

Lymphatic system

Based on 11 human randomized controlled trials

WAVELENGTHS

904 nm	5 studies
980 nm	1 studies
890 nm	1 studies

DOSE RANGE

Min: 1.5 J/cm² | Median: 1.5 J/cm² | Max: 6.0 J/cm²

COMMON PROTOCOLS

1. 904nm, 1.5 J/cm², 10 sessions, 3x/week
2. 980nm, 1.5 J/cm², 10 sessions, 3x/week
3. 890nm, 1.5 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