REGROW HELMET

USER MANUAL

v2.1

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Quick Start Guide

Thank you for purchasing a ReGrow Helmet. We appreciate you choosing our brand and we will do everything we can to help you achieve your hair growth and hair thickening goals.

When your ReGrow first arrives it is pre-charged and ready to go. We hate those new products that arrive, and you have to wait hours to use them! We also recommend reading the user manual first, so you understand all the features of ReGrow.

First Time Use

1. There are two sets of pads included with ReGrow. Test what set works best to hold ReGrow on your head.
2. Next plug ReGrow in using the supplied power cord for 1 minute to jumpstart the system.
3. Once you have jumpstarted ReGrow, unplug it, press the power button, wait until the lasers flash on and once they turn off place the helmet on your head. Do not look at the lasers. ~20 seconds later you will hear a beep and a voice prompt letting you know your session has started.
    a. For all future uses you can simply place ReGrow on your head and press the power button. ReGrow will run system checks for ~20 seconds and then it will turn on and begin your 30-minute session.
4. The helmet must be placed on your head to work or the safety sensors will prevent it from turning on. The helmet will not work when plugged in. This is for safety reasons.
5. You can connect your phone or computer using the helmet's bluetooth to listen to music or your favourite podcast during your session. Simply turn your phone or computer's bluetooth on and look for ReGrow to pair.
6. Lastly, go www.regrowhelmet.com and register your helmet for warranty purposes

Power Button LED Color Status Meanings	
LED Color	**Status Meaning**
Cyan (Steady)	Helmet is running system checks and turning on
Green (Steady)	Helmet is fully charged and ready for use
Orange (Steady)	Helmet needs to be charged after the current session
Magenta (Steady)	Helmet's battery is drained and needs to be charged
Orange (Blinking)	Helmet is still charging (charger plugged in)

Short Press = 1 second
Long Press = 3 seconds

Power Button
Short press to turn on helmet
Long press to turn off helmet
Short press during operation to see how much time is left in the session

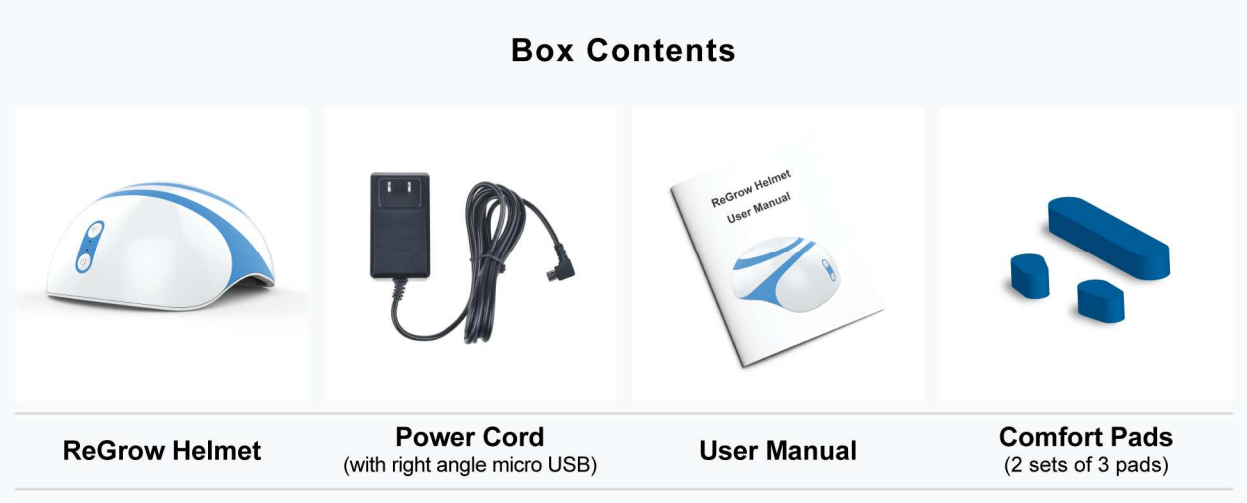
WiFi Button
Short press to turn on
Long press to turn off
You can turn on the WiFi by pressing the button within 4 seconds after pressing the power button

How to connect an iPhone to the microscopes:

1. Before session
When you turn-on the helmet, wait for the beep, this indicates that the boot-up was done and the session will start after a 4s time delay. In this time, you can turn-on the Wi-Fi by a short press to its dedicated button. The Blue LED will light up and you can now go to the "Settings" > "Networks" of your iPhone and connect to ReGrow.

2. When charging
Plug in the charger to the helmet, turn-on the helmet and wait for a beep. After the beep, you can now turn-on the Wi-Fi by a short press to its dedicated button.

