

Hair

Based on 27 human randomized controlled trials

WAVELENGTHS

655 nm	7 studies
650 nm	3 studies
660 nm	2 studies
633 nm	1 studies
640 nm	1 studies

DOSE RANGE

Min: 0.1 J/cm² | Median: 4.0 J/cm² | Max: 67.0 J/cm²

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

COMMON PROTOCOLS

1. 655nm, 4.0 J/cm², 10 sessions, 3x/week
2. 650nm, 4.0 J/cm², 10 sessions, 3x/week
3. 660nm, 4.0 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