



Register your warranty
InnergizerPlus.com
Questions?
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(239) 206-2049

Quick Start Guide

Thank you for your purchase of the Innergizer Lite.

After unpacking, place the Flexible Light Head (FLH) on the desired part of the body. Make sure the FLH is firmly attached and directly on the skin. Do not allow the LED light to shine into eyes, as this can cause damage to your vision. Use the Velcro strap to firmly attach the FLH to the body. Do not place over clothing, FLH must be directly against bare skin.

Plug the FLH into the control unit, and plug the control unit into a power outlet. Turn the control unit on using the toggle switch next to the power cord plugin.

Use the **TIME** buttons to set the desired time. The machine default setting is for 30 minutes; we have found 10 minutes to be an effective time setting for optimum effect. Use the **TIME** button to adjust the time. Press the **START/STOP** button to start the light function of the machine. The **RED** indicator will be illuminated on the control panel. Press the **SWITCH** button to turn on vibration. 1-push will be a short pulse, 2-pushes will be longer pulse, 3-pushes will be continuous, 4-pushes will be short pulse again, the **RED** Indicator will go off and the red light will not be illuminated. 5-pushes, no light longer pulse, 6-pushes, continuous no red light. The **Innergizer Lite** will shut off as soon as the time counts down to 0.

Please refer to the Operations Manual for complete instructions before use

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