Installation & Operating Instructions

Shine 5

Radiant Health

Shine 5 Personal Red Light

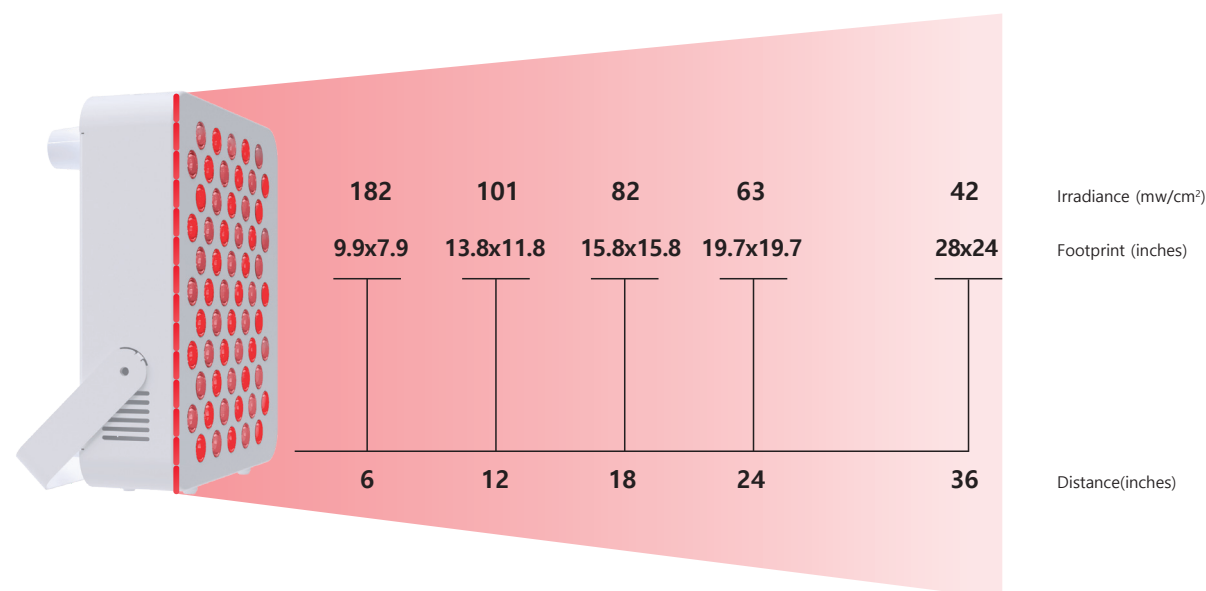|	
Wavelengths	630nm, 660nm, 810nm, 830nm, 850nm
Amps @110v	0.88A
Dimensions	10.6" x 9" x 2.6"
Power Consumption	101W
LEDs	60 × 5W
Beam Angle	30 Degree
Timer	1-30 minutes adjustable
Pulse	0-40 Hertz adjustable(only for NiR LEDs)
Dimmable	0%-100%
Cooling Fans	1
Weight	8.4 lbs / 3.8 kg
LED Lifespan	50,000hrs
Warranty	3 Years
Max Area	28" x 24"
App	RLT System

Shine 5 Personal Irradiance

Irradiance is the strength of light that reaches your skin.

The higher it is, the more energy your body absorbs, and the shorter your sessions can be.
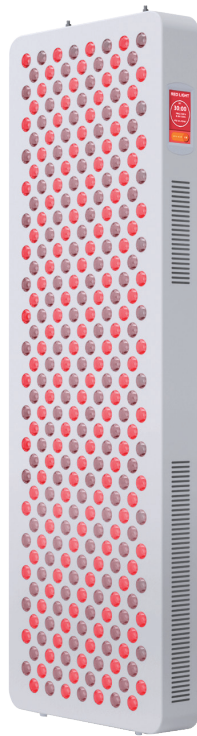
Radiant Health devices are calibrated for the ideal balance of power and safety.

