

# Oral

Based on 823 human randomized controlled trials

## WAVELENGTHS

808 nm	86 studies
660 nm	80 studies
810 nm	80 studies
940 nm	70 studies
980 nm	59 studies

## DOSE RANGE

Min: 0.06 J/cm<sup>2</sup> | Median: 6.2 J/cm<sup>2</sup> | Max: 480.0 J/cm<sup>2</sup>

■ Biphasic warning: doses >50 J/cm<sup>2</sup> may have diminishing effects

## COMMON PROTOCOLS

1. 808nm, 6.2 J/cm<sup>2</sup>, 10 sessions, 3x/week
2. 660nm, 6.2 J/cm<sup>2</sup>, 10 sessions, 3x/week
3. 810nm, 6.2 J/cm<sup>2</sup>, 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](https://redlightos.com/research)