



Bright Light Therapy Benefits

- Feel better
- Sleep better
- Boost energy levels
- No side effects
- Results in 1 – 2 weeks

How Bright Light Therapy Works

- Simulates effects of natural daylight
- The Suprachiasmatic Nucleus (Internal Body Clock) regulates daily sleep/wake patterns
- Light hits the outer eye & causes the retina to transmit impulses to reset the body clock
- Reduces Melatonin (excessive daytime melatonin causes depression)
- Daily, 30 minute morning treatments are recommended

Comparing Lux

- | | |
|-------------------------------|---------------|
| • Direct Sun | 100,000 lux |
| • Bright Light Therapy System | 10,000 lux |
| • Home/Office Lighting | 300 - 600 lux |
| • DeskLamp | 100 lux |

5 Year UNLIMITED WARRANTY

The Northern Light Technology Difference

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Dual Function Floor Light for Bright Light Therapy

The FLAMINGO is an attractive floor light that will look good in any room of your house and doubles as a light therapy unit and a reading and task light. It does not require any specific installation or supporting furniture to be effective, and is extremely easy on the eyes and very enjoyable to use. Using only 52 watts of power, the FLAMINGO is so efficient that it can light up the whole room.

Great as an Exercise Companion

The FLAMINGO can be the ideal complement to a morning workout on an exercise machine, or treadmill. It is also ideal for any cosmetic/beautician treatment session that requires sitting for 30 to 60 minutes.

Adjustable Angle for Downward Comfortable Treatments

Featuring an adjustable neck and pivoting head the FLAMINGO can be adjusted downward. Leading researchers recommend light be delivered at a downward angle for maximum effectiveness and user comfort. This also reduces uncomfortable glare.



Lack of Light Affects Mood and Energy

Today's lifestyles are causing many to spend the majority of working and leisure time indoors. We may go to work in the dark, work in a window-less office and come home in the dark. This loss of light creates a state of light deprivation. Our bodies depend on the signals from bright sunlight at dawn and weak sunlight at dusk. Unfortunately, we may not be getting these needed signals anymore.

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a form of depression that afflicts over 10 million North Americans each winter season. Another 50 million individuals suffer a milder form of SAD called "winter blues". Symptoms may include feeling down, gloomy, problems sleeping and loss of energy.

The Solution: Full Spectrum 10,000 lux

Bright light therapy at 10,000 lux using full spectrum bulbs provides a natural way to activate hormones to help moods improve, increase energy and sleep better; all without drugs or side effects.



Advanced Technology for Proven Results



- **10,000 lux Light** Physician recommended for maximum benefit
- **ENERGY EFFICIENT** Uses only 52 watts of power
- **Adjustable Head** Infinite number of angles for comfortable treatment
- **Large Screen Size** Comfortable sitting distance
- **UV Filter** All harmful UV rays are blocked
- **Parabolic Lens Reflector** Evens out light for glare free treatment
- **Provides safe white light with correct color temperature**
- **Flicker Free Ballasts** Eliminate flickering that may cause headaches

Sturdy Base and Pole Stands at a height of 52 in. (1.32M)

All Metal Construction For durable use, painted black with scratch proof enamel finish

Recommended Guidelines for Best Results

- Use regularly each day at same time, preferably first thing in the morning (Sleep patterns can be disrupted if used in the afternoon or evening)
- Sit at suggested distance from the light:
 - 30 minutes at 10 inches (25 cm) for 10,000 lux
 - 60 minutes at 15 inches (40 cm) for 6000 lux
- The light shines into the eyes at an angle, without looking directly at the light
- Do not wear dark glasses while using the light.
- Spend time outdoors during sunny periods
- Eat sensibly, exercise and try to keep regular wake-sleep hours

About Northern Light Technologies

Northern Light Technologies was launched over 20 years ago by a team of engineers with advanced degrees in engineering and lighting technologies. In 1993, the Company co-founded the Circadian Lighting Association, an international association of light therapy manufacturers adhering to a Code of Practice for improved safety and efficacy.

Today Northern Light Technologies has grown to become one of the largest manufacturers of innovative light therapy and specialty lighting technology products in the world.

- Experts in Lighting Technology
- Factory Direct made in North America
- Products proven through Research and Development
- Physician Recommended for over 20 years
- Broadest Product Line

SPECIFICATIONS

Model Number	NLT FLA
Description	Full Spectrum 10,000-lux light therapy system
Dimensions	52" (1,32 m) tall Max. Height : 24 in. (60 cm)
Weight	15 lbs (6.8 kg)
Lux Setting	10,000 lux at a distance of 12 inches (suggested)
Lamp	Two (2) Extra Long Life, Compact Fluorescent tubes Model – Sylvania 24W (FT24DL) Full Spectrum Lamp tested for visual acuity
Lamp Life	10,000 hours manufacturer rated
Electrical	CSA safety approved (Canadian Standards Assn)
Electronic Ballasts	Instant on, no flicker
Power Usage	52 Watts
UV Filter	High-grade Acrylic, blocks UV, diffuses light
CRI	3,500 Kelvin color temperature (others available)
International Use	Uses common plug adapter, works with all household voltages
Unit	Composition - All-metal quality construction
Manufacturing	Made in North America
Installation	Delivered fully assembled
Accessories	Replacement Bulbs (single)
Guarantee	60 Day Money Back Guarantee
Warranty	5 year Unlimited Warranty on all parts and labor 1 year Warranty on Fluorescent tubes

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