For best results, sit 6-24 inches from your Shine 5 Personal red-light panel and enjoy 20-minute sessions several times per week.

Consistency is key to unlocking lasting benefits.

182	101	82	63	42	Irradiance (mw/cm²)
9.9x7.9	13.8x11.8	15.8x15.8	19.7x19.7	28x24	Footprint (inches)
6	12	18	24	36	Distance(inches)

Shine 5 Core Red Light

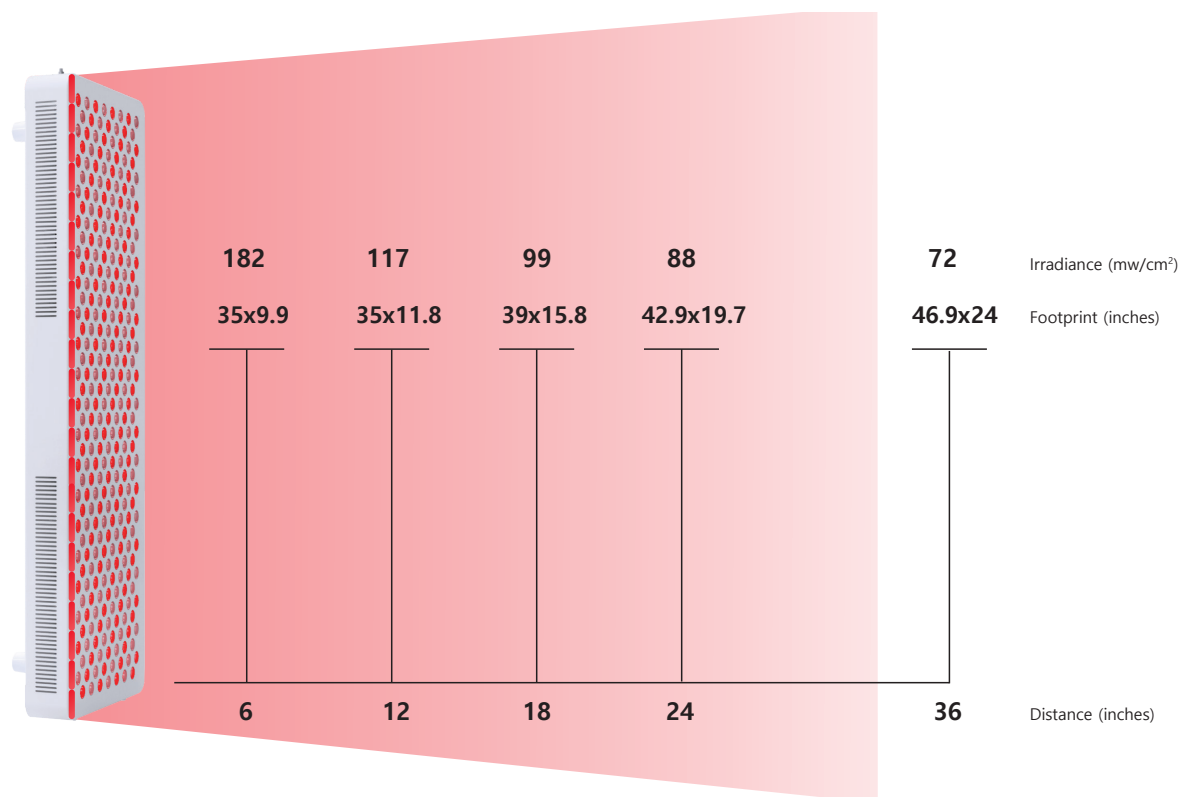|	
Wavelengths	630nm, 660nm, 810nm, 830nm, 850nm
Amps @110v	4.43A
Dimensions	35.8" x 11.8" x 2.6"
Power Consumption	489W
LEDs	300 × 5W
Beam Angle	30 Degree
Timer	1-30 minutes adjustable
Pulse	0-40 Hertz adjustable(only for NiR LEDs)
Dimmable	0%-100%
Cooling Fans	4
Weight	23.8 lbs / 10.8 kg
LED Lifespan	50,000hrs
Warranty	3 Years
Max Area	47" x 24"
App	RLT System

Shine 5 Core Irradiance

Irradiance is the strength of light that reaches your skin.

