

How to Use FlexBeam

Location	<p>For recent injuries: Place it where you feel pain and adjacent muscles</p> <p>For chronic injuries: add one or two placements to the corresponding part of the spine.</p>
Duration	Flexbeam has 3 preset Programs, each lasting 10 minutes.
Frequency of Use	<p>Fresh Issues: 1 – 2 placements over the injury (10 - 20 minutes) 2x times a day until resolved.</p> <p>Long-term: 3 – 4 placements a day, 1x time a day with occasional breaks (1 or 2 days off).</p>

To **improve physical performance** or post-training fatigue, 4 - 6 placements a day, 1x time a day, before or after physical activity with occasional breaks (1 day off).

For more information consult the **Instructions for Use (IFU)**.



Warnings and Precautions

Avoid using Red Light Therapy if:

- You are pregnant (for women).
- Undergoing chemo/radiotherapy for cancer.
- Have thrombosis, embolism, or severe bleeding.
- Have sepsis or acute systemic infections.
- Suffer from acute trauma needing surgery.

When using FlexBeam:

- Don't look directly into the light or use it within 20 cm of your eyes. It's not for use on the eyes or head. Use safety goggles if needed.
- Avoid using on tattoos, especially new or black-inked ones.
- Keep air vents clear to prevent overheating.
- Chronic conditions may temporarily worsen; light sensitivity may cause warmth or light-headedness.
- Adjust the dose for children under 12.
- Remove clothing from the treatment area for best results.
- For care, repairs, and FAQs, visit our website.

For maintenance, repairs, warranty and FAQs, scan the QR or consult our website: support.recharge.health



Contact Information

Still have questions, or need support?
Don't hesitate to reach out!

You can contact us by calling or emailing at:
Telephone: +1 (424) 380 7064
Email: support@recharge.health

FLEXBEAM

Supporting Your Recovery Goals



Introduction

FlexBeam is a targeted, wearable red light therapy device that offers non-invasive photobiomodulation (PBM).

This innovative therapy uses a powerful array of LEDs (Light Emitting Diodes) to stimulate cellular energy production, enhancing your body's natural ability to repair muscles, relieve pain, recharge energy, and accelerate recovery. FlexBeam not only speeds up recovery but also supports overall health and well-being.



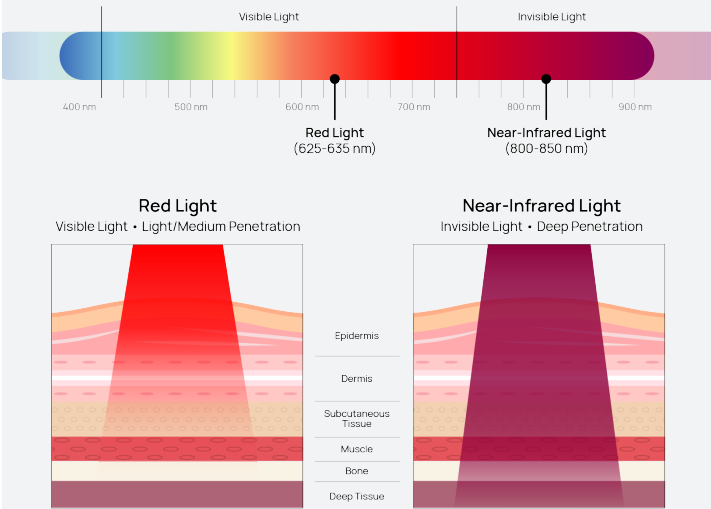
Who Can Benefit From FlexBeam?

FlexBeam is suitable for everyone, even if you have no injuries. In such cases, it can help maintain optimal energy levels and overall wellness. Benefits include:

- Muscular relaxation and spasm relief
- Functional improvement
- Faster healing, including scar remodeling and wounds
- Possible pain reduction, including in muscles, joints, and stiffness
- Increased energy
- Improved sleep

The Science & Studies Behind FlexBeam

FlexBeam emits red and near-infrared light, mimicking beneficial sunlight wavelengths. When absorbed by mitochondria, this light boosts energy and blood circulation, promoting healing and reducing inflammation.



Photobiomodulation (PBM) has been studied for 50 years, with over 10,000 peer-reviewed studies confirming its safety and effectiveness in increasing cellular energy, enhancing blood flow, reducing pain, supporting the immune system, and promoting tissue repair. PBM also aids neurogenesis, circadian rhythm restoration, and overall healing.

For more key studies, scan the QR or visit our website: recharge.health/scientific-studies

Scientific studies show PBM improves muscular performance, endurance, and strength while reducing muscle fatigue markers like LDH, blood lactate, CRP, and CK. In pain management, red and near-infrared light therapy reduces pain by relaxing muscles, improving circulation, releasing anti-inflammatory cytokines, and accelerating injury recovery.

Our exploratory studies also show benefits of FlexBeam in pain management, with users reporting a 75% reduction in pain

from injuries and inflammation, along with improved endurance and reduced muscle fatigue in average 30%. Anecdotal evidence suggests benefits in reducing fatigue, boosting energy, improving sleep, healing wounds, and enhancing circulation.

These findings align with observed effects on melatonin and testosterone, reinforcing FlexBeam's role in overall recovery and wellness. Anecdotal evidence suggests benefits in reducing fatigue, boosting energy, improving sleep, healing wounds, and enhancing circulation. These findings align with observed effects on melatonin and testosterone, reinforcing FlexBeam's role in overall recovery and wellness.

How FlexBeam Compares

Effective near-infrared light therapy requires a powerful dose to deeply penetrate and stimulate cells. Many devices deliver less than 1W, limiting their effectiveness. FlexBeam, with over 6W of optical output, delivers three times more power than any other portable device, ensuring deeper tissue penetration and maximum benefit. Its flexible design targets specific areas, enhancing therapeutic effects.

Benefits	FlexBeam	Laser Therapy	Percussion Therapy	Ice Packs	Heat Packs
Anti-Inflammatory	✓	✓	✗	✓	✗
Increase & Improve Blood Flow	✓	✓	✓	✗	✓
Relieves Pain	✓	✓	✓	✓	✓
Boost Cellular Energy	✓	✓	✗	✗	✗
Remodel Scars with Collagen & Stem Cells	✓	✓	✗	✗	✗
Large Coverage	✓	✗	✓	✓	✓
Deep Systemic Effects	✓	✓	✗	✗	✗
Flexible to Fit Around the Targeted Area	✓	✗	✗	✗	✗
Continued Effective Treatment	✓	✓	✗	✗	✗
Portable, Use Anytime, Anywhere	✓	✓	✓	✓	✓

Unlike lasers, FlexBeam is powerful, yet safe. It is easy to use, portable, and convenient.