs and prices. There are lasers, pad lasers, handheld lasers, pad LEDs, handheld LEDs, and panel LEDs. There is a very wide variance in quality and price. If you purchase a poor quality product, it is quite likely the improvement you are seeking will be minimal or nonexistent. Price doesn't always lead you to the best quality. We will teach you how to choose.

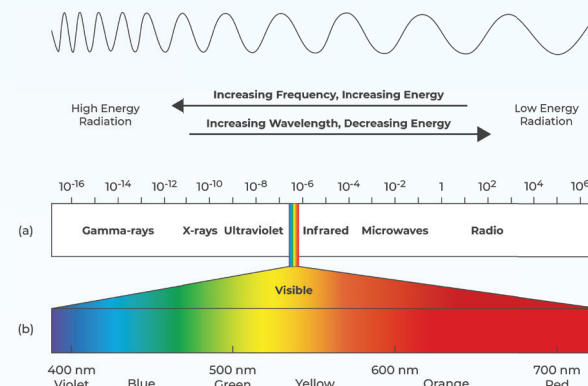


There is one important reference for quality: The total dosage (joules) delivered directly to the body to consider for high quality light therapy:

# The Science of Light Therapy

We know that a particular range of wavelengths are therapeutic to the human body. Let's look at the graphic below. We can see 4 important points:

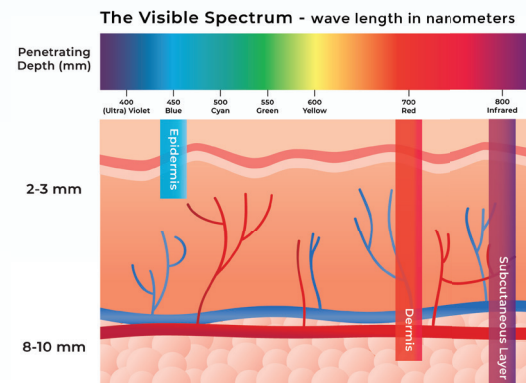
1. The broad spectrum of light,
  2. The enlarged color section is visible light. This ranges from violet to red.
  3. As infrared is not in the visible spectrum it lies outside our ability to see it.
  4. The increasing frequency of the wavelength creates increasing energy.
- Note the increasing wavelength results with decreasing energy



Now let's look at another important graph of the three wavelengths we mentioned as the "therapeutic wavelengths". In this graph we see the penetrative depth of light and energy of different wavelengths.

Once Again, Light therapy is characterized by three issues:

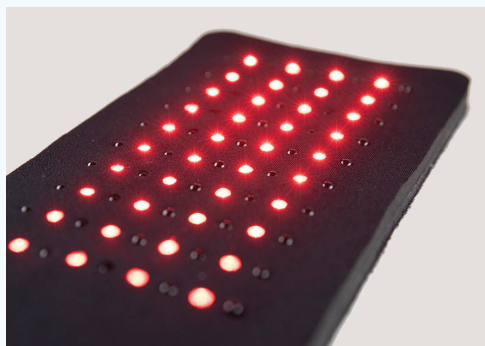
1. Depth of penetration
2. Dosage (joules)
3. Proximity to skin



# Ten Keys to Choosing a Quality Light Therapy Device

## 1. Quality of the LEDs - most important

High quality LEDs, like those we use in CareLight pads, are far more efficient than many of the LEDs used by our competitors. Many of them create more heat and less light, thus requiring them to spend more time off per treatment and providing less energy to treatment site. CareLight LEDs have a special lens that focuses the light beam directly into the body.



## 2. Proximity to the treatment site

Poorly-designed devices that cannot make skin contact are for the most part ineffective, as most of the light dissipates before it reaches you, and instead is lost to your surroundings. This graph shows how dramatic that power loss is:



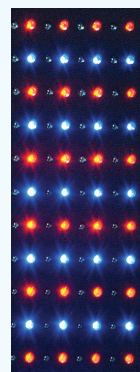
## 3. Wavelength

The best wavelengths for maximum efficacy are:

**Blue:** 465 nm, said to target the dermis for acne and wrinkles

**Red:** 630 nm promotes increase in ATP production

**Infrared:** 850 nm deepest penetration to subcutaneous tissues (the invisible spectrum, and you can see in the photo that it looks like the infrared is not working!)