The higher it is, the more energy your body absorbs, and the shorter your sessions can be.

Radiant Health devices are calibrated for the ideal balance of power and safety.

For best results, sit 6-24 inches from your Shine 5 Core red-light panel and enjoy 20-minute sessions several times per week.

Consistency is key to unlocking lasting benefits.

182	117	99	88	72	Irradiance (mw/cm²)
35x9.9	35x11.8	39x15.8	42.9x19.7	46.9x24	Footprint (inches)
6	12	18	24	36	Distance (inches)

Shine 5 Personal Accessories

Light Panel

Eye Protection
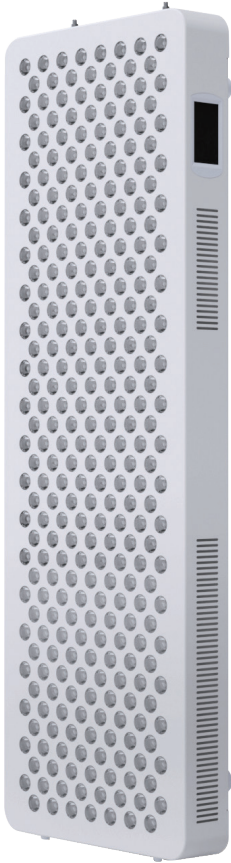(Optional)

Handle

Remote Control

Power Cord

Extension Cord

Shine 5 Core Accessories

Light Panel

Remote Control

Eye Protection
(Optional)

Power Cord

Extension Cord

Floor stand

Operating your Shine 5 Red Light Panel

Radiant Health

Welcome to your Radiant Health Light Panel
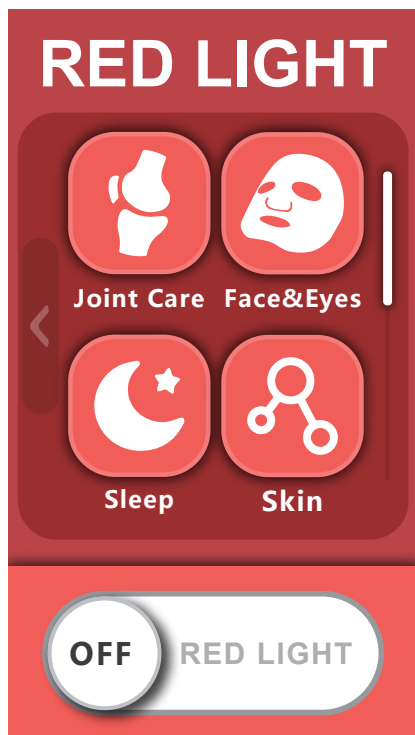
RED LIGHT

Smart

Custom

Group

OFF RED LIGHT

1. Press the **Smart** button to select Joint Care, Face & Eyes, Sleep, Skin, Workout, or Mood Health mode.
2. Press the **Custom** button to choose Dimming, Timer, or Pulse.
3. Press the **Group** button to select Group 1, Group 2, or Group 3. (if you have more than one panel)
4. Toggle the switch **OFF/ON** to turn the light off/on

RED LIGHT

Joint Care   Face&Eyes

Sleep   Skin

OFF   RED LIGHT

Press the Smart button, scroll up or down to view all smart modes, press to select one.

