

Treatment Protocol For new UV/Blue Kit



1. Take 1 capsule of Riboflavin-5-Phosphate (100 mg) with sufficient liquid and with a meal.



Exposure time: *During this time, the Riboflavin is absorbed by the body via the bloodstream.*
60 minutes

2. Start systemic treatment on the left wrist with Spectra Laser Watch one hour after capsule intake (Full power = 5 mW, Duration: 60 minutes).
3. At the same time open a second capsule and dissolve the content in a glass of still water (200 ml).
4. Fill up the spray bottle with the dissolved Riboflavin solution.
5. Spray 3 times into both nostrils.
6. Rinse the mouth intensively with the remaining solution from the glass and gargle.
7. Exposure time in throat and nose: 15 minutes. Do not eat or drink during this time.



Exposure time: *Riboflavin is absorbed by mucous membranes.*
15 minutes

8. Use the provided Y-cable to connect mouth/throat and nasal applicator to the Spectra Laser Watch and start treatment after the end of the exposure time:
 - Irradiate the nose from the inside for a total of 20 minutes.
After the first 10 minutes, rotate the nasal applicator so that each nostril is exposed to blue light for 10 minutes and UV light for 10 minutes.
 - Treat the mouth/throat area for 20 minutes.
Keep the adapter moving to irradiate the entire mouth and throat area.

Apply treatment once daily.

Disinfect applicators after each use in the UV sterilization box provided.

If necessary, additionally wipe/disinfect with a damp cloth.



Video instruction: <http://bit.ly/2Ym9tpS>