



nutrilight

The Wolf

User  
Guide

## How do I use Nutrilight?

It's easy and straightforward to use Nutrilight, and there are good basic guidelines on how to use the lamp. The optimal is a moment each day if you haven't been in direct sunlight and received your dose of RLT naturally. Here are the guidelines we stand behind for the other days.

- Use the lamp at a distance of 20-30 cm.
- Expose the skin for 20-30 minutes per session.
- In cases of pain, it may be beneficial to divide the exposure into two sessions since the treatment has a direct pain-relieving effect for many.
- Use the lamp every day and, if time is limited, at least every other day.
- Nutrilight emits no harmful radiation, so normal use is completely without risks.
- For best effect, expose as much skin as possible, so the less clothing, the better. Dress as you would for a day at the beach!

## Technical Specification

Model	The Wolf
Nominal effect	400W
Power Usage	0,4 kWh
Charging	Charging cable
Dimensions	30 cm (height) x 20 cm (width) x 30 cm (depth)
Weight	4 kg
Wavelengths	810 nm, 830nm, 850 nm och 940nm (near infrared light)
Material	aluminium



\* Delivered with an adjustable tablestand

## ● What do all the buttons imply?



### Timer

This sets the timer, you click yourself up to 60 minutes on the timer, and then there's a "forever on" mode. If you click once more, the timer restarts from 5 minutes.



### Pulsing

This button sets whether you want pulsing or not during your session. You can choose between:

No pulse - P 0 is displayed on the panel,

1Hz - P 1 is displayed on the panel,

10Hz - P 10 is displayed on the panel,

145Hz - P 145 is displayed on the panel,

556Hz - P 556 is displayed on the panel.



### ON/OFF

Here you start the panel and select your program:

When the red light on the side of the display is on, it indicates that the wavelengths 810nm and 830nm are active. When the green light is on, it indicates that the wavelengths 850nm and 940nm are active.

You can also turn on all of them by having both lights on.



### Brightness

Indicates Brightness: You decide if you want to operate at:

Brightness level 25% - P 25 is displayed on the panel,

Brightness level 50% - P 50 is displayed on the panel,

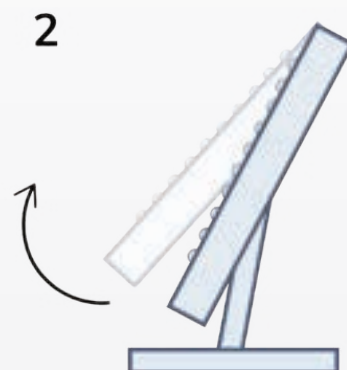
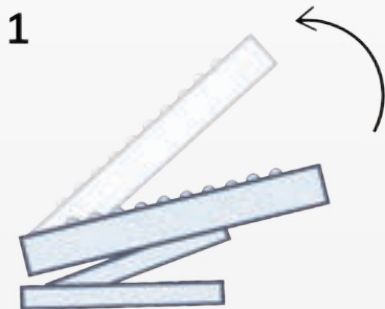
Brightness level 75% - P 75 is displayed on the panel,

Brightness level 100% - P 100 is displayed on the panel.

We recommend operating at 100%.

## ● How do I unfold The Wolf?

The Wolf unfolds by placing one hand on the base of the lamp and then twisting it up according to the images below. The lamp may be difficult to unfold; this is because it needs to maintain its position throughout the entire treatment once you have adjusted it to the angle you desire.



## ● How do I use The Wolf?

- Connect the cord to the power outlet and the back of the lamp. The display will light up and then show "OFF."
- Start by setting the program using the N/R button.

If you are unsure about the selected program, you can check the indicator lights on either side of the display. When the red light on the side of the display is on, it indicates that the wavelengths 810nm and 830nm are active. When the green light is on, it indicates that the wavelengths 850nm and 940nm are active. You can also turn on all of them by having both lights on.