RED LIGHT

Workout   MoodHealth

OFF   RED LIGHT

RED LIGHT

Joint Care **Face&Eyes**

Sleep **Skin**

OFF RED LIGHT
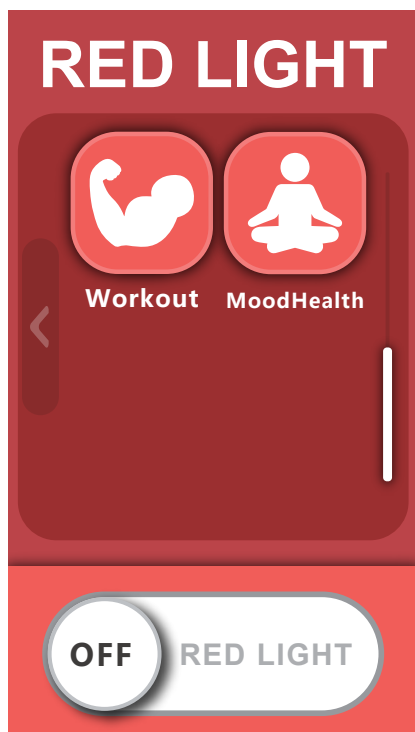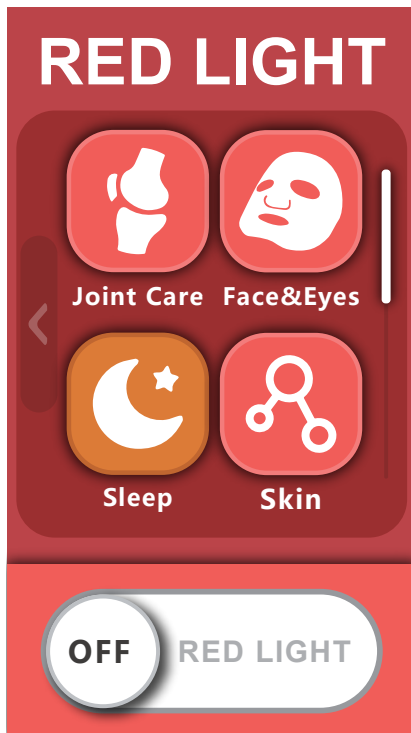
Press the Sleep button, it turns yellow to show it's selected. Press OFF to start.

RED LIGHT

G1

30:00

Sleep

RED LIGHT ON

The time is displayed during operation. To turn off the light, press the ON button, and it will turn gray.

RED LIGHT

G1

PAUSE

Sleep

RED LIGHT Pause

When Paused the light will remain off.

RED LIGHT

G1

Finished

Sleep
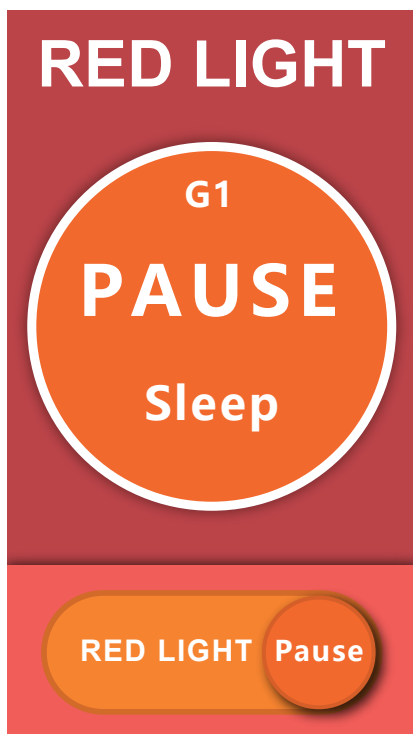
RED LIGHT ON

Once the timer runs out in smart mode, the light will turn off.

RED LIGHT

Smart

Custom

Group

OFF RED LIGHT

Press the Custom button, it turns yellow and enters the Custom mode.