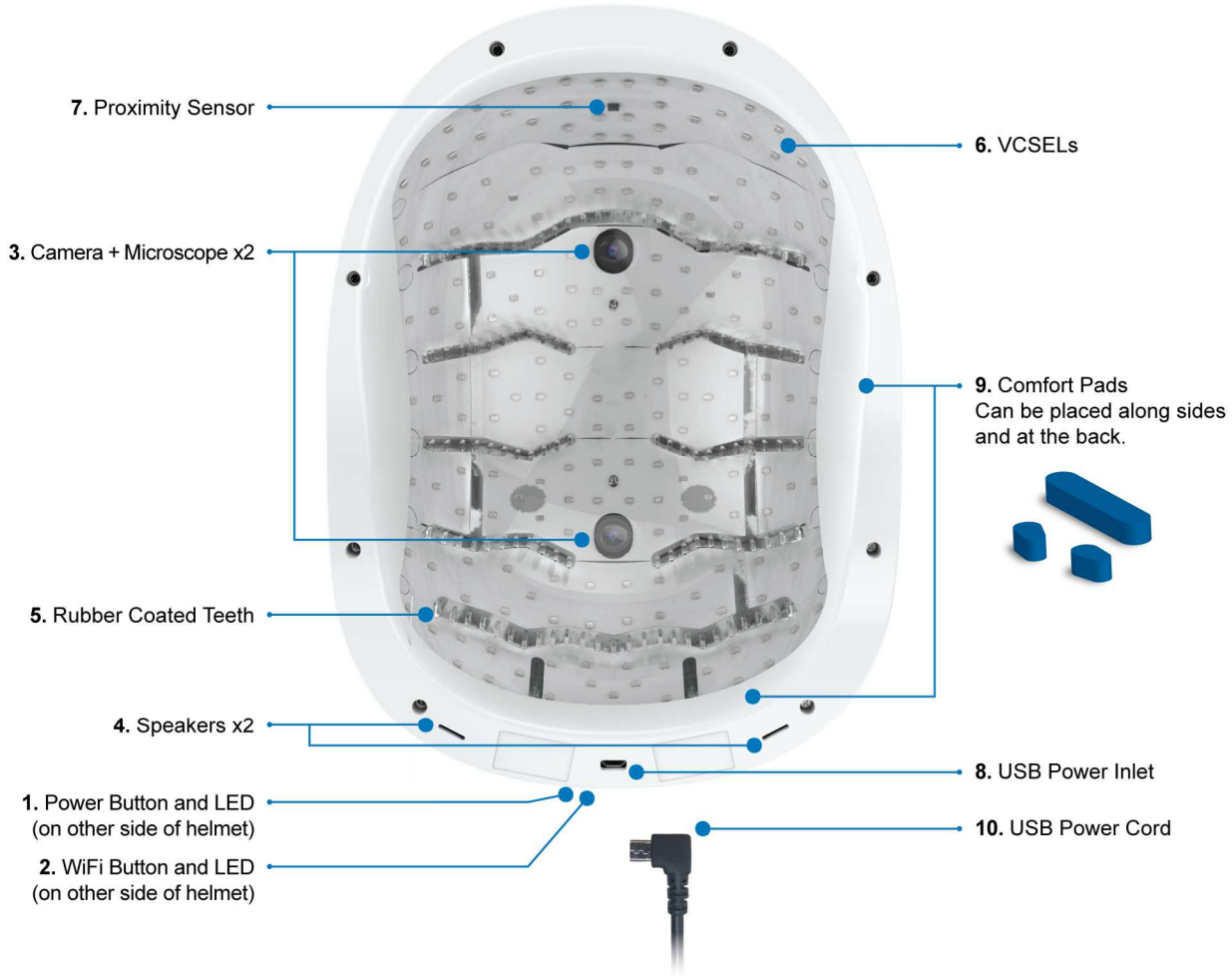
3. After session
This state will only occur every 5th successive session. After the 5th session, a prompt will tell you if you want to transfer your photos from ReGrow Helmet to ReGrow App, then press the Wi-Fi button.



1 Regrow Helmet
1 User Manual
3 Comfort Pads
1 AC-DC Adapter (EDAC Power, Model: EM1024QU, 12V, 2A)

Helmet Diagram

1. Power Button with Light
2. WiFi Button with Light
3. 2 - Cameras with Microscopes
4. 2 - Speakers
5. Rubber Coated Teeth
6. VCSELs
7. Proximity Sensor
8. USB Power Inlet on Helmet
9. 3 Pads Inside the Helmet
10. AC-DC Adapter Power Cord



What is ReGrow?

ReGrow is low level laser therapy (LLLT) device designed to stop hair loss, thicken existing hair and regrow new hair. It uses low level lasers to stimulate your mitochondria in your scalp and stimulate hair growth and also improve your hair quality. It has 187 Vertical Cavity Surface Emitting Lasers (VCSELs) with 680nm +/-5nm wavelength at a ~5mW output to the hair and scalp. ReGrow has taken and improved on the best features from the various products now available to create a truly unique product that provides maximum benefit to the user.

ReGrow should be used every other day for best results. For example Monday/Wednesday/Friday. Using it anymore will not speed up your hair growth and hair thickening.

