


# lumie<sup>®</sup> vitamin L<sup>®</sup>



# Safety

If the unit is damaged, contact Lumie before use.

Keep away from water and damp. 

For indoor use only. 

The unit gets warm when the light is on, so make sure that it is not covered.

Use only the mains power adaptor supplied.

Keep the mains power adaptor and cable away from heated surfaces. If either are damaged, they should be replaced with an approved Lumie product.

The only way to disconnect the unit from the power supply is to remove the plug from the mains socket. You should therefore ensure the socket is easily accessible.

Only to be used by adults and children over 7 years old. Children using the light, or playing near it, should be supervised.

**WARNING:** If the wall socket used to power the device has poor connections, the plug becomes hot. Make sure you plug the device into a properly installed wall socket to avoid the risk of fire and burns.

Do not attempt to service or modify any part of the unit.

If the unit has been stored outside the recommended operating temperature range (5 °C to 35 °C), allow it to stand for at least

1 hour before applying power to avoid condensation or overheating.

Do not operate the device in the presence of flammable gases or if there is a high concentration of oxygen.

**CAUTION:** Do not subject the device to heavy shocks to avoid risk of damage to the lamp.


Not to be used by or on individuals who are unconscious, anaesthetised or incapacitated e.g. under the influence of alcohol.






















## Electromagnetic compatibility

This product conforms to the electromagnetic compatibility standard for medical devices and is unlikely to cause interference affecting other electrical and electronic products in its vicinity. However, radio transmitting equipment, mobile phones and other electrical/electronic equipment can interfere with this product; if this happens simply move the product away from the source of interference.

For further detailed information on the electromagnetic environment in which the device can be operated refer to the website: [www.lumie.com/pages/e-m-c](http://www.lumie.com/pages/e-m-c).

## Disposal

Do not throw out the mains power adaptor or the unit with normal domestic waste. Take them to an official recycling point to be disposed of responsibly. 

	Serial number		Read instructions for use		Double-insulated (Class II electrical)
	European Declaration of Conformity: Medical Device Class IIa		Keep dry		DC (direct current) power supply
	Medical Device		For indoor use only		AC (alternating current) power supply
	Unique Device Identifier		Caution		Standby
	Manufacturer		Do not place in household waste. Dispose of at a recycling centre.		Storage/transport relative humidity
	Authorised representative in the European Community		Member of the 'Green Dot' recycling scheme		Storage/transport temperature
	Importer		Recyclable		UK Conformity Assessed

# Precautions

Research shows that light therapy is very safe. However, please check with your doctor first if any of the following apply:

- You have a major eye problem or have had eye surgery;
- You have been advised to avoid bright light or are taking medication that may cause photosensitivity;
- You have been diagnosed with depression or other mood/sleep disorders. This is especially important if you are also taking medication for this, since light therapy can also affect your mood.

A few people experience side effects but these are generally mild (including headaches, eye strain, nausea and hyperactivity) and can usually be solved simply by switching off the light. Over the next few days, gradually build up the time you spend in front of it to find a treatment time that works best for you.


Some people complain of difficulty sleeping and often this is down to using the light too close to bedtime.

If you have any problems while using Vitamin L, or if you've been using the light for a week but haven't noticed any benefit, please contact Lumie or speak to your doctor.

**IMPORTANT:** the guidelines in this leaflet are not medical directions for treating any condition. If your doctor has suggested using light therapy, follow their instructions and discuss any effects with them.

# Introduction


Using Vitamin L<sup>®</sup> will provide you with the bright light your body needs during the dark winter months. It can help to boost your energy levels, put you in a better mood and make you feel more awake<sup>1</sup>. Light therapy is safe and is proven to help alleviate the winter blues and SAD (Seasonal Affective Disorder)<sup>2</sup>.

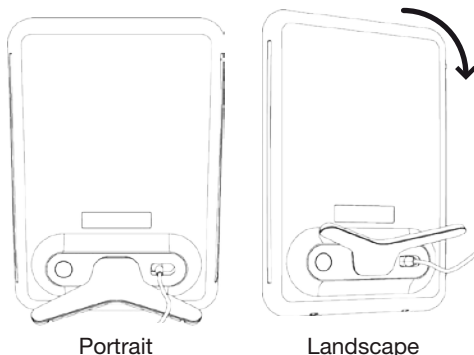
Please read these instructions carefully to get the most out of your Vitamin L. 