RED LIGHT

Dimming

Timer

Pulse

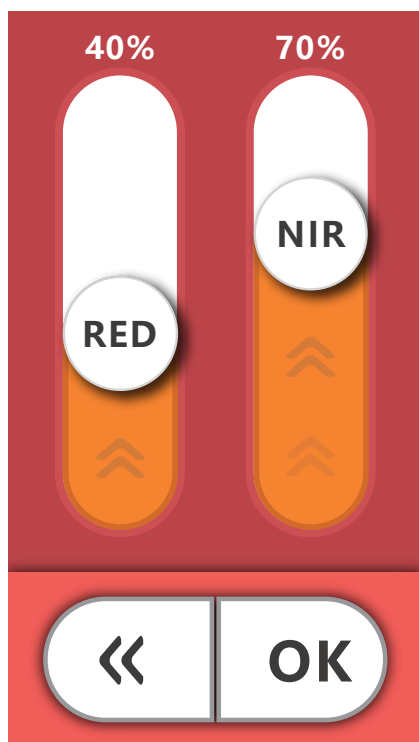OFF RED LIGHT

Press the Dimming button to adjust the intensity.

40%   **70%**

NIR

RED

«   OK

Slide RED or NIR to adjust the light intensity. The light changes as you slide, and the number above increases or decreases from 0% to 100%. After setting the value, press OK to return to the custom interface.

Timer
30min

—   +

«   OK
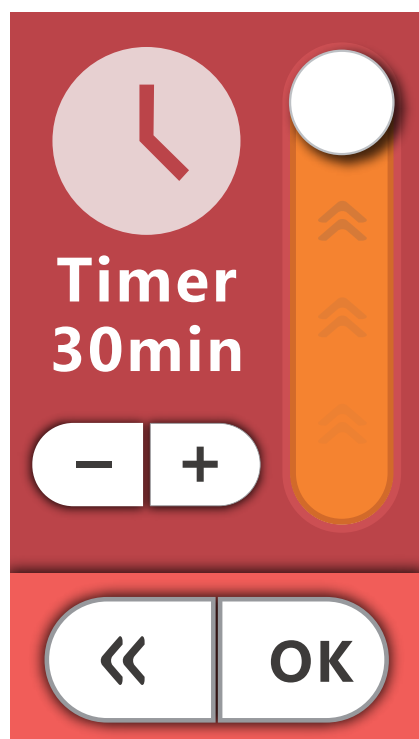
In the custom mode interface, press the Timer button to enter this screen.

From the Timer interface, set your desired time using the + and - buttons or by sliding the screen. Press OK to save this time, this time will stay in memory and the light will default to this when started.

After setting the value, press OK to return to the custom interface.
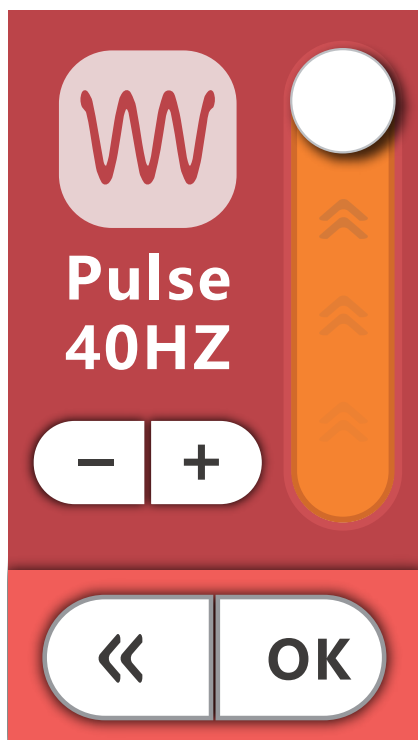
**Pulse
40HZ**

**In the custom mode interface, press the
Pulse button to enter this screen.**

You can adjust the Pulse from 0% HZ to 40% HZ
by either swiping the screen or pressing the "-" or
"+" buttons for precise control.

After setting the value, press OK to return to the
custom interface.

RED LIGHT

G1

30:00

**RED:100%
NIR:100%**

PULSE:20HZ

After setting the program, press OFF,
the light will turn on and run.

RED LIGHT ON

RED LIGHT

G1

PAUSE

RED:100%
NIR:100%

PULSE:20HZ

RED LIGHT Pause

When Paused the light will remain off.

