

NORTHERN LIGHT TECHNOLOGIES

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INSTRUCTIONS FOR USE

The *FLAMINGO* is an innovative floor lamp designed to deliver bright light while exercising on a treadmill, relaxing in an armchair or sitting at a work station.

Use the lamp **20-30 minutes each day, at about 12 inches** (10,000 Lux) or 1 hour at about 20 inches, (5,000 Lux), preferably first thing in the morning. Your eyes need to be open, you do not need to look directly at the lamp, but you must face the lamp. The light should shine down into your eyes. Keeping regular sleep/wake-hours and exercising (outdoors when possible) are also very beneficial.

PROBLEMS

1) UNIT DOES NOT LIGHT

If the unit does not light after the switch is turned ON, please check that the plug is well inserted into the outlet. If it still fails to turn on, try other outlets. Should the problem persist, remove the plastic diffuser by gently unscrewing the four nylon screws. Check that both tubes are well seated in the sockets.

2) OTHER PROBLEMS

Bright light can cause eye and/or skin irritation and headaches. This is most prevalent in people using light sensitizing medications, or people with blue or green

eyes, blonde or red hair, fair or sensitive skin. These problems are usually resolved by gradually increasing use of the lamp. At the first sign of skin or eye irritation, stop using the lamp and wait until the irritation disappears. Then start using the lamp 2 minutes a day, trying different distances until you establish the greatest degree of comfort. Gradually, over a two week period, you should be able to lengthen your exposure time while shortening the distance until you achieve the original light regimen. If you still experience problems, call us. We will try to help you.

WARNING: *If you have a health problem, if you have been told you must wear sunglasses in sunlight, or if you have a history of eye problems, please consult a health-care professional first. MEDICATIONS such as lithium, melatonin, tetracycline, St. John's Wort, acne creams, creams with retinoic acid and some chemotherapy drugs can make you very sensitive to light.*

MAINTENANCE

The LED bulbs are rated for 30,000 hours. **Replacement bulbs** are available through Northern Light Technologies only.

WARRANTY

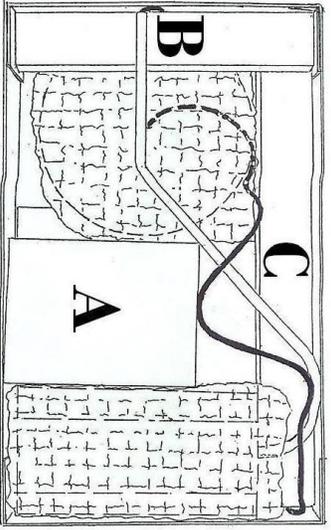
Northern Light Technologies undertakes to repair or replace a defective lamp at no charge for a period of 7 years. Shipping costs to our plant must be paid by you. You **MUST** call us at **1-800-263-0066** before returning a unit. Warranty does not cover the tubes.

GUARANTEE

For a period of 60 days after purchase we will refund the total paid, less \$35 for shipping and restocking. If the lamp was not purchased from us, please see vendor for return policy.

ASSEMBLY INSTRUCTIONS

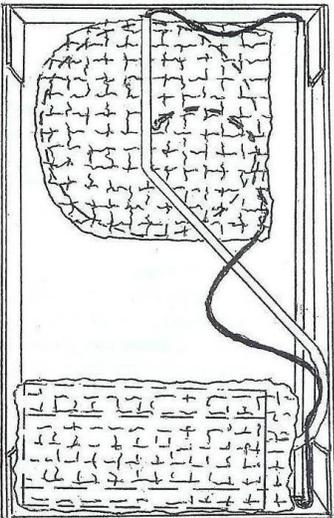
The attached sketches clearly show how to assemble the *FLAMINGO*



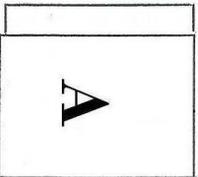
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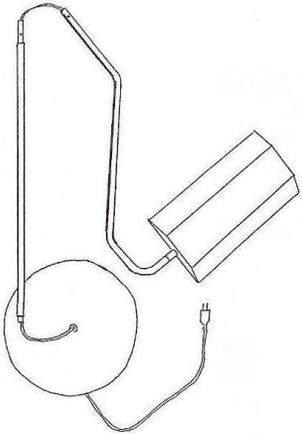
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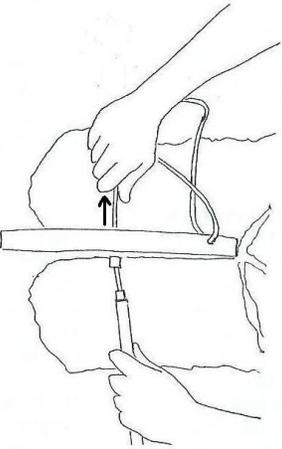
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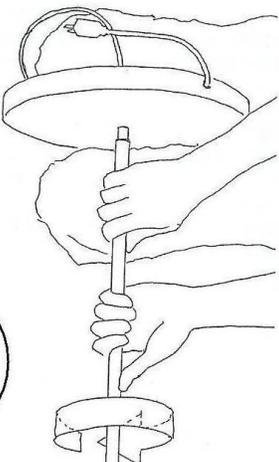
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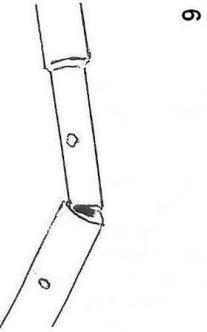
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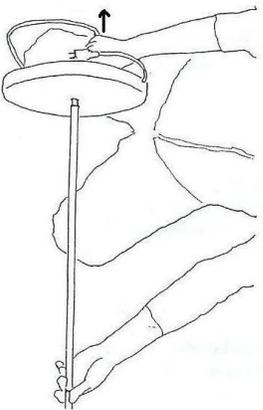
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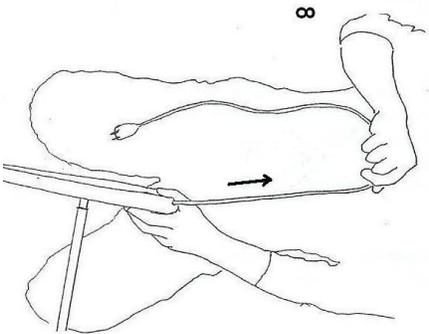
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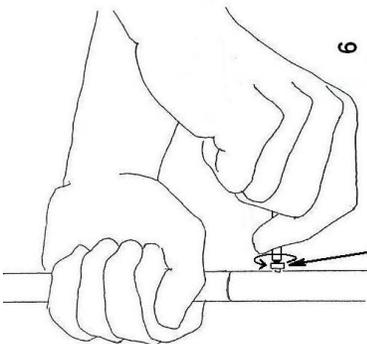
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SCREW