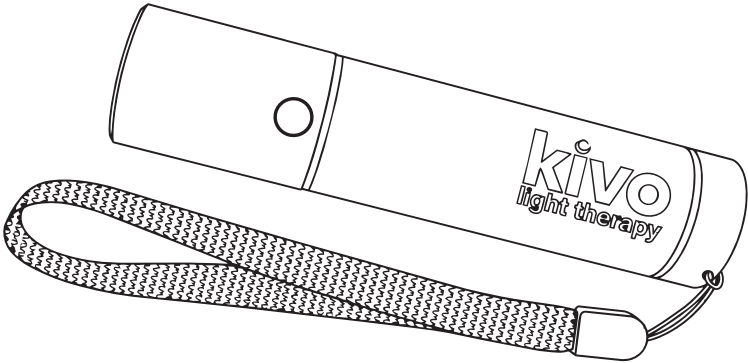


QUICK
START

Kivo Light Therapy Flashlight

Vital, Elite, Pro



We are dedicated to helping you
on your journey to experience the life
changing benefits of Light Therapy

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Welcome!

Hello and welcome to the Kivo family! We are obsessed about Light Therapy and the benefits that will improve your health and wellness. We love that Light Therapy works, feels good, and most importantly, the outcomes of Light Therapy are backed by science and proven by thousands of happy people just like you.

We are a Canadian Company started by our Founder who first experienced Light Therapy in helping resolve a persistent sports injury, and found it life-changing. Driven by a passion to help others, Kivo was born. It's sole aim is to spread the love of the many uses and benefits of Light Therapy.

We want you to experience the benefits of Light Therapy, and to share with your friends and family about how Kivo helps you. We pride ourselves on designing and building the most reliable products, we try our hardest to give the best possible service, and we back all of our products with the best support and warranties we can.

We would love to hear from you and how it has helped you... and this will help others. Please leave your review at:

<https://review.myKivo.com>

For a chance to win 1 of 3 \$500.00 Kivo Gift Cards

Introduction

Thank you for purchasing a Kivo Light Therapy Device! You've chosen a device that is purposefully designed to provide the most optimal light therapy experience possible.

There are two Kivo Flashlights

ELITE	3 LED's Red and Near-Infrared 630nm, 660nm, and 850nm
PRO	5 LED's Blue, Red, and Near-Infrared 460nm, 630nm, 660nm, and 850nm Pulse Mode

How it Works

The Kivo Red Light Therapy Flashlight very specific clinical-grade wavelengths and irradiance (power) that can support and improve numerous body functions.

460nm Blue Light – Pro Only

Blue light has the shallowest penetration. It stays at the surface of the skin and is primarily recognized for its antimicrobial and superficial skin benefits.

- **Acne Management:** Neutralizes *Cutibacterium acnes*, the bacteria responsible for acne breakouts.
- **Blemish Control:** Helps regulate sebum (oil) production in the skin to prevent future breakouts.
- **Superficial Healing:** Can assist in managing minor skin infections and reducing surface-level redness associated with bacterial irritation.

630nm Red Light – Elite + Pro

This wavelength penetrates into the skin layers and is a staple for dermatological and cosmetic applications.

- **Collagen Production:** Stimulates fibroblasts to produce collagen and elastin, helping to reduce fine lines and wrinkles.
- **Skin Rejuvenation:** Improves overall skin tone, texture, and firmness.
- **Hair Growth:** Often used to stimulate hair follicles and improve scalp health.
- **Superficial Inflammation:** Helps calm conditions like rosacea or minor sunburns.

660nm Red Light – Elite + Pro

Reaching slightly deeper than 630nm, this wavelength hits the entire range of skin tissue and reaches into the subcutaneous layer. It is highly efficient at being absorbed by cytochrome c oxidase (an enzyme in cellular mitochondria), directly boosting cellular energy (ATP).

- **Wound Healing:** Accelerates the repair of cuts, scrapes, and post-surgical incisions.
- **Scar Reduction:** Promotes organized tissue repair to minimize the appearance of scars.
- **Localized Pain Relief:** Reduces inflammation and pain in areas close to the surface, such as minor nerve pain or superficial tendon issues.
- **Cellular Fatigue:** Helps revitalize exhausted cells in the targeted area.

