DOSING GUIDE # 1

HOW CLINICAL-GRADE LIGHT THERAPY IS DELIVERED

And Why Guesswork Is Obsolete

LUXXE

The World's First Smart
Full-Body Light Therapy Panel

luxxeredlight.com

INTRODUCTION

Red light therapy has been used in research environments for decades.
But most consumer panels were built without solving the most important variable:
Dose control.
For years, users have relied on:

- Distance estimates
- Time suggestions
- Generic positioning advice

Without real-time measurement, exposure is assumed — not verified.

This guide explains:

- What dose actually means
- Why distance changes everything
- How irradiance determines biological response
- Why visible dosing changes the future of light therapy

THE THREE VARIABLES THAT DETERMINE DOSE

In photobiomodulation, dose is not brightness.

Dose is determined by:

1. **Irradiance** (mW/cm²)
2. **Time** (minutes)
3. **Distance** (which changes irradiance)

Dose = Irradiance × Time

If irradiance drops because you move farther away, your total delivered dose changes.

Without measuring irradiance at the body, true dosing cannot be confirmed.

THE PROBLEM WITH STATIC PANELS

Traditional panels:

- Emit a fixed output
- Assume a specific distance
- Require the user to remain still
- Provide no feedback on received irradiance

As distance changes:
Irradiance decreases exponentially.
Without adjustment, dosing becomes **variable**.
Variable dosing leads to inconsistent exposure.

In research environments, irradiance is measured.
In most home panels, it is estimated.

INTRODUCING INTELLIGENT DOSING

Luxxe introduced IntelliDose™ — a patent-pending sensor system that:

- Detects user distance
- Measures received irradiance
- Adjusts LED output automatically (Mode-1 & Mode-2)
- Displays real-time dosing metrics

Instead of **assuming exposure,**
the system maintains it.

Full-body light therapy becomes **measurable.**

THE FIRST PANEL THAT SHOWS THE DOSE

Luxxe's front LCD displays:

- Distance from panel
- Irradiance reaching the body
- Total joules delivered
- Joules per square centimeter (J/cm^2)
- Wavelengths in use
- Remaining session duration

This transparency allows users to:

- Understand their exposure
- Replicate clinical parameters
- Eliminate guesswork

Light therapy moves from **invisible to measurable.**

MODE-1: AUTOMATED CLINICAL PROTOCOLS

Luxxe presets are modeled after five peer-reviewed clinical studies:

- **Cardiovascular** — SPIE Proc. 11221
- **Cognitive** — PMID 37018063
- **Skin Health** — PMID 24286286
- **Pain Relief** — PMID 36359198
- **Exercise Recovery** — PMID 37099210

Mode-1 maintains target irradiance and time automatically.

No manual adjustment required.

MODE-2: DESIGNED FOR REAL-WORLD BIOLOGY

Melanin influences light absorption.

Mode-2 was intentionally developed to ensure consistent dosing across higher melanin levels.

Light therapy becomes inclusive and consistent.

PRO MODE: RESEARCH REPLICATION

PRO Mode allows:

- Independent wavelength control
- Adjustable intensity
- Real-time irradiance **visibility**
- Dose customization

Users can replicate published **clinical parameters** with visible feedback.

The variables researchers use are now available at home.

WHY THIS MATTERS

Consistent dosing supports:

- Skin tone and texture
- Muscle recovery
- Circulatory support
- Performance and vitality

Not because the panel is stronger —
but because the exposure is controlled.

CLOSING STATEMENT

Traditional panels introduced millions to light therapy.

Luxxe builds on that foundation by adding:

- Measurement
- Automation
- Transparency

When dosing becomes **intelligent,**
results become consistent.