



Philips goLITE BLU  
Energy light

### Intense blue light

Cordless, travel lock & pouch  
as effective as 10,000 lux  
Treatment time indicator



HF3432/60

## Feel more energized with blue light, naturally

### Compact blue light energizes like bright daylight

Philips goLITE BLU is a portable energy light that uses the natural power of daylight to improve energy levels and mood. Just 20-30 minutes a day is all it takes to feel more energized and active, helping you to perform whenever you need to

#### Advanced Philips LEDs provide comfortable light

- Has a similar effect on well-being as a sunny blue sky
- Even brightness, ultimate eye comfort
- 100+ years of Philips lighting and healthcare know-how
- 100% UV free light - safe for eyes and skin

#### Clinically proven: energizes naturally with light

- Improves energy levels and mood
- Independent research confirms improved energy levels
- Fights energy dips, fatigue and winter blues
- Light is a natural energizer that fits a healthy lifestyle

#### Compact on-the-go design, use it anywhere, anytime

- Rechargeable battery and mains cord for use anywhere
- Light and durable go-anywhere design with protective pouch
- Results in just 20-30 min/day; use while reading, working
- As effective as much larger 10,000 lux white lights



# PHILIPS

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# Highlights

### Clinically proven benefits

goLITE BLU is clinically proven to improve energy levels and mood, helping to fight winter blues [1]. Independent research reveals that 70% of people who tried goLITE BLU felt their energy levels improve after just two weeks of use (study with 823 participants in the UK in 2011 by Bzz Agent). A further 84% were satisfied with the way goLITE BLU helped them to fight winter blues (study with 229 participants in the Netherlands in 2011 by MetrixLab).

### Rechargeable battery



Rechargeable battery and mains cord for use anywhere.

### Sunny blue sky effect

Has a similar effect on well-being as a sunny blue sky.

### Ultimate eye comfort



EnergyUp uses a unique lighting system to control glare for complete eye comfort. A

unique combination of diffusers, reflectors and filters distribute the powerful LED light evenly across the whole surface of the screen. This controls glare and prevents bright spots, for diffuse light that is always comfortable and pleasant to experience.

### Go-anywhere design

Light and durable go-anywhere design with protective pouch.

### Increases energy levels

Today's busy modern lifestyles demand peak performance all day long – but even the fittest person suffers energy crashes or lows, particularly when deprived of natural daylight, such as in an office in winter. goLITE BLU fights energy dips and improves mood using the natural energizing power of sunlight. With just a single 20-30 minute session proven to be effective, use goLITE BLU whenever you need to charge up and energize: to get going in the morning, reboot after lunch, or maintain sustained energy levels throughout the day.

### Fights energy dips

Lack of light during the darker winter months causes many people to experience a noticeable drop off in their energy levels and low spirits as autumn sets in. Known as 'winter blues' (or sub-syndromal seasonal affective disorder, sub-SAD), symptoms may cause the sufferer to feel low, listless and fatigued for weeks or even months on end, affecting both personal performance and mood. Philips goLITE BLU fights these symptoms of winter fatigue with the natural energizing power of sunlight, sustaining the body with summer vitality throughout the dark winter months.

### Light is a natural energizer

Daylight is essential to well-being and keeping fit and energized throughout the day – just like healthy nutrition and regular exercise. Philips goLITE BLU mimics the natural energizing

power of daylight on a bright sunny day, stimulating special receptors in the eye that trigger the body's natural response to sunlight. This helps you to feel more energetic and active. On days when your energy level is low and you're feeling tired, goLITE BLU promotes vitality, naturally.

### Developed by Philips



Philips was founded more than one hundred years ago as a pioneer of affordable light bulbs, and later used its expertise in vacuum tube technology to develop one of the world's first X-ray imaging machines. To this day, the company remains a global leader in lighting and healthcare, driven on by the desire to improve people's lives around the world every day by creating innovations that matter to you. This proud heritage continues with goLITE BLU, an innovative product which benefits from all of Philips' experience as a leading lighting, healthcare and consumer technology company.

### Just 20-30 minutes a day

Just 20-30 minutes a day with goLITE BLU is proven to revitalize and promote a positive mood. Simply position the energy light at arm's length so that the light reaches your eyes. There's no need to look directly into the light, so you can multitask with goLITE BLU, benefitting from it at breakfast, or when working or reading. Since the light is UV free and comfortable and safe for eyes, you can use it for as long as you wish during the day (if used in the evening or before bedtime it may delay sleep). With daily use, you are likely to feel goLITE BLU's energizing effect within 1-2 weeks.

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# Specifications

### Easy to use

- On/off button
- Treatment time indicator
- Light intensity memory
- Touch button operation
- Light intensity settings: 6

### Weight and dimensions

- Product dimensions: 14,3 x 14,3 x 3,5 cm
- Product weight: 0,4 kg
- F-box weight: 0,8 kg
- F-box dimensions: 18,0 x 18,9 x 10,4 (WxHxD) cm
- Master carton: 2

### Logistic data

- Country of origin: China
- CTV code: 884343260

### Comfortable light

- Even screen luminance
- Specific blue light
- Similar effect as 10,000 lux

### Portable

- Small, compact design
- Protective pouch included

- Corded and cordless use
- Fully recharged battery: Up to 60 min treatment time
- Travel lock

### Well-being by light

- Fight winter blues
- Increase energy level
- Keeps you sharp
- Lift your mood
- Feel more rested

### Technical

- Frequency: 50/60 Hz
- Insulation Power Plug: Class II (double isolation)
- Type of Lamp: High power LED
- Voltage: 100/240 V
- Cordlength: 180 cm
- Lifetime of lamps: 10,000 hours
- Power adapter: 10W

### Safety and Regulations

- UV-free: No UV or near UV radiation
- Complies to Portable: CSA22.2 no 12, Electric Luminaire UL153
- cULus certified



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\* References:

\* [1] W.B. Duijzer, Y. Meesters (SLTBR 2011, p.33)