

PHILIPS

Energy light goLITE BLU

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

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.

UV-free

The pure blue light of goLITE BLU increases energy levels naturally. The effect is similar to that of a sunny day, but without the UV rays associated with sunlight.

Compact portable design



goLITE BLU's blue light is the most efficient kind of energizing light, requiring just 200 lux to achieve an effect similar to 10,000 lux of white light. Blue light's high efficiency helps ensure that goLITE BLU is our smallest energizing light yet. With a lightweight design, rechargeable battery and sturdy travel pouch, you can take this energy light with you anywhere, while it fits any desk or table at home or in the office too. Simply place goLITE BLU at arm's length within your field of vision and adjust the stand so that the light reaches your eyes.

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

