

**LX-10 Knee  
Red Light Therapy Belt  
User Manual**

## 1. About American Wellness Authority:

Our journey began long ago, first at a retail store in North Carolina and then online. Over the years, we've sold some of the country's most iconic brands. Ranging in categories like fitness accessories, professional beauty, healthcare, gourmet food, personal care, and many in between. We've sold thousands of SKUs to happy customers all over North America, and we feel truly blessed for the opportunity.

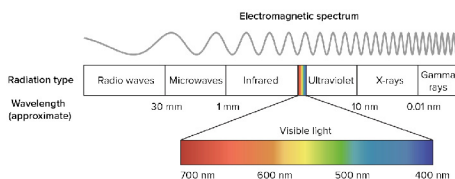
During the Pandemic, we realized how difficult it was to continue delivering our best sellers. We couldn't replenish our stock and there wasn't much we could do. We didn't have control of the production. We couldn't change any designs or product capabilities. With our options limited, we decided to double down on our knowledge and experience, and bring to you American Wellness Authority, or AWA for short.

Since then, our team of 10 spent countless months researching and debating. Searching for ways to deliver practical products, one's we'd be proud of. Our focus was on things that make people feel good and could enhance their lives in one way or another.

So we set out on our journey, and here we are today. We couldn't be more excited to share this with you. And we sincerely appreciate your taking an interest in our product and our company. We're a small, family-run business and there isn't enough we can do to say, thank you.

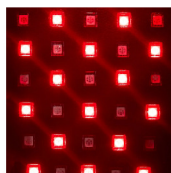
## 2. About Light Therapy:

Light is a composition of various electromagnetic waves. The white light that we see has a spectrum of 7 different color lights with different wavelengths.



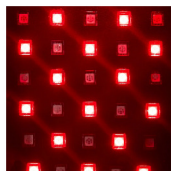
Different wavelengths of visible light penetrate the skin at different depths. Depending on how deeply they penetrate, LED lights to have different biological effects that treat various skin and muscle-related issues.

### Red Light Therapy: (660 nm)



- It targets skin cells (fibroblasts), which play a role in collagen production. This protein makes up a large part of connective tissue and helps the skin to recover when it's harmed.
- Reduce skin cell inflammation and redness and improve blood circulation.
- Reduce wrinkles, and dull pigmentation, relieve skin fatigue, restore skin elasticity and luster, and promote skin rejuvenation and deep repair.

### Infrared or Near-Infrared Light Therapy: (850 nm)



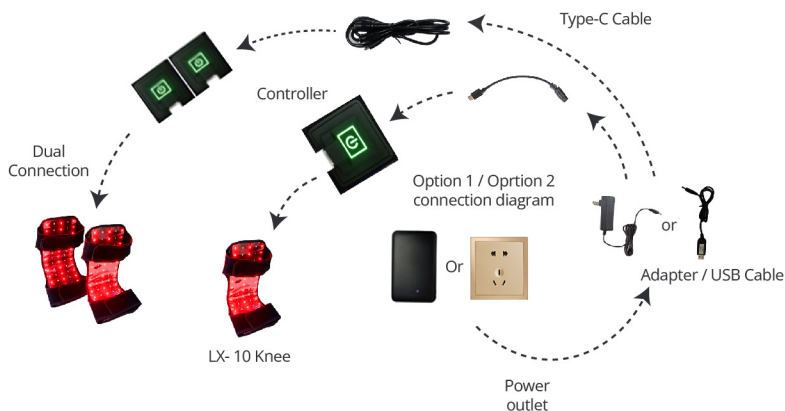
- Penetrate beyond Dermis and reach muscle tissues.
- Get absorbed by the Mitochondria (also called the Powerhouse of the cell) that accelerate the healing process in the tissues and promote blood circulation that reduces pain effectively.
- Allow skin products to absorb better by enhancing skin elasticity and moisture retention. Helps in shrinking pores.

### 3. Direction of Use:

**Option 1:** Plug in with an adapter.

**Option 2:** Use a 5V to 12V USB cable to plug in the power bank.

1. Wrap your body, choose a part of the area where you will place it, connect the adapter and the controller into the power connector.
2. Plug into an AC outlet and long press the power button to turn on the device or use a power bank to power the device.
3. According to the sensitivity of the human body to temperature, choose different levels. It is recommended to try from the lowest gear for the first time.
4. Press the appropriate button to set the time and power usage.