ReGrow has two built in digital microscopes used for capturing specific areas of the user's scalp, namely on the widow's peak and top/crown of the head. The built in cameras are

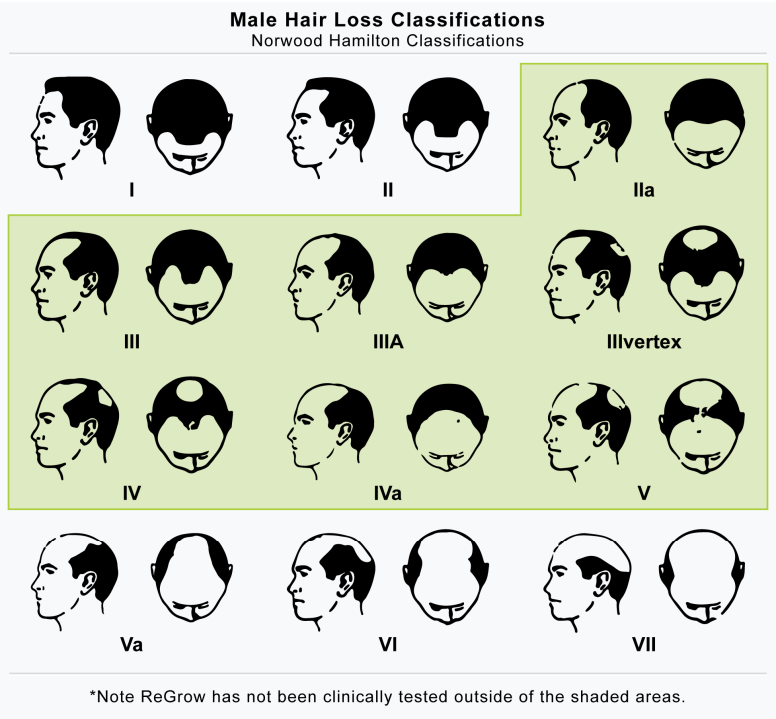
programmed to take a photo after every 5th session. to ensure that the user consistently tracks his/her progress. These images are stored within the helmet via an internal SD card (not accessible by the user) and can be transferred to the user's smartphone through Wi-Fi.

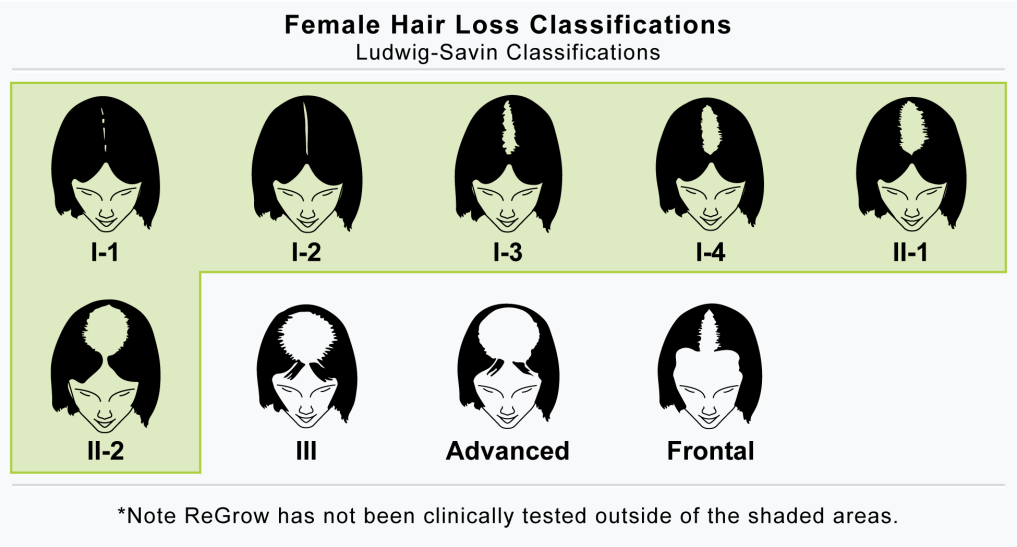
To further improve the user experience, the device also comes with a companion app for IOS to serve as the user's interface with the Helmet. Built in voice assistance in the Helmet is also present to guide users through each session. As mentioned above, the helmet also has bluetooth and you can connect your phone or computer to stream music as you complete your session.

Types of Hair Loss and Skin Tones

Indications of Use

ReGrow is designed to encourage hair growth in males who have Norwood Hamilton Classifications of IIa to V and females with Androgenetic Alopecia who have Ludwig (Savin) Classifications I through II. It is designed for men and women with Fitzpatrick Skin Types I to IV. If you are within the categories above ReGrow should work for you. LLLT treatment works for the vast majority of the population but some people just do not respond to it. If you happened to fall into this small percent we will happily refund you your money.





ReGrow, like all LLLT devices, has not been tested to be effective for Skin Types V & VI.