## 4. "On" cycle

The FDA has established maximum allowable temperatures for all light therapy pads. This means that the LEDs have to be cycled on and off to keep the pad cool. The less efficient the LEDs, the faster the pad reaches the maximum operating temperature has to be turned off until it cools. Some designs reduce the heat by either spacing the LEDs farther apart or putting fewer LEDs in the pad, thus reducing the dose the user receives.



Carelight's industry-leading electronic design results in one of the longest "on" cycles on the market: 50%.

## 5. Pulsing/Frequency

Pulsing/Frequency is important because of the way the human body responds to its environment, like how you will not hear background noise after several minutes.



The body responds to the lights the same way. If the lights are on constantly, the body soon ignores the light and receives far less benefit, however if it is pulsing it continually looks like new information to the body and it responds much better. CareLight controllers have many frequencies. Medical professionals and practitioners have helped us determine what they feel are the best frequencies for different needs for their patients. We cover this in our product reference guide.



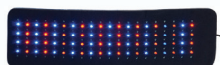
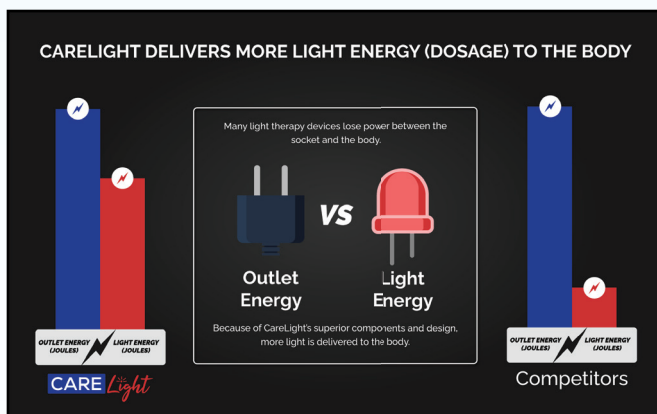
## 6. Dosage (Joules or energy)

Joules, a measurement of watts (energy) per second, is how we measure the light energy delivered to the body. Said another way, it is the dose you are receiving. This can be an immediate understanding of the quality of the device. Many light therapy devices give you the watts of power at the electrical source. However, once the electrical power is converted to light energy, large amounts of energy can be lost in the form of heat. This is why many products give you the power that is coming out of the outlet rather than the light energy; they are highly inefficient and poorly engineered. To really understand the power of a device, take a look at the light energy delivered to the treatment site, not how much is coming out of the electrical outlet. We also encourage you to look at the table of 3rd party testing included later in this brochure, and you will see how much more effective CareLight is.

### On our website, under every pad you will see:

1. The joules delivered at the skin
2. number of LEDs.

You always know the quality and dosage you are getting.



**CarePad 180**  
60 blue, 60 red, 60 IR LEDs



**CarePad 264**  
264 Blue LEDs

## 7. Quantity of LEDs

The quantity of the LEDs is expressed in LEDs/cm<sup>2</sup>. Products with a low LED count mean a cheaper price or poor engineering to minimize heat during the conversion process. Other hand held devices with one LED may have a powerful output but only treat a spot the size of a pencil and no bigger than a quarter or silver dollar.

Carelight pads are named by the number of LEDs they contain, or the specific body part they are designed to treat.



When buying with CareLight, you can be assured your device is manufactured to the highest quality.

## 8. Manufactured in the USA

Our factory in the Chicagoland area produces every pad we sell, and we are proud of the high standards we maintain. Our experts are happy to help you with any questions you may have and to resolve any issue. Unlike many other light therapy brands, we offer a two year warranty as a mark of our confidence in our product.

## 9. ISO approved factory

As a class II medical device, the FDA has a stringent set of standards called CFRs that must be met, covering every aspect of production.



Our factory is independently inspected to ensure we meet these requirements. This rigorous process guarantees the quality, safety, and efficiency of products produced in our facility. So, when you purchase a CareLight product, you are assured of both high quality and consistency. After all, this is a medical device and your health is important.

## 10. FDA cleared or listed

**FDA  
Listed**

FDA listed means the government has reviewed the product and has determined the product is safe to use. Unlisted products are often imported and the quality & safety are to be questioned.

