

Nervous system

Based on 44 human randomized controlled trials

WAVELENGTHS

830 nm	7 studies
890 nm	6 studies
808 nm	4 studies
633 nm	4 studies
810 nm	2 studies

DOSE RANGE

Min: 1.07 J/cm² | Median: 6.17 J/cm² | Max: 180.0 J/cm²

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

COMMON PROTOCOLS

1. 830nm, 6.2 J/cm², 10 sessions, 3x/week
2. 890nm, 6.2 J/cm², 10 sessions, 3x/week
3. 808nm, 6.2 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