- Check the time with the clock button. We recommend using the lamp for 20-30 minutes per day. If you are treating multiple areas, divide the time (e.g., 10/10/10 or 15/15) to ensure at least 10 minutes per treatment area. For a single area, 20 minutes is sufficient for optimal effectiveness.
- The timer increases by 5 minutes per click on the clock button, up to one hour. After that, the display shows "ON," which is a mode where the lamp does not turn off until it is turned off with the N/R button or if you click the clock button again, which restarts the 5-minute timer.
- The button with a sun symbol adjusts the brightness. We always recommend using P100, which is 100% brightness. If it feels too intense or if you are light-sensitive, you can of course adjust it. There are four different brightness levels:  
P25 - 25%  
P50 - 50%  
P75 - 75%  
P100 - 100%
- The button closest to the left of the display allows you to set the pulsing. There are different pulse settings:  
P0 - No pulse  
P1 - Low pulse  
P10 - Low/medium pulse  
P145 - Medium/high pulse  
P556 - High pulse
- Tissues are affected to varying degrees by pulsed wavelengths between 10 Hz and 10,000 Hz. Slow pulses decrease nerve sensitivity by reducing the production of Brinikin Lucitrin, which is necessary to transmit pain signals. Moderate pulses stimulate endorphin production, while intense pulses stimulate mitosis and cell repair. Each program includes multiple pulse frequencies, including continuous waves designed for optimal organizational response for each preset indication.

Note: If you have epilepsy, use caution with this button as it involves flashing lights.

- Now you are ready for your treatment; just enjoy.

## ● Benefits of each program

- **The 810 nm wavelength (near-infrared light)**
  - Improved healing and recovery
  - Accelerated wound healing
  - Improvement of psychiatric conditions
  - Hair growth
- **The 830 nm wavelength (near-infrared light)**
  - Accelerated healing and reduced infection
  - Improved bone repair and growth
  - Faster recovery from injuries
- **The 850 nm wavelength (near-infrared light)**
  - Anti-inflammatory benefits
  - Improved muscle recovery
  - Healing of skin wounds
  - Reduction of lines, wrinkles, and hyperpigmentation
  - Orthodontics and teeth alignment
- **The 940 nm wavelength (near-infrared light)**
  - Provides ultimate versatility for overall health by delivering an even percentage of both red light and near-infrared light.
  - Near-infrared light penetrates deeper into your body and can help with muscle recovery as well as reducing inflammation and pain from chronic or acute injuries.



## ● Should I use high or low pulsing?

### **Low-Level Laser Therapy (LLLT):**

Cellular energy production: Low-intensity red light can stimulate the mitochondria in cells, increasing the production of adenosine triphosphate (ATP), which is the energy currency of cells.

Anti-inflammatory effects: LLLT can help reduce inflammation by inhibiting certain inflammatory processes and promoting the healing process.

Pain relief: By affecting nerve endings and releasing endorphins, the body's natural painkillers, LLLT can contribute to pain relief.

### **High-Intensity Laser Therapy (HILT):**

Faster treatment time: High-intensity red light can deliver more energy to the tissue in a shorter amount of time, resulting in faster treatment effects.

Deeper penetration: HILT has the potential to penetrate deeper into the tissue compared to LLLT, which can be advantageous for treating deep muscle layers and joint problems.



## ● My lamp isn't working, what should I do?

First and foremost, you can start with some troubleshooting:

Make sure the lamp is plugged into a power outlet and is securely seated in its socket on the lamp.

Check to see if the screen is lit up and providing any type of information - Remember that NIR light may appear as if the lamp is turned off, but you may see a faint red light if you look into the lamp.

If none of the above gets the lamp to work, please feel free to contact our customer support at [hello@nutrilight.se](mailto:hello@nutrilight.se) and send a picture or video so we can provide you with the best possible assistance.





# nutrilight

For more information,  
contact us at [hello@nutrilight.se](mailto:hello@nutrilight.se)

Repairing  
through  
light.

[nutrilight.se](http://nutrilight.se)

