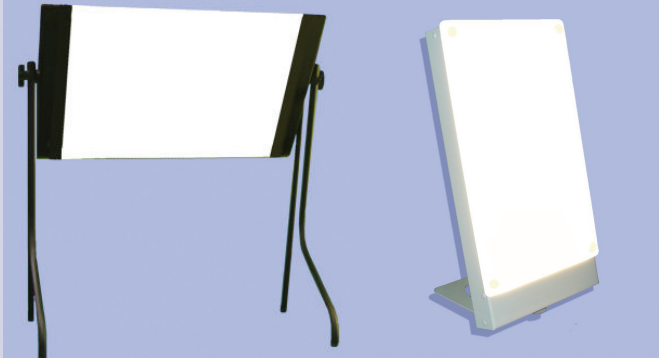


# Product Comparison

## Fluorescent Bright Lights versus LED Lights



### Fluorescent Bright Lights

<b>Light Output</b>	10,000 lux up to 20"
<b>Treatment Area</b>	Large
<b>Blue Light Focus</b>	No
<b>Glare</b>	Controlled
<b>Clinical Studies</b>	Yes, over 200 trials
<b>Warranty</b>	5 year Unlimited
<b>Original Manufacturer</b>	Yes, Made in North America



### LED Lights

<b>Light Output</b>	500 – 1,000 lux at recommended distance
<b>Treatment Area</b>	Small, easy to miss treatment
<b>Blue Light Focus</b>	Yes
<b>Glare</b>	Photoflash Effect
<b>Clinical Studies</b>	1
<b>Warranty</b>	2 year Limited
<b>Original Manufacturer</b>	No, Made in China

### Clinical Update on Blue Lights:

Many of the top light therapy experts worry about the long-term effect on the retina (Macula) of the blue light used in all handheld LED units. It is a definite fact that blue light causes macular degeneration, but it is not yet known how much light (duration, frequency of use and intensity) is safe.

Fluorescent based light therapy mimics the sun very well in quantity (10,000 lux) and quality(spectrum). Only one clinical trial for SAD using LED-based units has been done to date, whereas fluorescent based units have been proven safe and effective in over two hundred trials.

Medical Professionals consider the 10,000 lux fluorescent light to be the Gold Standard for Safety and Clinical Effectiveness in light therapy for Season Affective Disorder (SAD).

### Medical Experts Express Concerns over Blue Light for SAD

"The bottom-line answer is, at this time stay with conventional white-light fixtures. We have decades of experience indicating that these are effective and safe. As of the writing of this book, there is not one published study on the effectiveness of blue light for treating SAD. Nor is there the long track record of safety. On the contrary, there is long-standing concern about potential toxicity of blue light to the eyes."

— Norman Rosenthal, MD, in WINTER BLUES (2005)

"Elevated chronic exposure to light has been identified as a risk factor for development of ARMD (Age Related Macular Degeneration)... avoiding exposures to bright short-wavelength [blue] light is the simplest preventative measure against light damage".

— Rozanowska M. & Sarna T. In Photochem Photobiol (2005)