Skin Tone Description Table

Type 1	Clinically tested to be effective with these skin types	Very white or freckled, always burns with sun exposure (very fair; often in people with red or blond hair and blue eyes)
Type 2		White skin, usually burns with sun exposure (fair; often in people with red or blond hair and blue, green, or hazel eyes)
Type 3		White or olive skin tone, sometimes burns with sun exposure (fair; seen in people with any hair or eye color)
Type 4		Brown skin, rarely burns with sun exposure (common in people of Mediterranean descent)
Type 5	Not clinically tested for these types	Dark brown skin, very rarely burns with sun exposure (common in people of Middle-Eastern descent)
Type 6		Black skin, rarely burns with sun exposure

-Source - Wikipedia “Fitzpatrick Scale”
https://en.wikipedia.org/wiki/Fitzpatrick_scale

Top 10 Hair Growth and Health Tips

1. Use ReGrow every other day as directed.

2. Eat a high protein diet supplemented with the recommended dose of a multivitamin. The healthier you live the better condition your hair will be in.
3. Use a hair loss shampoo such as Pura D'Or or Lipogaine Big 3.
4. Eat at least 1 carrot per day to improve digestion.
5. Take the recommended daily dose of Biotin.
6. Work more coconut oil into your diet.
7. Reduce the amount of blow drying, straightening, perming and dyeing your hair.
8. If possible, reduce the amount of stress in your life.
9. If you have had good results using a Minoxil product such as Rogaine continue to use that in addition to ReGrow.
10. Wash your hair every 2nd or 3rd day to avoid drying it out.

Storage Instructions/Transport Condition

Keep ReGrow away from direct sunlight and store the device in a dry location (EX: away from open windows, bathtubs or sinks, kitchens and bathrooms) at room temperature after each use. This helps maximize the product and battery lifespan.

1. Handle with care.
2. Do not expose the unit to temperature above 40°C (104°F).
3. Power off the device during storage
4. Unit must be transported and handled under given range below
    a. Atmospheric Pressure: 70kPa to 101.3kPa
    b. Altitude: Max 4500 meters
    c. Relative Humidity : Up to 90%

ReGrow Care and Maintenance

Always unplug ReGrow from the power outlet prior to cleaning the device. Failure to do so may result in an electrical hazard. When cleaning ReGrow wipe it clean with a dry microfiber cloth. ReGrow is not designed to be cleaned with chemicals or solvents. If the dry microfiber cloth isn’t enough slightly dampen it to and then wipe ReGrow dry. Regrow Helmet does not have serviceable parts. Regrow Helmet does not require thorough maintenance aside from periodic cleaning.

1.Perform visual inspection before use and examine exterior for cleanliness and make sure no broken parts.

2. Inspect accessories like power adapter. If a sign of damage seen on visual inspection, do not use the adapter.

3. The Regrow Helmet built-in battery must be charged every 3 months if not used.

Operating Condition

ReGrow has been tested to work in the below conditions.

- Temperature - Between 5 and 27 degrees Celsius / 41 Fahrenheit and 80.6 Fahrenheit
- Relative Humidity - Between 10 and 90%
- Atmospheric Pressure - Between 70 kPa and 101.3 kPa
- Altitude - Between 0 to 4500 meters
- ReGrow is designed to last 5 years. It does not require any maintenance other than periodic cleaning per the instructions above.
- The Regrow Helmet was not designed for outdoor use, please use indoor.

Cleaning

- DO NOT place ReGrow or any of its electrical equipment in water or any other liquids.
- If any components get wet, do not use the device. Email our customer service at info@regrowhelmet.com for help on how to have the device tested and repaired.
- Use a dry microfiber cleaning wipe or cloth to clean the device
- Make sure regrow is turned off and not plugged in before any cleaning is done
- If necessary, clean the laser window with a soft, slightly moistened cloth. DO NOT get water inside the helmet
- DO NOT use acetone or other solvents for cleaning as they will damaged the helmet's shell. The VCSELs (Lasers) will never need fixing or servicing.
- Always unplug the ReGrow helmet device from the power outlet prior to cleaning the device. Failure to do so may result in an electrical hazard that may cause harm or injury.
- Cleaning can be done on the device before each session.
- Device is classified as an IP 22 device means device is protected from particles and objects that is greater than 12.5mm and vertically dripping water when the device is tilted with an angle of 15° from its normal position.

Disposal Instructions

The symbol on the product and or accompanying documents that used electrical and electronic equipment should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product(s) to designated collection points where it will be accepted free of charge. Please contact your local authority for further details of your nearest designated collection point.

Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling.

Basic Troubleshooting Guide

1. **My phone isn't connecting to the bluetooth?**
   You phone must be 20' or closer to the helmet to connect properly. If it still does not work trying turning off the bluetooth on your phone and re-connecting. If this does not work turn off your phone and helmet, wait 20 seconds and turn both back on.
2. **My Regrow Helmet does not Power ON**
   Battery charge might already been empty. Please re-charge the battery using the provided AC-DC adapter

3. **My Regrow Helmet does not emit laser light**
   Please contact Regrow Helmet Inc. to determine if we you need to ship the unit for replacement.

4. **Battery is not charging.**
   Please check if the AC-DC adapter is properly connected to the Regrow Helmet. If the battery is still not charging after a period of time with properly connected adapter, please contact Regrow Helmet Inc. to determine if a replacement is needed.

Frequently Asked Questions

What does LLLT mean?
LLLT stands for Low-Level Laser Therapy. This is a form of therapy that uses low level lasers within a specified light wavelength and output. VCSELs (Vertical Cavity Surface Emitting Lasers) do not produce heat, are safe with no side effects and cannot burn or injure your hair or skin.