RED LIGHT

G1

Finished

RED:100%
NIR:100%

PULSE:20HZ

RED LIGHT ON

Once the timer runs out in Custom mode, the light will turn off.

RED LIGHT

Smart

Custom

Group

OFF RED LIGHT

If you own multiple light panels, they can be grouped into an array. Up to 3 arrays can be separately controlled.
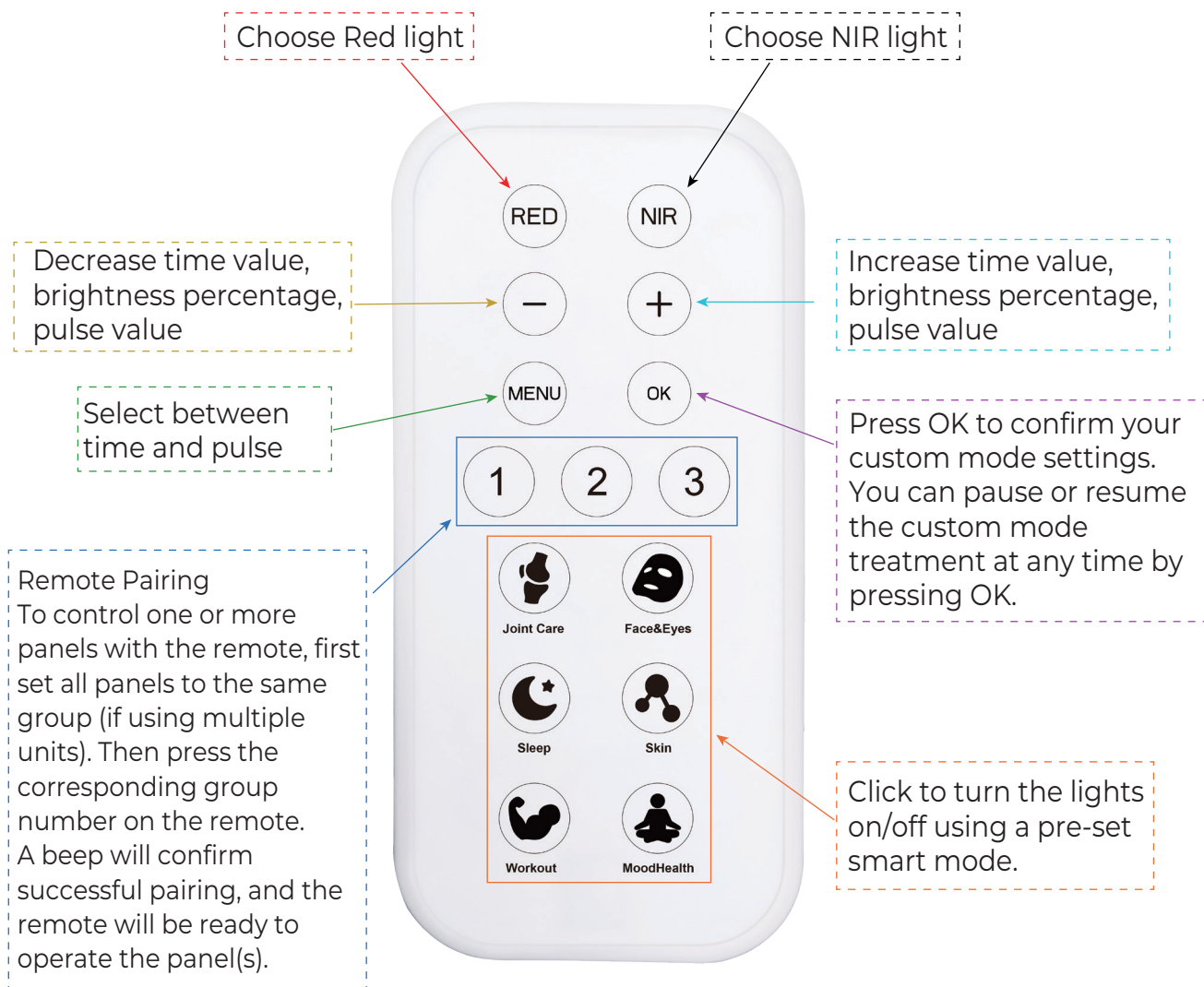
RED LIGHT

