



RINNOVARE LABS™

Red-Light Panels

R-1000 · R-100 — User Manual & Wellness Guide



Your panels

Two panels, one engine. The R-1000 wraps a full-body array around you; the R-100 concentrates the same eight wavelengths on one area at a time. Both are built to Rinnovare Labs' specification with crystal glass lenses over every LED.



Rinnovare™ Red-Light R-1000 Panel

Full-body coverage in a single session — 1,155 LEDs across a 1,830 × 560 mm array on the included stand.

Rinnovare™ Red-Light R-100 Panel

Targeted sessions for one region — a shoulder, a knee, the face — 300 LEDs in a 910 × 305 mm panel with door hook and hanging accessories.

What's in the box

- R-1000: panel · stand · wall mount · eye mask · remote · power cord · this manual
- R-100: panel · door hook · hanging ring · lifting rope · mounting accessories · eye mask · remote · power cord · this manual

Safety first

Do not look directly into the lit panel.

Near-infrared is invisible — brightness is not a guide to exposure. Wear the included eye protection.

Before your first session

- Read this manual fully before use.
- Inspect the panel and power cord for damage before each use.
- Use only the supplied power cord, connected to a grounded outlet.
- Position the panel on its stand or mount so it cannot fall.
- Wear the included eye mask or opaque goggles for every session.
- Do not use if pregnant, over the abdomen at any time, or over active cancer sites.
- Consult your physician first if you have epilepsy, a photosensitizing condition, or take photosensitizing medication.
- Not for use by infants or children without medical advice.
- General wellness device — not intended to diagnose, treat, cure, or prevent any disease.

Setup

R-1000 — floor stand

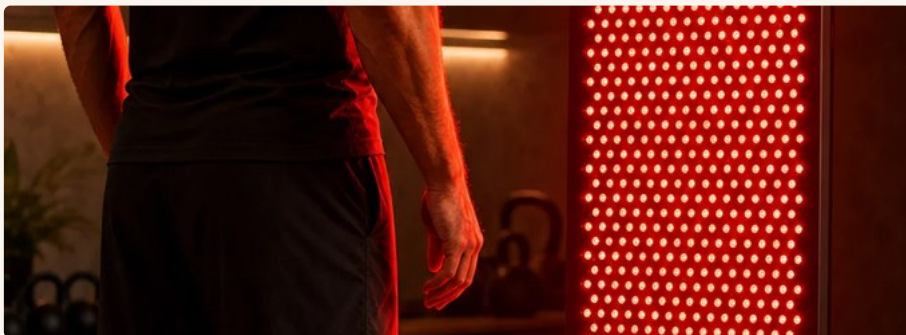
Unpack the panel and stand. Fit the pole to the base, seat the panel on the pole mount, and hand-tighten the knobs. Plug into a grounded outlet; the touch display lights up. Allow 100–240 V AC, 50/60 Hz.

R-100 — door or wall

Hook the door mount over a standard interior door, attach the hanging ring or lifting rope, and hang the panel at the height you need. Alternatively use the wall mount points on the rear. The panel runs from a grounded outlet.

Placement

Leave at least 200 mm of clear space behind either panel for airflow. The fans are low-noise; keep vents free of curtains and cushions.



Controls

Both panels share the same control logic — a touch display on the panel plus a remote control.

Touch display & remote

- Power — press and hold to start or stop a session.
- Timer — 0-60 minutes in one-minute steps.
- Dimming — 0-100% stepless brightness.
- Pulse — select a preset pulsed routine or build a custom frequency.
- Zones (R-1000) — drive the full array or split it into zones for targeted work.
- Memory — the panel reopens your last session settings.

A typical session

Position yourself 150-300 mm (6-12") from the panel. Wear eye protection. Choose a duration of 10-15 minutes per area, and let the timer end the session for you. Consistency beats length — short, regular sessions outperform occasional long ones.

The eight wavelengths

Both panels carry the same spectrum: visible red, near-infrared and far-infrared, every LED behind a crystal glass lens.

610 nm	Orange-red. Absorbed in the skin; the best-evidenced effects begin at 630 nm.
630 nm	Most-studied skin wavelength: collagen support, elasticity, fine lines.
660 nm	The classic red wavelength — absorbed by cytochrome c oxidase in mitochondria.
810 nm	Near-infrared; reaches muscle and deeper tissue. Studied for circulation.
830 nm	Near-infrared; studied for tissue oxygenation and recovery.
850 nm	Widely used NIR wavelength; studied for recovery and local circulation.
940 nm	Less absorbed by melanin and haemoglobin; independent evidence still thin.
1060 nm	Far-infrared; used in specialised clinical settings, evidence emerging.

Where evidence is thin we say so. See the research library at rinnovarelabs.com for linked studies.

Pulse & dimming

The panels can deliver light continuously (steady) or pulsed at a chosen frequency. Steady light gives maximum dose; pulsed light modulates the dose and changes how the tissue responds. Both modes are available on every wavelength mix.