850nm Near-Infrared Light – Elite + Pro

Near-infrared (NIR) light is invisible to the human eye and penetrates the deepest—passing through skin and fat to reach muscle, connective tissue, and even bone.

- **Deep Muscle Recovery:** Speeds up recovery after intense physical exertion and reduces Delayed Onset Muscle Soreness (DOMS).
- **Joint & Arthritis Relief:** Penetrates joints to reduce deep inflammation and alleviate stiffness and pain associated with osteoarthritis or rheumatoid arthritis.
- **Connective Tissue Repair:** Aids in the healing of deeper tendonitis, ligament sprains, and fascia injuries.
- **Bone Healing:** Has been shown in studies to support osteoblast function, aiding in the recovery of fractures or bone bruises.

Pulse Modes – Pro Only

Pulsing the light (turning it on and off very rapidly, typically measured in Hertz or Hz) alters how the body's tissues absorb the energy.

- **Heat Management:** Prevents tissue from overheating, allowing the device to be used for longer periods or at higher intensities without discomfort.
- **Enhanced Cellular Absorption:** Provides a brief "quench" period for the cells. Some studies suggest this pulsing allows cells to process the absorbed photons more efficiently than a continuous, relentless stream of light.
- **Deeper Penetration:** Because pulsed light can briefly spike to a higher peak power, it can temporarily force photons deeper into the tissue than a continuous beam of the same average power.
- **Nerve and Brain Stimulation:** Specific pulse frequencies are studied for their ability to soothe nerve pain or even encourage brainwave entrainment when applied to the head.

What can Kivo Light Therapy Flashlights help with?

Acne Treatment & Prevention

- **Description:** Eliminates surface-level bacteria and helps regulate oil production to clear breakouts and prevent new ones. With the flashlight it provides super targeted light therapy on specific areas.
- Wavelengths: 460nm
- Pro Model Only

Cold Sores

- **Description:** Red and near-infrared helps speed up healing, and reduces pain and swelling – blue light helps sanitize the cold sore reducing the chances of infection.
- **Wavelengths:** 460nm, 630nm, 660nm
- Pro Model works best, Elite Model

Skin Rejuvenation & Anti-Aging

- **Description:** Stimulates collagen and elastin production to smooth fine lines, improve skin texture, and brighten the complexion.
- **Wavelengths:** 630nm, 660nm
- Elite + Pro

Wound Healing & Scar Reduction

- **Description:** Accelerates the body's repair process for cuts, scrapes, and burns while helping to minimize the formation of scar tissue.
- **Wavelengths:** 630nm, 660nm
- Elite + Pro

Joint Pain & Arthritis Relief

- **Description:** Targets deep-seated inflammation in joints and connective tissues to alleviate stiffness and chronic pain.
- Wavelengths: 850nm
- Elite + Pro

Hair Growth & Scalp Health

- **Description:** Increases blood flow and cellular energy at the follicle level to support thicker hair growth and a healthier scalp.
- **Wavelengths:** 630nm, 660nm
- Elite + Pro

Nerve Pain & Neuropathy

- **Description:** Helps soothe irritated nerves and reduces localized inflammation that causes tingling or sharp pain.
- **Wavelengths:** 660nm, 850nm
- Elite + Pro