Group 1

Group 2

Group 3

OFF RED LIGHT

From this screen, you can assign the light to a specific group for remote control. By default, Group 1 is selected. Change this only if you have multiple arrays in the same room that need separate control.

Remote Control User's Guide

Choose Red light

Choose NIR light

Decrease time value, brightness percentage, pulse value

Increase time value, brightness percentage, pulse value

Select between time and pulse

Press OK to confirm your custom mode settings. You can pause or resume the custom mode treatment at any time by pressing OK.

RED   NIR

−   +

MENU   OK

1   2   3

Joint Care   Face&Eyes

Sleep   Skin

Workout   MoodHealth

Remote Pairing
To control one or more panels with the remote, first set all panels to the same group (if using multiple units). Then press the corresponding group number on the remote. A beep will confirm successful pairing, and the remote will be ready to operate the panel(s).

Click to turn the lights on/off using a pre-set smart mode.

Note:
The screen will turn off 2 minutes after a touch, and 30 seconds after using the remote.
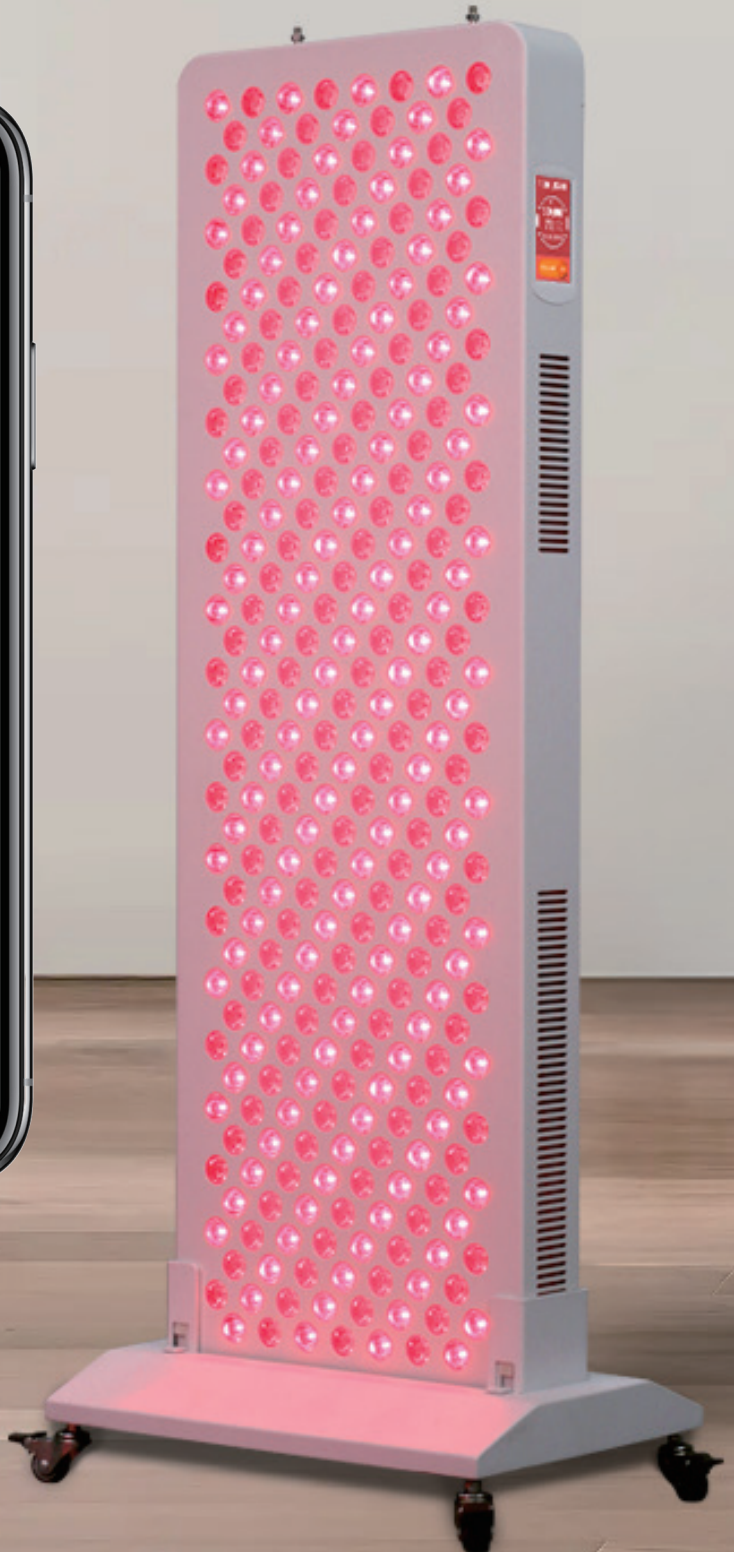**A reminder beep will sound when half of the runtime in any mode has passed.**