Preset pulse routines

The touch display lists preset pulsed-light routines. Select one, set the timer, and the panel manages frequency and duty cycle for the session. A custom mode lets you enter your own frequency when you want full control.

Dimming

Brightness from 0 to 100% in a stepless sweep. Lower brightness does not change the wavelengths — only the output level — useful for comfort during longer sessions.



Specifications

R-1000

LEDs	1,155 (single & dual-core)
Wavelengths	610 · 630 · 660 · 810 · 830 · 850 · 940 · 1060 nm (± 5 nm)
Power draw	1,200 W ± 5 W · 5,775 W aggregate LED rating
Irradiance	> 110 mW/cm ² · beam 90° $\pm 10^\circ$
Dimensions	1,830 × 560 × 65 mm
Weight	35 kg net (59 kg packed)
Input	100–240 V AC, 50/60 Hz
Controls	TFT touch + remote · zones · timer · dimming · pulse
Certifications	FCC Part 15 · RoHS · CE

R-100

LEDs	300 (single & dual-core)
Wavelengths	610 · 630 · 660 · 810 · 830 · 850 · 940 · 1060 nm (± 5 nm)
Power draw	465 W ± 5 W · 1,500 W aggregate LED rating
Irradiance	> 110 mW/cm ² · beam 90° $\pm 10^\circ$
Dimensions	910 × 305 × 65 mm
Weight	9.6 kg net (12 kg packed)
Input	100–240 V AC, 50/60 Hz
Controls	Touchscreen + remote · timer · dimming · pulse
Certifications	FCC Part 15 · RoHS · CE · FDA-registered establishment (21 CFR 807)

Care & troubleshooting

Care

- Wipe the panel face with a soft, dry cloth. The crystal glass lenses resist scratching — still, no abrasives, no solvents.
- Keep vents clear; a vacuum crevice tool removes dust from the rear grille.
- Store dry, 0–40 °C, out of direct sunlight. Coil the cord loosely.

Troubleshooting

- Panel will not start — check the outlet, then the cord seat at the panel. Hold Power for 3 seconds.
- Display dark, panel lit — normal in remote-only mode; press any touch key to wake.
- Fans louder than usual — rear vents likely blocked; clear 200 mm of space.
- Remote not responding — replace the battery (type marked inside the battery door), re-pair per the display menu.
- One zone dark (R-1000) — zone control may be set to a partial zone; reset to full array in the menu.
- Anything else — support@rinnovarelabs.com · (800) 722-3870.

Warranty & returns

12-Month Warranty

12 months from delivery, including free spare-part support.

If a component fails in normal use, we ship the replacement — no charge.

Returns

Unopened units can be returned within 30 days of delivery. Opened units cannot be accepted for return, for hygiene and electrical-safety reasons.

Register & contact

- Register your panel with your order number at support@rinnovarelabs.com.
- Support: support@rinnovarelabs.com · (800) 722-3870
- Full specifications & research: rinnovarelabs.com/red-light.html

What the research supports

Photobiomodulation has a real body of research behind it — and a lot of thin marketing. Our read, in brief:

- Skin: controlled trials support red + near-infrared light for collagen density, skin tone and the appearance of fine lines (Weiss 2005; Wunsch 2014; Mota 2023).
- Recovery: systematic reviews support phototherapy after exercise for performance markers and soreness (Leal-Junior 2015; Nampo 2016; Vanin 2018).
- Joints: randomised trials report benefit in knee osteoarthritis (Hegedus 2009).
- Dose: the response is biphasic — moderate doses outperform maximum exposure (Huang 2009). More is not linearly better.
- 940 nm and 1060 nm: evidence is still thin. We include them; we do not claim they are proven.

Every study linked at rinnovarelabs.com/red-light.html — read them yourself.

Disposal & legal

Disposal

The panels contain electrical components and must not enter household waste. At end of life, take the panel to a WEEE/electronics collection point. The packaging is recyclable cardboard and EPS.

FCC statement

This device complies with Part 15 of the FCC Rules. Operation is subject to these two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes & modifications

Changes or modifications not expressly approved by Rinnovare Labs, Inc. could void the user's authority to operate the equipment.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult a qualified healthcare professional before beginning any therapy, particularly if you are pregnant, nursing, taking medication, or managing a health condition.

Quick reference

Session card

Distance	150-300 mm (6-12") from the panel
Duration	10-15 min per area · 0-60 min timer
Eyes	Eye protection on, every session
Frequency	Short, regular sessions beat long, rare ones
Dimming	0-100% for comfort; wavelengths unchanged



Crystal glass lenses under raking light — one clean specular streak per dome.

Rinnovare Labs™

Red-Light R-1000 & R-100 Panels — User Manual

Edition 1.0 · September 2026

support@rinnovarelabs.com · (800) 722-3870

rinnovarelabs.com/red-light.html

Manufactured to Rinnovare Labs' specification by our OEM partner.

General wellness device — not intended to diagnose, treat, cure or prevent any disease.

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