We are a class II medical device, similar to items such as stethoscopes and tongue depressors. Class II medical devices do not receive an FDA approved status as that is for drugs.

Dermatology researchers from Harvard medical school conducted a review of Red light therapy in 2013 and praised it's "Noninvasive nature and almost complete absences of side effects."

[www.carelight.com](http://www.carelight.com)

# The CareLight Difference

CareLight is proud to release the independent 3rd party review of our products with other devices on the market: including LED pads, panels, cold lasers, handheld LEDs and laser pads. This unbiased and science-based research was done by a third party engineering company.

Note the total dosage, at the top of the chart, which reveals how much more energy CareLight pads deliver to you compared to our competitors.

LED Light Therapy Pad Comparison								
CARE <i>Light</i>	CareLight 132	InLight 132	CareLight 180	InLight 180	CareLight 264	NeuroCare 264	CareLight Foot + Ankle	Anodyne Freedom 300
Dosage Per 20 Min Session (Joules)	2,336	1,577	3,513	660	5,629	1,577	2,310	1,300
Total Power (mW)	1,946	1,314	3,009	550	4,691	1,031	1,925	1,081
ON Time Percentage	50%	35%	50%	35%	50%	50%	50%	50%
Pulse Randomization	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Number of Infrared LEDs	72	72	100	100	144	144	70	300
Number of Red LEDs	60	60	80	80	120	120	52	0
Proximity to Skin	Contact	Contact	Contact	Contact	Contact	Contact	Contact	Contact
Total Area (cm <sup>2</sup> )	184	184	282	282	361	391	478	131
FDA Listed	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
ISO Certified	Yes	No	Yes	No	Yes	No	Yes	No
Manufactured in USA	Yes	No	Yes	No	Yes	No	Yes	Yes

Other Light Therapy Products							
CARE <i>Light</i>	CareLight 264	Tendlite Single LED	Celluma	Average Foreign Import	Curavi	Sinorko	Things to Note
Dosage Per 20 Min Session (Joules)	5,629	1,200	1,270.8	424	1,200	238	All CareLight products are engineered to the highest standard and produced with the best materials. Our industry leading LEDs use a focused lens, resulting in less light wasted and more delivered to the body for quality treatment. Other products are less efficient and more prone to overheating, drastically reducing their efficacy.
Total Power (mW)	4,691	1,000	828	353	1,000	146	
ON Time Percentage	50%	100%	20 - 60%	20 - 50%	100%	100%	
Pulse Randomization	Yes	No	Yes	Yes	No	No	
Number of Infrared LEDs	144	0	77	25	0	Single Laser Diode	
Number of Red LEDs	120	1	84	20	200 Laser Diodes	12	<b>Joovy Note:</b> Uses LEDs that generate a lot of heat and therefore must be used at a distance to the treatment site. For this reason it is debatable how much energy is actually absorbed by the body rather than lost to surroundings
Proximity to Skin	Contact	Contact	No	Contact	Contact	Contact	
Total Area (cm <sup>2</sup> )	361	Spot	450	210	610	9	
FDA Listed	Yes	Yes	Yes	No	Yes	No	
ISO Certified	Yes	No	No	No	Yes	No	
Manufactured in USA	Yes	No	Yes	No	Yes	No	

## About CareLight Pads

- CareLight Pads are made of a soft neoprene fabric (approximately ½" thick) with the LED Lights partially embedded in the pads. The pads are then placed against the treatment site.
- The circuitry architecture embedded in the neoprene allows for pliability and a comfortable application of the pads to any body part.
- This contoured application allows the maximum number of LEDs to touch the skin and increases the skin absorption of the therapeutic light and enhances the benefits of each CareLight session.
- The entire range of CareLight pads can be used interchangeably with any of our controller devices, and often multiple Pads can give ideal circulation benefits for profound, temporary pain relief.

You will need these two things to get started:



A controller (two types pictured here)

One or more CarePads



2 port (has a fixed Nogier frequency / (no ability to change frequencies)



The 3 and 6 port: exactly alike with exception of ability to use 3 or 6 pads at once. (Each controller has Nogier, Solfreggio and Fibonacci frequencies.)

Care Light offers nearly a dozen innovative combinations of pads and controllers at a reduced price

So easy to use!  
Plug it in, put it on, turn it on, and it turns off automatically in 20 minutes!