

Eyes

Based on 79 human randomized controlled trials

WAVELENGTHS

650 nm	29 studies
633 nm	6 studies
830 nm	1 studies
780 nm	1 studies
632 nm	1 studies

DOSE RANGE

Min: 9.0 J/cm² | Median: 60.0 J/cm² | Max: 103.2 J/cm²

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

COMMON PROTOCOLS

1. 650nm, 60.0 J/cm², 10 sessions, 3x/week
2. 633nm, 60.0 J/cm², 10 sessions, 3x/week
3. 830nm, 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