How does LLLT work?
Studies have shown Low-Level Laser Therapy works in promoting hair growth in females with alopecia and general hair thinning; For men with male pattern baldness and general hair thinning. The Low Level Laser Therapy assists in the production of anagen hair. The light energy from the laser stimulates the scalp and excites the mitochondria causing mitosis and cellular activation. This causes the hair to stay in the Anagen growth phase longer and shortens the Catagen transition phase.

Why are Lasers different than LEDs for growing hair?
Laser = Light Amplification by Stimulated Emission of Radiation

Lasers have a converged light beam which focuses the light energy on a much smaller area compared to LEDs, which have a diverged light beam that spreads out the light energy making it much less effective for preventing hair loss and regrowing hair. The light energy coming from a laser is coherent meaning all the photons are in step with no abrupt changes within in the beam.

LED = Light Emitting Diode Laser (Converged and Coherent) vs. LED (Diverged and Non Coherent)

LEDs make non-coherent/incoherent light so the photons are not in step and have abrupt changes within their beam.

Why do some companies use Lasers and other use LEDs?
Lasers are considered more expensive and much more effective for hair growth. LEDs are cheaper to make compared to Lasers. LEDs help cut costs and also helps companies increase the number of LEDs they have in their devices for marketing only purposes. LEDs tests haven't been shown to be effective in preventing hair loss or regrowing new hair.

Will ReGrow promote a reduction in hair loss?
Yes, it will. ReGrow treats genetic hair loss and allows users to have long-term success without experiencing adverse side effects or increased in health risks. Low-level light therapy (LLLT) uses a scientific process to fight hair loss and promote hair growth by stimulating cell metabolism at the follicular level. Many formulas on the market use drugs and chemicals to regrow hair but ReGrow only uses your bodies natural functions to thicken and regrow hair.

Can I prevent hair loss with LLLT?
Preventing hair loss is much easier than awakening and/or regrowing dormant hairs. Reversing hair follicle miniaturization and extending the hair growth cycle phase are key. The earlier you catch hair loss and begin LLLT treatment the better.

I have heard LLLT can stop/reduce hair greying and reverse hair greying. Is this true?
There have been some testimonials posted online where users, who have used various LLLT treatments, state they have noticed a reduction of grey hairs but we do not have any hard scientific data to back this up. Our assumption with ReGrow is that if you were to experience a reduction in greying by using LLLT you would have the best chance with ReGrow as we have the most non-flashing lasers of any product in the industry.

Are there any clinical trials or medical studies that show lasers have stopped hair loss and regrown new hair?
Many studies have been completed and below are links to a few:
Low-Level Laser (Light) Therapy (LLLT) for Treatment of Hair Loss:

https://onlinelibrary.wiley.com/doi/full/10.1002/lsm.22277

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3944668/

https://onlinelibrary.wiley.com/doi/full/10.1002/lsm.22170

Do physicians, trichologists and dermatologists advise using LLLT for hair loss prevention growth?
Physicians, trichologists and dermatologists recommend using LLLT. They recommend it due to the proof provided by the +100 medical studies on the efficacy of LLLT for hair loss prevention and hair regrowth.

Can ReGrow be used to just thicken my hair?
Yes. ReGrow will increase the thickness of your hair follicles. Depending on how far your hair has thinned to, it can double the thickness of the follicles and also increase the number of hairs from each hair bulb giving you a more full hair look.

How many times a week do I need to use ReGrow?
We recommend using ReGrow every other day for best results. Once you achieve the results you want within 8-12 months you can use ReGrow 1-2 times per week to main your results.

How long until I see visible results?
You can expect to see visible results from low-level light therapy within **12 to 24 weeks of continued use of 30-minute sessions every other day.** Results will vary from individual to individual. You can expect to see a slowdown in hair loss and reduction in miniaturization of hair follicles in the first 2 to 4 months. From around 4 to 6 months, you may notice thicker, fuller hair start to grow back. LLLT is expected to yield better results as you continue using it to maintain healthy hair growth. Be patient as hair growth is different for each and every person. Remember—hair only grows less than half an inch each month. If you're unsure, we suggest to give RegGow a try for 6 months. If it doesn't work for you, send it back to us with our 8-month money back guarantee.

Can using ReGrow cause cancer?
The lasers penetrate the scalp to the base of both vellus and terminal hair follicles but do not penetrate the brain or skull. Low-Level Laser Therapy (LLLT) is safe and does not produce ionizing radiation. LLLT has been around for years and is scientifically supported for its benefits.

If I'm undergoing a cancer treatment can I use ReGrow?
Please consult your doctor prior to use before, during or after any cancer treatments.

Do I need to get a prescription to purchase or use ReGrow?

No prescription is needed to purchase ReGrow. We recommend talking with your doctor prior to using ReGrow as with any LLLT device but this is not mandatory.

Are there any medical conditions that may interfere with the effectiveness of using ReGrow?

If you have any underlying medical conditions such as thyroid disease, anemia, are taking any medications or if you have any possible scalp conditions such as psoriasis, please visit your doctor to address these medical concerns before considering any hair growth treatment. Properly diagnosing the cause of your hair loss with a physician is important.