### 4. Function & Modes:

#### Controller details:

- a. Voltage input DC 12V
- b. Time gear: 3 gears (green, blue, red)
- c. Time setting: green: 15 minutes, blue: 30 minutes, red: 45 minutes

#### Operating Instructions:

- a. After the power is connected, press and hold the on/off key for 3 seconds to turn on/off
- b. Press the button again to switch to the time setting mode (green, blue, red)
- c. The product has a timing function: 15-45 minutes (green: 15 minutes, blue: 30 minutes, red: 45 minutes)



## 5. Technical Specifications:

<b>Material</b>	PU + Fabric	<b>Color</b>	Black
<b>Actual Power</b>	10W	<b>Wavelength</b>	660nm:850nm
<b>LED Quantities</b>	60 pcs	<b>Product Size</b>	11.4 × 9.1 × 2.8 in
<b>Output Current</b>	70 per piece	<b>Input Voltage</b>	AC100-240V 50/60Hz
<b>Light</b>		<b>Temperature</b>	
<b>Innerbox Dimension</b>	14.6 × 8.7 × 1.2 in	<b>Product Weight</b>	2.22 lbs

## 6. Precautions (DOs and DON'Ts):

### ● Do's

1. Consult a doctor if you feel unwell during or after use.
2. Use this product under the guidance of a doctor if you have sensitive skin or allergic dermatitis.
3. Unplug the product's connecting wire by holding the plug and pulling it out from the socket.
4. Store the product in a ventilated and dry place after use.
5. Clean the product by wiping it gently with a soft cloth on a regular basis.

### ● Don'ts

1. Do not use the product in places with high humidity and excessively high temperature, such as bathrooms.
2. Do not disassemble, modify, immerse in water or throw the product into fire.
3. Pregnant women, cancer patients, or those who have recently undergone surgery should not use this product.
4. Do not apply heavy pressure to the product.
5. Do not soak or rinse in water, and do not use strong cleaning agents to clean.



## 7. Cleaning:

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- Ensure the device is turned off and disconnected from any power source before cleaning.
- Take a soft, damp (not wet) cloth. You may dampen it with warm water if necessary. Ensure the cloth is not dripping with water to prevent moisture from seeping into the device.
- Carefully wipe the fabric surface of the knee belt with the damp cloth. Gently rub any areas that need cleaning.
- Do not soak the knee belt or use excessive water as it may damage the LEDs and the device's electronic components.
- After cleaning, allow the knee belt to air dry completely before using it again. Ensure it's completely dry to prevent any potential moisture-related issues

## 8. Storage:

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- Store the knee belt in a cool, dry place when not in use.
- Ensure that it is kept away from direct sunlight, extreme temperatures, and moisture.
- Place the knee belt in a protective bag or cover, if available, to prevent dust accumulation.
- Keep the remote control and power cord with the knee belt for convenient access when needed.

## 9. FAQs:

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### What are the EMF levels?

Any electric current running through a device will generate some electromagnetic field (EMF). Smartphones, Bluetooth, radios, etc., all devices emit those fields. Higher ranges of EMF can be harmful. However, these AWA devices are engineered to have low EMFs. It has negligible or almost nil EMF at 0 inches.

### Can I use the knee belt on other body parts?

No, this device is specifically designed for use on the knees. Do not attempt to use it on any other part of the body.

### How often should I use the knee belt?

For best results, use the knee belt for up to 30 minutes per session, 3-4 times per week.

### Can I use the knee belt if I'm pregnant or nursing?

No, this device is not suitable for use if you are pregnant or nursing. Consult your healthcare professional for alternative solutions.

### Can I adjust the intensity levels?

Yes, the LX10 Knee Belt offers 3 intensity modes to accommodate your specific needs. Start with the lowest intensity and adjust as required.

### Is eye protection necessary during use?

While it's not mandatory, it's advisable to close your eyes or use protective eyewear to avoid direct exposure to the light source.

## 10. Warranty:

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For additional information, feedback, and warranty registration, please don't hesitate to contact us. Our dedicated support team is here to assist you.

### Contact Information

Email: [Contact@awastore.us](mailto:Contact@awastore.us)

### Warranty Details:

Enjoy peace of mind with a 1-year warranty for your LX - 10 Knee Red Light Therapy Belt

### Warranty Registration:

To register your product for warranty coverage and access exclusive benefits, simply scan the QR code below or visit our website.



We value your satisfaction and are committed to providing exceptional customer support. Your feedback and warranty registration help us ensure your product's continued performance.

## 11. Disclaimer:

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This device has not been evaluated by the U.S. Food & Drug Administration (FDA). Our products are designed to maintain or encourage a healthy lifestyle and are not intended to diagnose, treat, cure, or prevent any disease. Our products are low-risk, general wellness/fitness products that do not require FDA clearance, in accordance with the "General Wellness: Policy on Low-Risk Devices" draft released on January 20, 2015.

## 12. Contact Us:

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You can contact the AWA team via Email: [contact@awastore.us](mailto:contact@awastore.us)

You can visit [www.awastore.us](http://www.awastore.us) for more information.



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