HOW IT WORKS
Full spectrum LEDs supply an optimal blend of light colors to support seed starting, vegetative growth and flowering. LEDs run at low temperatures thus minimizing the risk of burning young seedlings and plants. With the timer set, the light automatically turns on and off ensuring your plants get plenty of light every day. But how do the grow lights work exactly? You’ve probably heard of photosynthesis, the process by which plants make food by trapping light energy in their leaves. That light has many different colors in it. Chlorophyll, a plant pigment which does the trapping and creates energy for the plant, usually absorbs red and blue light. These two color’s specific wavelengths range, called Photosynthetically Active Radiation (or PAR for short), fall within 400 nanometer (nm) to 700 nm wavelengths, perfect for Chlorophyll A and B to manufacture sugar to fuel plant growth.

Our full-spectrum grow light provides both of these ranges in high amounts as well as in between ranges, too, which is important to other plant pigments. Even better? The combination of all spectrums is emitted as a natural, warm sun-like white color instead of the harsh bluish glare of other commercial grow lights. Our full-spectrum grow light provides both of these ranges in high amounts as well as in between ranges, too, which is important to other plant pigments. Even better? The combination of all spectrums is emitted as a natural, warm sun-like white color instead of the harsh bluish glare of other commercial grow lights.

Grow Bar is the vital solution for creating a lush plantscape in sun-deprived spaces. Its full spectrum LED grow light nourishes low-to-bright light loving plants. Simply mount under a shelf or cabinet, add plants and select or create a daily on/off schedule in the Modern Sprout App. Includes:

- 2x 1” Dual Lock Adhesive Strips
- 10’ White Power Cord
- 1 Reclosable Fastener, Operation Manual
- 2x 1” Dual Lock Reusable Fastener, Operation Manual
- Assembled in the USA of imported and domestic components.
- PLEASE READ THIS MANUAL PRIOR TO OPERATING, ASSEMBLING OR ATTEMPTING TO RETURN THIS UNIT

INORIES
Includes:

- White Flush Mount Metal Fixture, 2x LED Light Strips, 10’ White Power Cord with Manual On/Off Switch, Smart App Software, 2x 1” Dual Lock Reusable Fastener, Operation Manual
- Assembled in the USA of imported and domestic components.

GROW BAR
Our 30+ CRI dimmable LEDs produce museum-quality lighting, meaning it will not alter the color of your plants or your home. Eco-friendly LEDs use minimal power and have a long lifespan — they’re rated for 25,000 hours of usage.

FULL MOUNT INSTALLATION
Two sets of Dual Lock Reusable Fasteners are included for mounting; simply remove adhesive backing and place on either end of the Growbar and firmly press into place.

APP-ENABLED GROW LIGHT FOR LIVING GREEN
Light the way to a greener home. Our Growbar is the vital solution for creating a lush plantscape in sun-deprived spaces. Its full spectrum LED grow light nourishes low-to-bright light loving plants. Simply mount under a shelf or cabinet, add plants and select or create a daily on/off schedule in the Modern Sprout App.

FLUSH MOUNT INSTALLATION
Two sets of Dual Lock Reusable Fasteners are included for mounting; simply remove adhesive backing and place on either end of the Growbar and firmly press into place.

SPECs
4000K Natural White Light
90+ CRI Dimmable LEDs
10” x 23” x 2”
27W Power Adapter
10’ White Power Cord
Average Lifespan 25,000 hrs
3 Year Warranty

SAFETY GUIDELINES & CARE INSTRUCTIONS
For indoor use only. Two LEDs have been permanently installed into this fixture. Do not remove, reassemble or replace under any circumstances.

- Although LEDs do not get as hot as incandescent light bulbs, they do generate some heat. Avoid touching the LED panel and do not cover lights with flammable objects.
- Do not use near heating or cooling devices or with rapidly switching power supplies.
- Do not use the light if the power cord gets damaged.
- Avoid use in high temperature areas.
- To PREVENT RISK OF SHOCK OR INJURY, always power off and unplug Growbar before cleaning. Use a soft and slightly damp cloth when cleaning LEDs. Do not use chemical or abrasive cleaners.

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GROWING TIPS
LIGHT SETTINGS
Different plants require different intensities and durations of light to thrive. Select Partial Shade and adjust brightness to medium intensity for shade and low light plants. Choose Partial Sun and adjust brightness to medium-max intensity for partial sun plants. Choose Full Sun at max intensity for full sun plants.