Does using ReGrow everyday speed up my results?
Using ReGrow everyday does not speed up results. You should allow a minimum of 24 hours between each session for best results. Think of it as going to the gym; rest is needed between sessions.

Will ReGrow fit on my head?
We did extensive research on this using various medical and military data sources to ensure ReGrow fits 99% of the population and we also provide two different sets of foam pads with different thicknesses to ensure the best fit. The rubber supports also help keep ReGrow secure on your head and part your hair to ensure the maximum amount of laser light reaches your scalp.

I am an older woman with thin and damaged hair, will ReGrow also work for me?
Yes it will work for you. Some studies have shown women react a bit better to LLLT compared to men.

Do I need to use ReGrow forever?

LLLT is like going to the gym, once you achieve the results you want, you need to continue to go periodically to keep your results.
You can use a simple maintenance program of 1-2 treatments per week to keep your results once you have achieved your results using ReGrow.

Is it too late for me to start using ReGrow?
The hair bulbs must still be alive, otherwise laser therapy will not be effective regardless of the device or treatment (apart from transplants). In order for low-level light therapy (LLLT) to work, you cannot be completely bald. As long as you still have hair, even thin hair, laser therapy can be beneficial to you. ReGrow, like all LLLT devices, is not intended for people with severe hair loss.

Can I also use finasteride (Propecia™) and/or minoxidil (Rogaine™) with ReGrow?
Some studies have shown some negative side effects using finasterides so always consult a doctor before taking any hair loss product. It is fine to use either or both of the above but we recommend using only ReGrow for the first 6-9 months to access the results you get as most people find all they need is LLT to achieve their desired results.

Can I use ReGrow after a hair transplant?
ReGrow works great for pre and post-op transplant patients. Please consult with your hair transplant specialist (Trichologist) when they think it is best to use ReGrow after your procedure. The energy from the helmet helps with healing. It also helps with shock loss as hairs close to

where the transplants were done can also sometimes fall out or weaken and ReGrow helps stop this. Some LLLT cases have shown to also reduce inflammation and redness post-op.

Is it ever too early to begin using ReGrow?

We recommend ReGrow for anyone 18 or older. Using ReGrow before any hair loss is noticed is the best way to prevent any future hair loss. ReGrow will also improve your existing hair health.

I have darker skin, will ReGrow work for me?

ReGrow, like other low level laser helmets, works best for Fitzpatrick Skin Types 1 – 4. Conclusive data results for skin types 5 – 6 are not currently available.

Skin Tone Description Table

Type 1	Clinically tested to be effective with these skin types	Very white or freckled, always burns with sun exposure (very fair; often in people with red or blond hair and blue eyes)
Type 2		White skin, usually burns with sun exposure (fair; often in people with red or blond hair and blue, green, or hazel eyes)
Type 3		White or olive skin tone, sometimes burns with sun exposure (fair; seen in people with any hair or eye color)
Type 4		Brown skin, rarely burns with sun exposure (common in people of Mediterranean descent)
Type 5	Not clinically tested for these types	Dark brown skin, very rarely burns with sun exposure (common in people of Middle-Eastern descent)
Type 6		Black skin, rarely burns with sun exposure

Should I wash and shampoo my hair each day?

You should shampoo your hair every 2nd or 3rd day to avoid drying it out. We also recommend using a hair loss shampoo along with a hair loss conditioner.

I am pregnant - Can I use ReGrow?

Please consult your physician prior to use if you are pregnant.

Can ReGrow help women with post menopausal hair thinning?

Yes ReGrow can help thicken thinning hair due to post menopausal hair thinning.

How long is your warranty and a money back guarantee?

We provide a 1-year limited warranty against manufacturing defects.
We also have the longest money back guarantee in the industry so if after 8 months your ReGrow doesn't work just send it back to us and we'll refund you. The warranty is not valid if you purchase a used helmet helmet on a site such as eBay or Kijiji.

What payment methods do you accept?
We also accept payment through PayPal and all major debit cards and credit cards, such as American Express, Discover, MasterCard and Visa.

What financing options do you offer?
We currently do not offer any financing options but will be adding one very soon.The only current option is to purchase the helmet paid in full on our site or use Celery to reserve your helmet and pay once it ships.

Does ReGrow ship to my country?
Currently, ReGrow is only shipping to Canada and the US but we will be making it available to other countries soon. Sign up on our website to be notified when we begin shipping to your country.

How is shipping handled?
We will be shipping via one of the national carriers and the email you used when ordering will be sent the tracking info.

What color options are available?
We only offer the light blue color however we may offer more colors in the future.

What if my ReGrow breaks?
If your ReGrow breaks within the 1-year limited warranty period, send it back to us and we'll repair it or send you a new one free of charge.

What tests does ReGrow goes through before I get it?
ReGrow has a dedicated test room where it undergoes +50 individual tests ranging from shake and vibration tests to electronic circuit tests such as Bluetooth and WiFi checks.

