



## 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.

## Best Value Bright Light Therapy for Home or Office

The BOXelite is the best value priced high quality bright light therapy system. It's light panel measures a large 13x19 inches and provides 10,000 Lux of lighting. The BOXelite can be used in a variety of settings for the recommended daily 30 minute light therapy sessions. The versatile design allows use while reading, eating, watching TV, and other activities.

### Adjustable Legs

The BOXelite features durable metal tubing that allows infinite angle options. Leading researchers recommend light be delivered at a downward angle for maximum effectiveness and user comfort. This reduces uncomfortable glare.

### Excellent Reading and Task Lamp

The BOXelite is also an excellent reading and task lamp and can be used all day long. For the treatment of SAD or Winter Depression, the light is pointed toward the face. For other use during the day, it can be pointed away from the face.



## 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)

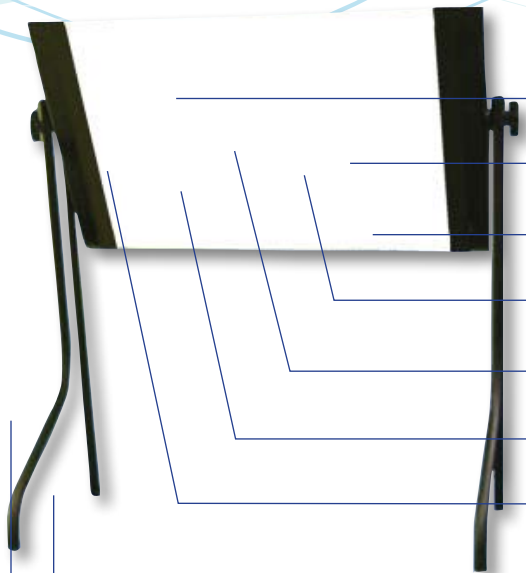
Seasonal Affective Disorder (SAD) is a form of depression that afflicts over 10 million North Americans each winter season. Another 50 million individuals suffer a milder form of SAD called "winter blues". Symptoms may include feeling down, gloomy, problems sleeping and loss of energy.

## 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 80 watts of power

**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

**Durable Metal Legs and Case** Solid metal tubing and Impact resistant design for maximum use, painted black with scratch proof enamel finish

**Adjustable Legs** Infinite number of angles for comfortable treatment

## 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

<b>Model Number</b>	NLT BOS
<b>Description</b>	Full Spectrum 10,000-lux light therapy system
<b>Dimensions</b>	18-1/2" x 12" x 2-1/2"
<b>Weight</b>	4.5lbs (2kg)
<b>Lux Setting</b>	10,000 lux at a distance of 17 inches (suggested)
<b>Lamp</b>	Two (2) Extra Long Life, Compact Fluorescent tubes Model – Sylvania 36W (FT36DL) Full Spectrum Lamp tested for visual acuity
<b>Lamp Life</b>	10,000 hours manufacturer rated
<b>Electrical</b>	CSA safety approved (Canadian Standards Assn)
<b>Electronic Ballasts</b>	Instant on, no flicker
<b>Power Usage</b>	80 Watts
<b>UV Filter</b>	High-grade Acrylic, blocks UV, diffuses light
<b>CRI</b>	3,500 Kelvin color temperature (others available)
<b>International Use</b>	Uses common plug adapter, works with all household voltages
<b>Unit</b>	Composition - Aluminum
<b>Manufacturing</b>	Made in North America
<b>Installation</b>	Delivered fully assembled
<b>Accessories</b>	Replacement Bulbs (single)
<b>Guarantee</b>	60 Day Money Back Guarantee
<b>Warranty</b>	5 year Unlimited Warranty on all parts and labor 1 year Warranty on Fluorescent tubes

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