LIMITED WARRANTY ON LIGHTS & ELECTRONICS
Failure to comply with the recommendations in this manual will void warranty. Modern Sprout warrants the LEDs & ELECTRONICS in this product for three years from the date of purchase from Modern Sprout or an authorized Modern Sprout retailer. Proof of purchase required. The warranty covers only damage resulting from defective material or workmanship; it does not cover conditions or malfunctions resulting from unnatural wear, neglect, abuse, accident, or repairs attempted or made by other than Modern Sprout. The customer is responsible for the costs of shipping the product to Modern Sprout.

INDOOR PLANTS: INDOOR LIGHT SETTINGS
- Full Sun: 500-1000 foot-candles.
- Partial Sun: 250-500 foot-candles.
- Medium: 100-250 foot-candles.
- Low: 0-100 foot-candles.

LEDs are most effective when placed 4”–8” above seedlings, 6”–12” above seedlings for seed starting. Once seeds germinate and have 2-3 sets of leaves, adjust light to 6”–12” above seedlings. For established plants, keep the light 10”–16” above the plant canopy, as this will prevent the light from overwhelming the plants and ensure light penetrates lower layers of foliage.

WATERING
Watering frequency depends on the plant type. Be sure to factor in the environmental conditions based on the location of the Growbar (sunlight, heat, humidity).

It strengthens their stems and helps them stay hearty and upright, which is important when plants are started from seed and need to mature. When starting from seed, consider placing in a well-ventilated area near a window, vent or fan.

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Modern Sprout recommends using indirect light, at an optimal 60° angle, for indoor plants. This is the best light source to help plants grow and develop properly.

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Customer Service: service@modsprout.com

Modern Sprout App or by visiting modsprout.com

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3-YEAR LIMITED WARRANTY ON LEDS & ELECTRONICS
It's time to pair your Growbar with the Modern Sprout App. While the lights are blinking, tap the plus symbol in the top right corner of the App to take you to the Add Device page.

3. Select the “Grow Lights” tab on the left-hand side. Now tap the Growbar icon.

4. Tap the “Confirm indicator is blinking” button.

5. Enter your Wi-Fi name and password (both are case sensitive). Tap “Confirm” and wait for the progress indicator to complete the device connection.

6. Once you have successfully paired your Growbar, tap the pencil icon to rename it (not required) and tap “Done”. You are now ready to set your light schedule.

7. RESETTING DEVICE
   • If the Growbar does not connect, unplug for 1 minute and then plug it back in.
   • Once the light is on, hold the power button on the Controller for 10 seconds to put the light into pairing mode.
   • Once the light is rapidly flashing connect using steps 3-7.
   • Need help? Check out Me > FAQ + Feedback in the Modern Sprout App for troubleshooting steps or to report an issue.
   • Check out our Youtube channel for additional tutorials and suggestions: youtube.com/user/modsprout/videos

APP SETUP
Plug the Growbar in and press and hold the power button on the Controller for 10 seconds until the Growbar lights start to blink. When the plug is in pairing mode and capable of syncing to the Wi-Fi.

Ensure that your smartphone is connected to your Wi-Fi network. Then, download the Modern Sprout App. Set up your account using an email and password. Follow the on-screen steps to complete login.

This Growbar is app-enabled, so you will need a smartphone and 2.4 GHz Wi-Fi network to operate it.

FOR MORE INFO ON PLANT PAIRINGS AND OPTIMAL LIGHT SETTINGS, VISIT: YOUTUBE.COM/USER/MODSPROUT/VIDEOS

LIGHTING SCHEDULE
There are three ways you can use your grow light:

1. MANUAL ON/OFF
   When you tap the on/off button on the Controller or App the light will turn off or on. (Note this action temporarily overrides any other presets).

2. PRESET SETTINGS
   Preset timer settings are based on different lighting needs.
   • Tap “Pause” in the lower left corner. Then tap to select a setting. Only one setting can be selected at a time.

3. CUSTOM SETTINGS
   Create a fully customizable daily lighting schedule.
   • Tap “Custom” in the lower right corner.
   • Tap “Hold schedule”.
   • Select an on time.
   • Select an off time.
   • Select the days you want the light to turn on/off (7 days / week is recommended).
   • Select Brightness.
   • Tap “Save” in the upper right corner. Name your setting and tap “Save” again.

ALL LIGHTS TURN OFF WHEN LIGHTS ARE BLINKING.

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