How do I charge my ReGrow?
Use the provided charger with ReGrow. It is a more powerful charge compared to a standard phone charger. DO NOT use the ReGrow charger to charge any other devices except ReGrow as it can ruin them. To extend ReGrow’s battery life only recharge it after you have received the low battery message or see the . You will still be able to complete your current session after this message.

How long does it take to charge ReGrow?

It takes 4 hours for a full charge from a fully discharged battery. We recommend using ReGrow until the battery is completely drained to extend the battery’s life.

Product Specs Table

Symbol Meanings

	Power On/Off		Refer to Operating Instructions
	Dispose Device According to Directive 2012/19/EU (WEEE)		Refer to User Manual
	Caution		RF Interference
	Laser		Shock Protection Type B
	Laser Warning	SN	Serial Number
Laser Aperture	Laser Aperture Indicator	IP22	Ingress Protection Against Finger Insertion
	Federal Communications Commission	Laser Warning Lorem ipsum dolor sit amet, consectetur adipiscing. Nulla vel ipsum bibendum.	Laser Warning Label
	Wi-Fi Connection		

Physical Specifications

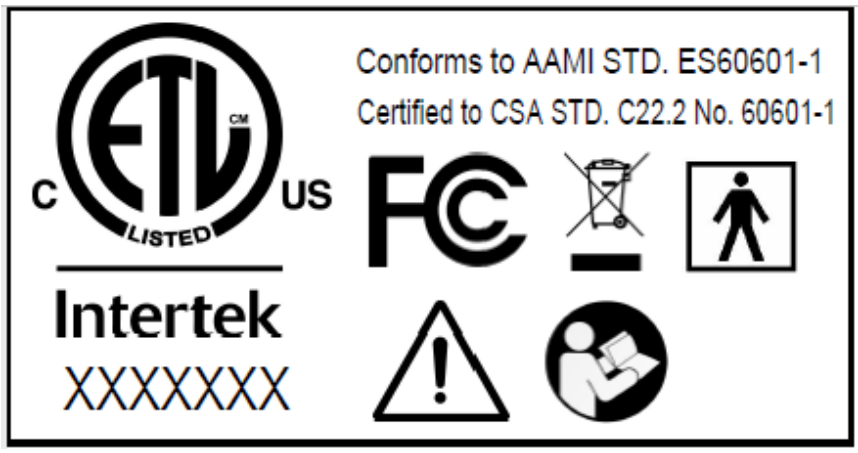
Dimensions: 10.36" x 7.92" x 4.55"
Weight: 1.34lbs
Session Duration: 30 minutes per session, use every other day
Materials: Polycarbonate plastic and various electronics
Battery Life: 5 sessions
Universal Fit: Fits 99% of the population with full scalp coverage
IP Rating: IP22
Lasers: 187 USA-made Vertical Cavity Surface Emitting Lasers (VCSELs)
Energy Output: ~5 milliwatt (mW) output at the scalp (industry standard) & ~3 Joules per cm/squared
Laser Wavelength: 680 nanometers (nm) +/- 5nm
One touch power button to begin 30-minute timed session

Front of Helmet

Side of Helmet

Inside of Helmet

Labels on the Package and Product is in accordance with IEC 60825-1 Standard:



Compliance and Privacy
FCC & IC
ETL & ETLC – ANSI & AAMI
IEC & ISO Compliant - (60601-1, 60601-1-2 62304, 62366, ISO 14971, ISO 10993)

Additional Testing
Shock, vibration, altitude and temperature shock
Treatment Data: All treatments tracked and stored in the helmet's SD card

Mobile Application
Compatibility iOS Compatible
Android compatibility expected in 2020
Wifi 802.11bgn
Bluetooth BLE 4.2
Compatible Streaming Services: Youtube, Spotify, iTunes

Device Failure Mode
ReGrow is designed to last for 5 years of standard use. The light from the VCSELs do not fade or diminish over time. At the end of the laser's life or if it fails for any other reason, the red laser light will no longer shine out of ReGrow.

Expected Life of Your Device
ReGrow is a medical device made and tested under strict quality controls. The factory that makes ReGrow has ISO 9001, ISO 14001 & ISO 13485. ReGrow has high quality, USA made VCSELs Based on that rating and the durability of the components being used, the expected life of your Regrow MD is 5 years of regular use. Please take time to read this entire user manual before operating your device.

Electromagnetic Immunity Guidance

The following information is provided in accordance with IEC/EN 60601-1-2 and this device is compliant with the standard.

Guidance and Declaration – Electromagnetic Emissions		
The Regrow Helmet is intended for use in the electromagnetic environment specified below. The customer or the user of the Regrow Helmet should assure that it is used in such environment.		
Emission Test	**Compliance**	**Electromagnetic environment - guidance**

CISPR 11:2015 Radiated Emission and Conducted Emission	**Group 1: Class B**	**The Regrow Helmet uses RF energy for its internal functions. Therefore, its RF emissions are very low and not likely to cause any interference in nearby electronic equipment.**
IEC 61000-3-3: 2013 AMD1:2017 : Voltage fluctuation & Flicker	**Complies**	**The Regrow Helmet is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.**