Warnings + Precautions

- If you are in doubt as to the use of light therapy, or if you have not used light therapy in the past, **ONLY USE THIS DEVICE ON THE ADVICE AND DIRECTION OF YOUR MEDICAL PROFESSIONAL.**
- Read the entire instructions for use and the user guide for this device available on help.mykivo.com **BEFORE** use. If you have any questions regarding any of the instructions or warnings, please contact us for assistance.
- This is an electrical device and certain care needs to be used before, during, and after use.
- Nothing in this guide or online information or advice from Kivo is medical advice or should be construed or interpreted as such.
- **DO NOT USE** this device with any skin product. Use only on clean and dry skin.
- **DO NOT USE** this device to treat any other conditions other than those indicated on the help.mykivo.com website, or in this guide. The risk is unknown and it has not been tested for such a purpose.
- **DO NOT USE** this device if you suffer from photo sensitive conditions (such as epilepsy).
- **DO NOT USE** this device if you suffer from light induced headaches or migraines.
- **DO NOT USE** this device if you are taking any medication or product that causes sensitivity to light.
- **DO NOT USE** this device if you suffer from any genetic or any acquired condition of the eyes. Kivo devices are extremely powerful, and this device has not been tested on people who suffer from those conditions, and risks are unknown.
- **DO NOT USE** this device if you are pregnant, planning on becoming pregnant or breast-feeding. Risks are unknown as to any reactions or adverse side-effects.
- **DO NOT USE** this device in any way that is not exactly specified in these instructions.
- **EDUCATE** children **NOT** to use this device in any way, **DO NOT ALLOW** children to use this device.
- **SWITCH OFF** this device and remove the battery when not in use.
- **DO NOT STORE** the flashlight with the battery installed
- **DO NOT ALLOW** this device to come near water, do not submerge or use near any water.
- **DO NOT USE** this device if any part, accessory, or cable is damaged.
- **DO NOT USE** without the plastic battery sleeve
- **DO NOT MODIFY** this device in any way, it contains no serviceable parts, **DO NOT DISASSEMBLE.**
- **DO NOT LOOK DIRECTLY OR INDIRECTLY INTO THE LEDS** – use the supplied glasses. Even if you think the flashlight may be off, Near-Infrared could be on, and eye damage could occur.
- Conduct a photo-sensitivity test before use, if you notice redness, itching, swelling, or reaction, stop using the device

- **DO NOT USE** if you have cancer or any serious illness or disease, consult a medical professional before use and only use on their advice.
- **ONLY USE** for those under 16 on the advice and approval of a medical professional.
- This device is not user-serviceable, please return to Kivo for repairs or recycling.
- **DO NOT USE OR STORE** this device in temperatures lower than -10 Celsius or greater than 45 Celsius.
- **DO NOT** fall asleep during use or use with a pillow or have anything resting against the device.
- **STOP** using immediately if you are worried about the operation of this device, if you smell burning, if the device flickers, or does not operate correctly.
- **DO NOT USE** longer than 30 minutes on any part of the body.
- **DO NOT USE** closer than 3cm (1 inch) to the skin.
- **DO NOT USE** while driving or operating machinery. Use only when it can be safely.
- **DO NOT USE** if the flashlight or batteries or accessories are damaged, contact us for more information.
- To preserve the life of the device, do not rapidly switch on and off, wait 10 seconds before power cycling.
- Keep all the packaging, documents, accessories, boxes, packing foam etc that you received when we delivered the product to you. If you want to return the device, it needs to be packed in the original foam and box, with all included accessories and cables.

