

Circulation

Based on 24 human randomized controlled trials

WAVELENGTHS

808 nm	5 studies
660 nm	2 studies
890 nm	2 studies
810 nm	1 studies
850 nm	1 studies

DOSE RANGE

Min: 2.0 J/cm² | Median: 10.0 J/cm² | Max: 108.0 J/cm²

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

COMMON PROTOCOLS

1. 808nm, 10.0 J/cm², 10 sessions, 3x/week
2. 660nm, 10.0 J/cm², 10 sessions, 3x/week
3. 890nm, 10.0 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