

# PHILIPS

## Energy light goLITE BLU

Intense blue light

Corded

as effective as 10,000 lux



HF3422/60



## Feel more energized with blue light, naturally Compact blue light energizes like bright daylight

Philips goLITE BLU is a portable energy light that uses the natural power of daylight to improve energy levels and mood. Just 20-30 minutes a day is all it takes to feel more energized and active, helping you to perform whenever you need to

### **Clinically proven: energizes naturally with light**

- Improves energy levels and mood
- Fights energy dips, fatigue and winter blues
- Light is a natural energizer that fits a healthy lifestyle
- Independent research confirms improved energy levels

### **Compact on-the-go design, use it anywhere, anytime**

- As effective as much larger 10,000 lux white lights
- Results in just 20-30 min/day; use while reading, working

### **Advanced Philips LEDs provide comfortable light**

- Has a similar effect on well-being as a sunny blue sky
- Even brightness, ultimate eye comfort
- 100+ years of Philips lighting and healthcare know-how
- 100% UV free light - safe for eyes and skin



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# Highlights

## Increases energy levels

Today's busy modern lifestyles demand peak performance all day long – but even the fittest person suffers energy crashes or lows, particularly when deprived of natural daylight, such as in an office in winter. goLITE BLU fights energy dips and improves mood using the natural energizing power of sunlight. With just a single 20–30 minute session proven to be effective, use goLITE BLU whenever you need to charge up and energize: to get going in the morning, reboot after lunch, or maintain sustained energy levels throughout the day.

## Light is a natural energizer

Daylight is essential to well-being and keeping fit and energized throughout the day – just like healthy nutrition and regular exercise. Philips goLITE BLU mimics the natural energizing power of daylight on a bright sunny day, stimulating special receptors in the eye that trigger the body's natural response to sunlight. This helps you to feel more energetic and active. On days when your energy level is low and you're feeling tired, goLITE BLU promotes vitality, naturally.

## Just 20-30 minutes a day

Just 20–30 minutes a day with goLITE BLU is proven to revitalize and promote a positive mood. Simply position the energy light at arm's length so that the light reaches your eyes. There's no need to look directly into the light, so you can multitask with goLITE BLU, benefiting from it at breakfast, or when working or reading. Since the light is UV free and comfortable and safe for eyes, you can use it for as long as you wish during the day (if used in the evening or before bedtime it may delay sleep). With daily use, you are likely to feel goLITE BLU's energizing effect within 1–2 weeks.

## Ultimate eye comfort



EnergyUp uses a unique lighting system to control glare for complete eye comfort. A unique combination of diffusers, reflectors and

filters distribute the powerful LED light evenly across the whole surface of the screen. This controls glare and prevents bright spots, for diffuse light that is always comfortable and pleasant to experience.

## UV-free

The pure blue light of goLITE BLU increases energy levels naturally. The effect is similar to that of a sunny day, but without the UV rays associated with sunlight.

## Developed by Philips



Philips was founded more than one hundred years ago as a pioneer of affordable light bulbs, and later used its expertise in vacuum tube technology to develop one of the world's first X-ray imaging machines. To this day, the company remains a global leader in lighting and healthcare, driven on by the desire to improve people's lives around the world every day by creating innovations that matter to you. This proud heritage continues with goLITE BLU, an innovative product which benefits from all of Philips' experience as a leading lighting, healthcare and consumer technology company.

## Compact portable design



goLITE BLU's blue light is the most efficient kind of energizing light, requiring just 200 lux to achieve an effect similar to 10,000 lux of white light. Blue light's high efficiency helps ensure that goLITE BLU is our smallest energizing light yet. You can take this energy light with you anywhere, while it fits any desk or table at home or in the office too. Simply

place goLITE BLU at arm's length within your field of vision and adjust the stand so that the light reaches your eyes.

## Sunny blue sky effect

Has a similar effect on well-being as a sunny blue sky.

## Clinically proven benefits

goLITE BLU is clinically proven to improve energy levels and mood, helping to fight winter blues [1]. Independent research reveals that 70% of people who tried goLITE BLU felt their energy levels improve after just two weeks of use (study with 823 participants in the UK in 2011 by Bzz Agent). A further 84% were satisfied with the way goLITE BLU helped them to fight winter blues (study with 229 participants in the Netherlands in 2011 by MetrixLab).

## Fights energy dips

Lack of light during the darker winter months causes many people to experience a noticeable drop off in their energy levels and low spirits as autumn sets in. Known as 'winter blues' (or sub-syndromal seasonal affective disorder, sub-SAD), symptoms may cause the sufferer to feel low, listless and fatigued for weeks or even months on end, affecting both personal performance and mood. Philips goLITE BLU fights these symptoms of winter fatigue with the natural energizing power of sunlight, sustaining the body with summer vitality throughout the dark winter months.



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## Philips Green Logo

Philips Green Products can reduce costs, energy consumption and CO2 emissions. How? They offer a significant environmental improvement in one or more of the Philips Green Focal Areas – Energy efficiency, Packaging, Hazardous substances, Weight, Recycling and disposal and Lifetime reliability.

# Specifications

## Well-being by light

Increase energy level  
Keeps you sharp  
Feel more rested  
Fight winter blues  
Lift your mood

## Comfortable light

Specific blue light  
Similar effect as 10,000 lux  
Even screen luminance

## Easy to use

Light intensity settings: 3  
On/off button  
One button operation

## Portable

Small, compact design

## Technical

Power adapter: 10W  
Voltage: 100/240 V  
Frequency: 50/60 Hz  
Insulation Power Plug: Class II (double isolation)  
Type of Lamp: High power LED  
Lifetime of lamps: 10,000 hours  
Cordlength: 180 cm

## Weight and dimensions

Product dimensions: 14,3 x 14,3 x 3,5 cm  
Product weight: 0,4 kg  
F-box dimensions: 18,0 x 18,9 x 10,4

(WxHxD) cm

Master carton: 2  
F-box weight: 0,8 kg

## Logistic data

Country of origin: China  
CTV code: 884342260

## Safety and Regulations

Complies to Portable: Electric Luminaire  
UL153, CSA22.2 no 12  
cULus certified  
UV-free: No UV or near UV radiation

