

System	Type	Benefit (B)/Risk (R)	LLLT inferior	LLLT not inferior	LLLT superior
Blue, yellow, red, infrared, broad spectrum	↓ number of inflammatory lesions	B			2.5
Yellow, red, infrared	↓ global photaging score	B			2.5
blue, yellow, red, infrared, broad spectrum	↓ fine lines/wrinkles	B			2.5
Yellow, red, infrared, broad spectrum	↓ periorbital wrinkles	B			2.5
Yellow, red, infrared, broad spectrum	↑ collagen production	B			2
Blue, yellow, red, broad spectrum	↓ number of non-inflammatory acne lesions	B			2
Yellow	↓ background erythema	B			2
Blue, red, infrared	↓ the severity of rosacea flares	B			2
Red, broad spectrum	↑ precancerous lesion clearance	B			2
Blue, yellow, red, infrared, broad spectrum	↑ quality of skin surface texture	B			2
Yellow, red, infrared	↓ melanin/hyperpigmentation	B			2
Blue, red, broad spectrum	↑ hyperpigmentation	R	1.75		
Yellow, red	↓ matrix metalloproteinases	B			1.75
Red	↑ resistance to UV radiation	B			1.75
Blue, red, infrared	↓ pore size	B			1.75
Blue, red	↓ sebum output of sebaceous glands	B			1.75
Blue, red, infrared, broad spectrum	↑ improvement of skin tone/complexion/radiance	B			1.5
Blue, broad spectrum	↑ rate of healing of acne lesions	B			1.5
Red, infrared	↑ firmness	B			1.5
Red	↓ TEWL	B			1.5
infrared	↓ bags under eyes	B			1.5
Red	↑ pain	R	1.5		
Red, infrared	↓ nasolabial fold	B			1.25
Red	↑ stratum corneum hydration	B			1.25
Red, infrared	↑ elasticity	B			1.25
Blue, yellow, red, infrared, broad spectrum	↑ erythema	R	1.25		
Blue, yellow, red, infrared	↑ burning	R	1.25		
Red, broad spectrum	↑ ocular glare, floaters, blurred vision	R	1.25		
Red, infrared	↑ elastin	B			1
Red	↓ signs of solar atadosis	B			1
Blue	↓ perioral wrinkling	B			1
Red	↑ number of fibroblasts	B			1
Blue, red	↑ dryness of skin	R	1		
Blue	↑ pruritus	R	1		
Blue, red	↑ rash	R	1		
Blue, red	↑ worsening of acne	R	1		
Blue, red	↑ desquamation	R	1		
Blue, red	↑ edema	R	1		
Red	↑ vesiculation	R	1		
Red, broad spectrum	↑ worsening of telangiectasia	R	1		
Red, broad spectrum	↑ reddening of scar	R	1		