

# Respiratory system

Based on 32 human randomized controlled trials

## WAVELENGTHS

660 nm	3 studies
905 nm	2 studies
830 nm	1 studies
780 nm	1 studies
808 nm	1 studies

## DOSE RANGE

Min: 0.52 J/cm<sup>2</sup> | Median: 6.0 J/cm<sup>2</sup> | Max: 35.0 J/cm<sup>2</sup>

## COMMON PROTOCOLS

1. 660nm, 6.0 J/cm<sup>2</sup>, 10 sessions, 3x/week
2. 905nm, 6.0 J/cm<sup>2</sup>, 10 sessions, 3x/week
3. 830nm, 6.0 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)