



Philips goLITE BLU
energy light

rechargeable
international adapters



HF3330/01

Feel more energetic

Energy throughout the day, in a natural way

The Philips goLITE BLU is a compact and portable energy light which produces blue light like a clear summer sky. This particular light therapy is known to naturally help increase your energy levels whenever you need it and help fight winter blues.

Comfortable, convenient and easy to use

- Backlit touch screen to adjust timer and intensity
- Extra durable LED lights
- Conveniently portable and rechargeable
- Use for just 15-45 minutes each day to experience results
- 100% UV-free blue light

Increases energy levels and fights winter blues

- Helps to alleviate the symptoms of the winter blues
- Helps to overcome tiredness from jet lag
- Helps to increase energy levels
- Uses specific blue light like a clear sunny sky

Proven benefits

- Clinically proven* to improve mood and energy
- 100 years of Philips expertise in light technology
- Independent research shows improved energy levels with users

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Highlights

Natural blue light



goLITE BLU energy light produces a particular kind of pure blue light that occurs naturally on very sunny, clear days. Special receptors in the eyes absorb this blue light, which makes you feel energetic whenever you need it.

Fights the winter blues



In countries with long winters, many people experience loss of energy and low spirits due to lack of light. These symptoms are referred to as the winter blues. They typically start in autumn and may last for several weeks. Philips goLITE BLU is a simple and natural way to alleviate these symptoms and restore your summer mood and energy level.

Increases energy levels



Our busy lifestyles demand a lot from us and we want to be at our best both during work and private time. Sometimes we experience

low moments or dips during the day. Using the goLITE BLU energy light at any time of day will help you to increase your energy levels and alertness in a natural way.

Helps with jet-lag

Many people who travel regularly experience jet-lag after long flights. Using the goLITE BLU when you feel jet lagged, gives you a natural energy lift and can help reset your body clock to the new time zone.

Use for 15-45 minutes per day



Place goLITE BLU in your field of vision—no need to look directly into the light. Using the goLITE BLU energy light for at least 15 minutes naturally improves your mood and energy level whenever you need it. Using it for longer is absolutely safe. Regular use every morning during the winter months will help to alleviate symptoms of the winter blues.

Use everywhere



Compact design, storage case, rechargeable battery and international adapters make the goLITE BLU easy to use, easy to store and easy to take with you when you travel.

Adjustable timer and intensity



Set the timer according to your needs (1-60 min) by using the touch display and choose the right level of brightness out of the four levels by using the dimmer. Set the treatment time alarm to ensure that you don't miss your session of blue light.

Long lasting LEDs



The durable LED lights in the goLITE BLU energy light can be used for 30 minutes a day for 50 years, without losing efficacy.

UV-free



The pure, blue light increases your energy naturally, like on a sunny day, but without the UV rays associated with sunlight.

Specifications

Technical specifications

- Voltage: 100–240 V
- Cord length: 180 cm
- Power: 12 W
- Frequency: 50/60 Hz
- Insulation: Class II (double insulation)
- Type of lamps: LED
- Lifetime of lamps: 10,000 hour(s)

Weight and dimensions

- Product dimensions: 14 x 14 x 2.5 cm
- Product weight: 0.4 kg
- Box dimensions (W x H x D): 17.8 x 17.8 x 17.8 cm
- Box weight: 0.9 kg
- Master carton: 2

Logistic data

- CTV code: 884333001
- Country of origin: China

Easy to use

- Backlit touch screen
- On/off button
- Built in clock
- Pause function
- Treatment reminder alarm
- Treatment timer: 0-60 min

Comfortable light

- Advanced diffusion optics
- Wide treatment field
- Light Intensity dimmer: Yes, 4 levels
- Specific blue light

Medical appliance

- Medical Device Directive: 2007/47/EC, MDD 93/42/EEC

Portable

- Internal rechargeable battery
- Small, compact design
- Protective pouch included
- International power adapters

Well-being by light

- Fight the winter blues
- Increase alertness
- Fight jet lag
- Increase energy level

Safety and Regulations

- UV-free: No UV or near UV radiation
- Not for general illumination
- Complies to IEC 60601-1 Ed. 3
- CE 0344 Certified



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* Anderson, J. et al. Acta Psychiatr Scand 2009 120: 203-12