CHOKING HAZARD

**SMALL PARTS – NOT FOR CHILDREN
ADULT SUPERVISION IS REQUIRED.**

BATTERY WARNING

**DO NOT STORE WITH BATTERIES IN THE FLASHLIGHT, REMOVE THE BATTERY
AND STORE IN THE CASE.**

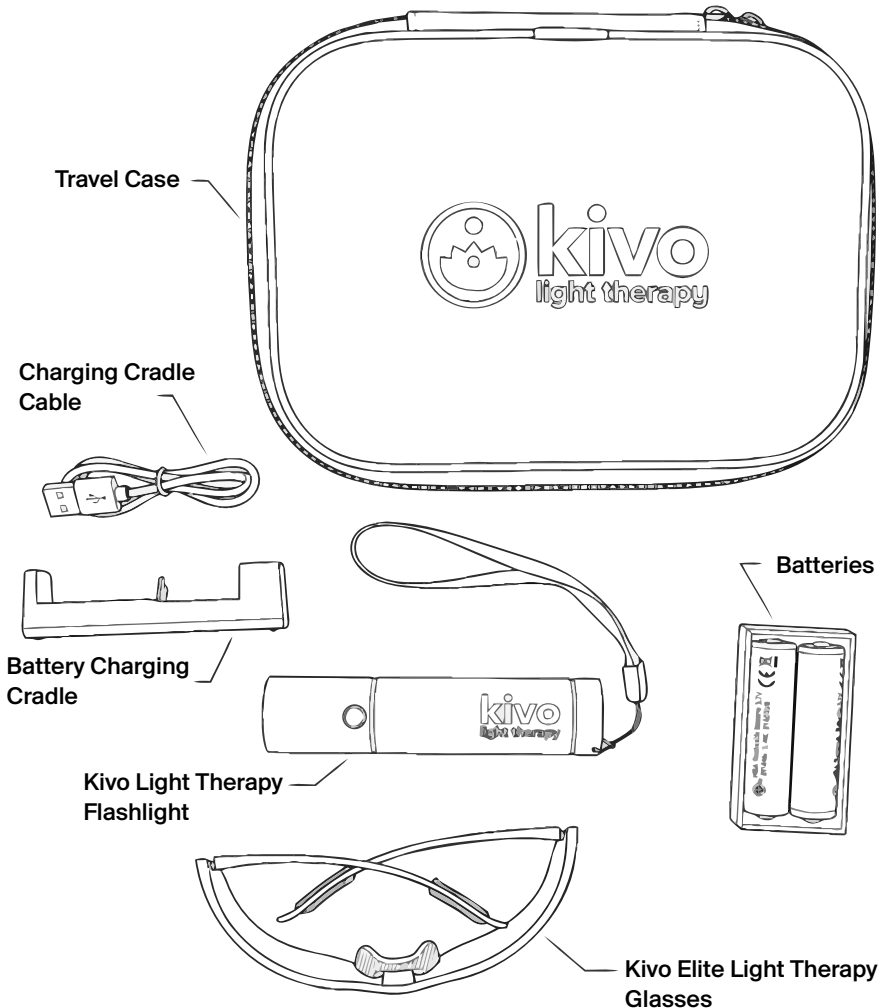
OPERATION WARNING

**IF YOU NOTICE THE FLASHLIGHT IS HOT, OR THE BATTERIES HAVE SPLIT,
CEASE USING IMMEDIATELY. REMOVE BATTERIES FROM FLASHLIGHT,
STORE SECURELY OUTSIDE, AND CONTACT US.**

What is in the Box?

In addition to the Kivo Light Therapy Flashlight you have purchased, every Light Therapy System comes with:

- The Kivo Light Flashlight
- Battery Charger
- Battery Charger Cable (USB-A)
- 2 x 18650 rechargeable batteries
- Kivo Elite Light Therapy Glasses
- Storage Case



Unpack + Setup

Make sure there is no damage to the packaging or device, ensure your package contains the above items

1

See help.myKivo.com for supportive videos and more help. Get familiarized with the operation of your device.

2

Plug the battery charger cable into the charger, mount one of the batteries so that the - sign on the charger lines up with the non-indented side of the battery, and the + sign lines up with the indented side, (the side with the small metal cap)

3

The light will glow RED when charging, and then GREEN when the battery is fully charged

4

Unscrew the top end of the flashlight, you will see a plastic sleeve inside. The non-indented side of the battery goes in first, so the indented side (+) is at the top closest to the LEDs.

5

Screw on the top of the flashlight, ensuring you do not cross the threads. Ensure you do not accidentally press the on/off button.

6

Press the button to switch on the Flashlight, and press to cycle through the modes.

7

Long press the button for 4 seconds to switch off the Flashlight

We recommend fully charging both batteries before using to extend the life of the battery – if they cease to work or hold good charge, they can be replaced by any 18650 battery obtained from Kivo.

Flashlight Operation

The button on the flashlight controls the operation of the device

Power On / Off

SHORT press the power button to turn the device ON.

SHORT press again to cycle between modes.

Long Press (4 seconds) to turn the device OFF.

Elite Flash Light Modes

ONE Press Switches on RED and NEAR-INFRARED light modes

SECOND press Switches off the Flash Light

Pro Flash Light Modes

ONE Press BLUE, RED and NEAR-INFRARED on modes

SECOND press BLUE, RED, NEAR-INFRARED pulse mode

THIRD press RED on mode

FORTH press RED pulse mode

FIFTH press NEAR-INFRARED on mode

SIXTH press NEAR-INFRARED pulse mode

SEVENTH press BLUE on mode

EIGHTH press BLUE pulse mode

NINTH press OFF

Automatic Safety Shutoff

Your device features a built-in timer that automatically powers off the device when the session completes. The timer resets when manually powered off and on again.

We do not recommend using this device longer than 30 minutes per day.