Guidance and Declaration – Electromagnetic Immunity			
The Regrow Helmet is intended for use in the electromagnetic environment specified below. The customer or the user of the Regrow Helmet should assure that it is used in such an environment.			
Immunity Test	**IEC 60601 Test Level**	**Compliance Level**	**Electromagnetic environment - guidance**
IEC 61000-4-2: 2008 ESD Test	**±8kV Contact ±15kV Air**	**±8kV Contact ±15kV Air**	**Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.**

IEC61000-4-3:2006+AMD1:2007AMD2:2010 Radiated Susceptibility Test	**10V/m at 80 MHz to 2700 MHz 9V/m or 27V/m or 28V/m 385MHz to 5785MHz**	**10V 9V/m or 27V/m or 28V/m**	
IEC 61000-4-4: 2012 Electrical Fast Transient Test	**±2kV for supply lines**	**±2kV for power supply lines**	**Mains power quality should be that of a typical commercial or hospital environment.**
IEC 61000-4-5:2014/ AMD1:2017 Surge Test	**±1kV differential mode**	**±different ial mode**	**Mains power quality should be that of a typical commercial or hospital environment.**
IEC 61000-4-6: 2013 Conducted Susceptibility Test	**3Vrms 150 kHz to 80 MHz 6Vrms ISM:6.765 MHz to 40.70 MHz Amateur Bands: 1.8MHz to 54MHz**	**3Vrms, 6Vrms**	

IEC 61000-4-8: 2009 Power Frequency(50/60Hz) Magnetic Field Test	**10A/m**	**10A/m**	**Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.**
IEC 61000-4-11:2004+ AMD1:2017 Voltage Dip, Short Interruptions on power supply input line	**0% UT; 0.5 cycle, 1 cycle 70% UT; 25/30 cycles 0% UT; 250/300 cycles**	**0% UT; 0.5 cycle, 1 cycle 70% UT; 25/30 cycles 0% UT; 250/300 cycles**	**Mains power quality should be that of a typical commercial or hospital environment.**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions.

(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications to this equipment not expressly approved by Regrow may void the user’s authority to operate this equipment.

This device complies with ISED’s licence-exempt RSSs. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Le manuel d'utilisation des appareils radio exempts de licence doit contenir l'énoncé qui suit, ou l'équivalent, à un endroit bien en vue et/ou sur les appareils :

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RF exposure (portable use)

Radiation Exposure Statement:
The product comply with the Canada portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Déclaration d'exposition aux radiations:

Le produit est conforme aux limites d'exposition pour les appareils portables RF pour les Etats-Unis et le Canada établies pour un environnement non contrôlé.
Le produit est sûr pour un fonctionnement tel que décrit dans ce manuel. La réduction aux expositions RF peut être augmentée si l'appareil peut être conservé aussi loin que possible du corps de l'utilisateur ou que le dispositif est réglé sur la puissance de sortie la plus faible si une telle fonction est disponible.

Precautions

ANY ATTEMPT TO SELF-SERVICE YOUR DEVICE, UNLESS INSTRUCTED BY REGROW'S CUSTOMER SERVICE, WILL VOID YOUR WARRANTY.

- ReGrow helmet is meant for people 18 years old or older.
- Keep ReGrow out of the reach of kids and animals as the laser light may cause harm or injury to them if they look directly at the VCSELs.
- A temperature sensor is inside ReGrow Helmet and will shut down the device if its internal temperature reaches 50 degrees Celsius.
- Do not look directly at, or use optical instruments like a microscope or magnifying glass to look at, the VCSELs. ReGrow has 187 Class 3R lasers that may cause harm to your eyes if look at them directly.
- Do not use ReGrow if you are taking medication or if you have any medical conditions that make your skin sensitive to the sun or light.
- Discontinue use of the ReGrow helmet if scalp itching or tingling occurs and lasts more than one (1) hour after completion of a treatment session. If the problem continues for more than one (1) hour after treatment, discontinue usage and consult with a physician.

- Do not use ReGrow if you have or have had cancer on your scalp or neck.
- Do not use ReGrow helmet device if you have sensitive skin or if you are allergies to the specific wavelength of light (680nm).
- Always unplug ReGrow from the power outlet and do not leave it unattended while it is charging/plugged in. This could cause an electrical hazard.
- Keep the power cord away from hot surfaces like radiators, stoves, ovens or room heaters. This can damage and break the cord.
- Always unplug ReGrow from the power outlet prior to cleaning the device. Failure to do so may result in an electrical hazard.
- Do not touch or go in or near water while wearing ReGrow. This is an electrical hazard that may result in injury or death.
- Do not use ReGrow if your hair is wet. Towel dry your hair prior to use. Wet hair may result in electric shock and injury and also void the warranty.
- Do not use ReGrow if the charging cord or helmet are damage. If you notice damage to either of these contact us at info@regrowhelmet.com.
- Only use ReGrow per the instructions in this manual. Do not use it for any other purposes.
- Do not drop ReGrow, as this can damage or break it. If you dropped the device or suspect the device has any issues like VCSELs not lighting up, cracks in the outside shell. Contact us at info@regrowhelmet.com to request a repair or get a new helmet.
- Do not modify this equipment without authorization from the manufacturer.

REGROW

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