⚠ **THE REMOTE MUST BE PAIRED WITH THE LIGHT BEFORE USE.**

Shine 5 RLT System App Download

Get the RLT System app by searching in the App Store or Google Play, or simply scan the QR codes below.

RLT System

Download on the App Store

GET IT ON Google Play

Precautions for Safe Use

Please read and follow these precautions carefully before using the device.

- Do not use this device in a sauna.

- Read the full user manual before your first use.

- If you have a skin condition or allergies, use the device with caution.

- Children and individuals with disabilities should only use the device under the supervision of a guardian or medical professional.

- Do not use the device if you be are prone to bleeding or suffer from acute inflammation, high fever, active tuberculosis, or other serious health conditions.

- Always keep a safe distance between your skin and the light.

- Follow the recommended treatment times in the manual.

- When using the device near the head, consider wearing eye protection.

- The device is not waterproof. Do not immerse it in water, wash it with liquids, or clean it with a wet cloth.

- If the device comes into contact with water or any liquid, stop using it immediately.

- Do not pull on the power cord while the device is operating.

- Do not use the device at the same time as other heating equipment.

- Do not attempt to modify, open, or repair the device yourself.

- Do not use or store the device in temperatures above 45°C (113 F).

- Store the device in a cool, dry place away from direct sunlight.

- Maintain at least 12 cm (4.5") between your skin and the light surface to avoid burns.

- If you experience any discomfort or notice anything unusual while using the device, stop immediately and contact customer support.

Operating Environment

Operating your Shine 5 outside these ranges may affect performance:

- Temperature: -4°F to 140°F (-20°C to +60°C)

- Atmospheric Pressure: 101.325 kPa

- Storage Temperature: 8.6°F to 104°F (-13°C to +40°C)

- Relative humidity: 30% - 65%

Warranty Card

Contact Information

Product

Comments

Warranty

1. Our products are warranted against defects in materials and workmanship for a period of THREE (3) YEAR from the purchase date.
2. Free replacements are warranted for a period of SIX (6) MONTHS.
3. Warranty does not cover the following damage(s): product been modified, improper installation or use, improper cleaning, electrical surges, or caused by natural environmental factors damage.
4. The warranty does not cover any loss or damage, whether direct or indirect, suffered by third parties.

Cleaning

1. Unplug fixture before cleaning.
2. Do not use cleaning sprays. Wipe with a dry or lightly damp cloth to clean.

ETL

C   CM   US

LISTED

Intertek

5015127

Certified: 🍁 Health Canada   FDA   FC   C€   RoHS