Getting Started

It's important to realize “more is not better” with Light Therapy, over-use can cause outcomes to be delayed as the cells don't have time to recover and recharge, use “little and often”. Incorporate Light Therapy into your daily regular routine for best results.

For recommended treatment protocols visit help.mykivo.com for detailed programmes.

We recommend one treatment per area of the body, per day, for no more than 10 minutes.

1

Ensure you have everything you need to hand. Use this device ONLY on clean and dry skin. Do not use with any hair product such as oils or moisturizers. It can cause damage to the device or injury to you.

2

Don't look into the LEDs, you can switch the device on and point to your hand to confirm operation, but no longer than 1 to 2 seconds.

3

For most issues, use the device on the first mode (BLUE, RED, NEAR-INFRARED and continuously on) – for 10 minutes at a distance of around 3cm (1 inch) away from the area of concern.

4

Repeat every day.

Complete the Light Therapy Tracker to track your progress and how you feel

Important Note

You can only “see” around 5% of the Near-Infrared wavelength. Operation can be confirmed if you point the rear camera of most androids, and all iphones at the LED and it will glow purple. Do not look directly into the LED's ON OR OFF, or even if they appear to be OFF.

Light Therapy Tracker

Week Describe how you feel after your treatment

1
2
3
4
5
6
7
8
9
10
11
12

How are you feeling after 3 months of use?

.....

.....

.....

Need Help?

We are always here to help, if you're unsure about the operation or use of this device, please contact us at CARE@MYKIVO.COM

Frequently Asked Questions

How long should I use the Light Therapy Flashlight for?

Skin colour, type, and location of the area does affect usage – but generally 10 minutes per day at a distance of 3cm (1 inch) away is perfect.

How do I clean it?

Wipe the device down with a damp cloth, do not submerge or spray anything onto the device, it is not water resistant and contains electronics.

The device won't power on or doesn't work

Ensure the battery is fully charged, use the other battery to check to see if it's a flat battery. Ensure the top of the flashlight hasn't been cross-threaded. If you're still stuck, contact us.

There are LEDs not working, or all LEDs are not on

We use both RED and NEAR-INFRARED LEDs and in our Pro model, BLUE. Near-Infrared cannot be seen with the naked eye, so it will appear as some LEDs are not working. You can check the operation of Near-Infrared LEDs by using the back camera of your mobile phone – they will shine a purple colour.



I've used it for a few days or a few weeks and not feeling anything?

Light Therapy is a gentle and cumulative therapy that can take 1-2 months to start to see a noticeable effect, and generally most people start to feel substantial differences after a month. It is essential to use it little and often.

I want to return my device

If you feel as though Light Therapy isn't working for you, please contact us at **CARE@MYKIVO.COM** and we'll guide you through the return procedure, please make sure you keep all the boxes, packages, accessories and they are in new condition so you can return if necessary.

**We are passionate about Light Therapy
contact us if you have any questions
and we'd love to chat!**

Glossary

Some terms that will help you in understanding light therapy.

Operation Modes

Pulse Mode (Pulsed Light Therapy)

Light is delivered in timed bursts (on and off cycles). This can improve penetration, reduce heat, and mimic natural biological rhythms.

Continuous Mode (CW – Continuous Wave)

Delivers a steady, uninterrupted light beam. Best for surface-level treatment or areas requiring consistent exposure.

Treatment Time

Recommended session duration. Typically ranges from 5 to 20 minutes per area, depending on the light type and device strength.

Treatment Head / Window

The part of the device that emits light and is placed over the treatment area.

Performance Metrics

Irradiance (mW/cm²)

Measures the light intensity delivered to the skin. Higher irradiance means stronger power and shorter required treatment time.

Fluence (J/cm²)

Total light energy delivered during a session, calculated by irradiance × time. Important for ensuring effective dosage.

Wavelength Specificity

The exact wavelength emitted by the device (e.g., 660 nm red, 850 nm NIR). Determines the depth of penetration and target benefit.

Spectral Output

Refers to the bandwidth or range of wavelengths emitted. High-quality devices have narrow outputs to ensure accurate targeting.

Biological & Therapeutic Concepts

Photobiomodulation (PBM)

The process by which specific wavelengths of light stimulate biological activity without heat or tissue damage.

