

Brain

Based on 108 human randomized controlled trials

WAVELENGTHS

1064 nm	21 studies
810 nm	13 studies
808 nm	8 studies
850 nm	5 studies
830 nm	4 studies

DOSE RANGE

Min: 3.0 J/cm² | Median: 60.0 J/cm² | Max: 240.0 J/cm²

■ Biphasic warning: doses >50 J/cm² may have diminishing effects

COMMON PROTOCOLS

1. 1064nm, 60.0 J/cm², 10 sessions, 3x/week
2. 810nm, 60.0 J/cm², 10 sessions, 3x/week
3. 808nm, 60.0 J/cm², 10 sessions, 3x/week

SESSION RANGE

1–30 sessions (median: 10)

DISCLAIMER

This card summarizes published research parameters only. It is not medical advice. Consult your healthcare practitioner before starting any treatment.

Source: PBM Research Database | redlightos.com/research