

NORTHERN LIGHT TECHNOLOGIES

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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. It's "smart" ballast will allow the lamp to work anywhere in North America, Europe or elsewhere, without a power converter.

INSTRUCTIONS FOR USE

The **FLAMINGO** delivers 10,000 Lux of light at 12 inches (30 cm) or 6,000 Lux at 16 inches (40 cm). We recommend that you use the lamp for about one hour each day at 16 inches or 30 minutes at 12 inches, preferably first thing in the morning. You do not need to look directly at the light. The light should, however, be positioned in front of you so that it shines into your eyes. Do not wear sunglasses while using the light. Use the **FLAMINGO** regularly, at about the same time each day. Try spending as much time as possible outdoors during sunny periods. Eat sensibly, exercise and try to maintain a regular sleep-wake regimen.

PROBLEMS

1) UNIT DOES NOT LIGHT

If the unit does not light 3 seconds 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 fluorescent tubes are equally well seated in the sockets. If any white phosphor coating is missing on any section of the inside of the glass tube, the fluorescent tube is defective. If the lamp has just been brought in from the cold, wait until it reaches room temperature before turning it on. Still no luck? ... Call us we'll do our best to help you.

2) OTHER PROBLEMS

Bright light can cause eye and/or skin irritation and headaches. This is most prevalent in people with blue or green eyes, blonde or red hair, fair or sensitive skin. All 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 5 minutes a day, trying different distances until you establish the greatest degree of comfort. Gradually, over a 2-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 may be able to help you.

Please note that some medications such as Lithium, Melatonin, Tetracycline, St.John's-Wort, Phenothiazines, Hematoporphyrins, acne creams, and creams with Retinoic Acid, Chloroquine and other Chemotherapy Drugs can make you very sensitive to light.

MAINTENANCE

The **FLAMINGO** should not require maintenance other than the occasional dusting. Smudges can be wiped with a soft damp cloth. The fluorescent tubes emit less light as they age. Typically, after 5,000 hours of usage they emit 15% less light.

Replacement bulbs:

Manufacturer	Part Number
OSRAM / SYLVANIA	FT24DL-835
PHILIPS	PL-L24W/835/4P

Although the fluorescent tubes are rated at 20,000 hours, their light output declines with usage. Tubes should be replaced every two years if the unit is used as a regular desk lamp, 8-hours a day. A fluorescent tube may break if severely jarred. Northern Light Technologies sells replacement tubes.

WARRANTY

Northern Light Technologies undertakes to repair or replace a defective lamp at no charge for a period of 5 years. Shipping costs to our plant must be paid by you. You **MUST** call us at 1-800-263-0066 before returning a unit.

GUARANTEE

Not all vendors have the same merchandise return policy. Only the conditions at point of purchase apply.

WARNING

If you have a health problem, if you have been told you must wear sunglasses in bright light or if you have a history of eye problems, please consult a health-care professional before using the *FLAMINGO*.