Mitochondrial Stimulation

Red and NIR light enhance ATP production in cells, supporting energy levels, cellular repair, and overall tissue health.

Collagen Production

Red light activates fibroblast cells, encouraging the natural production of collagen for firmer and more youthful skin.

Sebum Regulation

Blue light helps normalize oil production in the skin, reducing breakouts and improving overall skin balance.

Anti-Inflammatory Effects

Red and NIR light help reduce inflammation by calming immune responses and decreasing oxidative stress in tissues.

Circadian Rhythm Support

Blue and red light can influence melatonin and serotonin levels, helping to regulate sleep-wake cycles and mood.

Warranty Certificate

The warranty for this device starts from the date of receipt of the product as determined by tracking date of delivery or, if unavailable, the date of purchase. Nothing in this warranty affects your statutory rights and the rights in your state, province, or country override this warranty. Proof of purchase is required; this warranty is not transferable and is only applicable to the original purchaser.

Kivo will warranty its products and guarantee that they will be free from defects in materials and workmanship under residential or commercial use for the following periods

Warranty period

Consumer use

Elite Series
Pro Series

Commercial use

1 year
1 year

No warranty
No warranty

Any accessory (such as the cable or charging plug) provided with the device is limited to one year.

What this warranty covers

This warranty covers manufacturing defects and functional failures under normal use, including but not limited to:

- LED failure under normal operating conditions
- Internal electronic or component defects
- Power supply or control system malfunctions

What this warranty does not cover

- Misuse, abuse, neglect, or improper operation
- Accidental damage, drops, or impact
- Water or moisture exposure
- Unauthorized modification, repair, or disassembly
- Normal cosmetic wear and tear
- Use inconsistent with instructions provided in the user manual

Warranty Claim Process

Our products are designed to last longer than the warranty period and are extremely reliable, but in the unlikely event of an issue, please contact us at care@mykivo.com and we'll work with you to resolve any issues.

We may ask you for photos or videos, or video chat, to help in the best way to resolving the issue.

If we determine that there is an issue with the device that we cannot resolve remotely, then you must provide proof of purchase, and then ship the device to us (if you are in the Vancouver lower-mainland area we can pick-up for a nominal fee). The device must be shipped in the original packaging, and with all accessories (cables and charging socket and foam). It is up to you if you ship insured or uninsured, but we are only responsible for the device once we have confirmed receipt, even if it is marked as delivered. If it is lost enroute, it is your responsibility. You must ship the device marked clearly **WARRANTY REPAIR** on the box, and confirm with your shipping agent if any duties, charges, fees are applicable. These must be prepaid, if we receive a shipment with any COD on any fees, we will not accept the delivery.

If you are claiming any issue with an accessory, please only return that accessory, we can guide you on this if applicable.

We will attempt a repair, and if we cannot repair your product, we will replace it for the same model, or if we cannot replace it with a similar model, we will upgrade you free of charge.

If we determine the repair or replacement is valid under the warranty, we will ship your product back to you at our expense.

If we replace your device, the original warranty period applies, even if we upgrade you to a different series model – i.e. if you purchase a Vital Cap and return the cap under the 1-year warranty, and we provide you with an Elite Cap replacement, the balance of the 1-year warranty applies to the replacement cap.

If there is damage to the device, including, but not limited to: knock damage, tears, dings, scratches, power surge, water damage, moisture ingress, or the moisture labels inside the device are activated – then the warranty will be void. The product can be returned to you, but you will be responsible for shipping, or we can recycle the item for you at no expense.

Technical Specifications

Kivo Light Therapy Flashlight

	Elite	Pro
Power Consumption	9w	9w
LEDs	3 pieces	5 pieces
Lifespan	>50,000 hours	
Pulse	NO	10Hz
Emf	0 @ 15cm	
Noise	0 db	
Material	Aluminum	
Product Size	125mm x 25mm	127mm x 30mm
Charging Time	2 hours	2 hours
Wavelengths	630nm + 660nm + 850nm	460nm + 630nm + 660nm + 850nm
Battery Capacity	2 x 2000mAh	2 x 2000mAh



help.myKivo.com

To obtain the latest user manual for this device, important safety information, and instant access to the product guides, latest help, treatment protocols, wellness trackers and more.

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