1. Acta Psychiatr Scand. 2001 Apr;103(4):267-74.

2. Am J Psychiatry. 2005 Apr;162(4):656-62.

## Using Vitamin L

- Connect the mains power adaptor to the socket at the back of the unit.
- Plug in the unit and switch on at the mains.
- Press  to turn on/off.
- Slot the stand into the back of the unit. For extra stability, reverse the stand when switching between portrait and landscape use:



- Position Vitamin L at arm's length (about 50 cm) so the light is shining towards your face.

Although you don't need to stare at it, the light must reach your eyes to have any effect. This means you can use Vitamin L whilst you're working

at the computer, watching TV, reading, etc. Dark glasses, tinted lenses or closing your eyes will all limit the effects of light therapy.

You should notice positive benefits after using Vitamin L for three or four days in a row.

## When should I use it?

It's best to tackle the winter blues and SAD as soon as possible. Look out for early signs - often in September or October - and if you start to feel lethargic, anxious or irritable, start using Vitamin L.

Most people can skip a day here and there, especially when the weather is bright. As spring comes around you will probably start to cut back your light therapy; your body will tell you if it's too soon and if you notice your symptoms returning simply use your Vitamin L again for a few days.

Light therapy is proven to put you in a better mood, to boost alertness and to help you feel more awake. Use Vitamin L wherever and whenever you need to restore concentration and give yourself a mental boost.

## What time of day?

If you're using Vitamin L to help with the winter blues or SAD, bright light in the morning has been shown to be most effective so try that first. For some people, early evening light exposure is beneficial.

Whether you're using Vitamin L for winter blues, SAD or as a general pick-me-up, once you've found a pattern that's right for you, try to use it around the same time every day.

### **I find it difficult to get going in the morning**

Switch on as soon as you can. If you don't have much time in the morning, then you should aim for a top-up or full session in the afternoon.

### **I feel sleepy or fall asleep too early**

Use Vitamin L in the late afternoon/early evening. It's best to avoid bright light too close to bedtime - within about three hours - as you may find it difficult to get to sleep.

## How long?

Vitamin L is able to deliver 10000 lux at 20 cm but for comfortable use position Vitamin L at arm's length (about 50 cm) and start with 30 minutes a day (2500 lux). Some people will find this is enough for effective SAD treatment. If you need to, increase your exposure each day until you find a treatment time that works for you.

You can get your daily dose of light therapy from Vitamin L all in one go or use it on-and-off throughout the day for a cumulative effect. If you're more comfortable with Vitamin L further away, then less light will reach your eyes and you'll need it use it for longer.

There's no harm in using the light for longer than suggested. If you find your eyes ache slightly, try using it further away or switch it off for a while.

# Maintenance

Clean only with a dry or lightly moistened cloth. Always unplug the unit first and let it cool if necessary.

Replacement mains power adaptors are available from Lumie.

## LED lifetime

The LEDs in this product will typically last for many years, even with several hours use each day. Although it's unlikely, it's possible for individual LEDs to fail. This will make only a negligible difference to light output and you can continue to use the product.

# Warranty

This unit is covered under warranty against any manufacturing defect for 3 years from the date of purchase. This is in addition to your statutory rights. If you need to return the product for servicing, use the original packaging (including internal packing) if possible. Make sure the mains power adaptor is prevented from moving in transit and damaging the unit. If the unit is received damaged, through misuse or accidental damage, then we may have to charge to repair it; we will contact you first. Please contact Lumie for further advice.

*Note: Any serious incident relating to the unit should be reported to Lumie and to the competent authority in the country where you live.*

# Technical description

Subject to change without notice.

## Lumie Vitamin L

Detachable accessory: Mains power adaptor (supplied) 

Input: 100–240 Vac, 50/60 Hz, 0.5 A max.;

Output: 32 V == 0.65 A (constant current - 24.7 W max.)

Operating conditions:

Temperature: 5 °C to 35 °C

Relative humidity: 15% to 93% (non-condensing)

Atmospheric pressure: 70 kPa to 106 kPa

Storage/transport conditions:

Temperature: -25 °C to +70 °C

Relative humidity: 15% to 93% (non-condensing)

Atmospheric pressure: 25 kPa to 106 kPa



1639 European Declaration of Conformity: Medical Device Class IIa



0120 UK Conformity Assessed



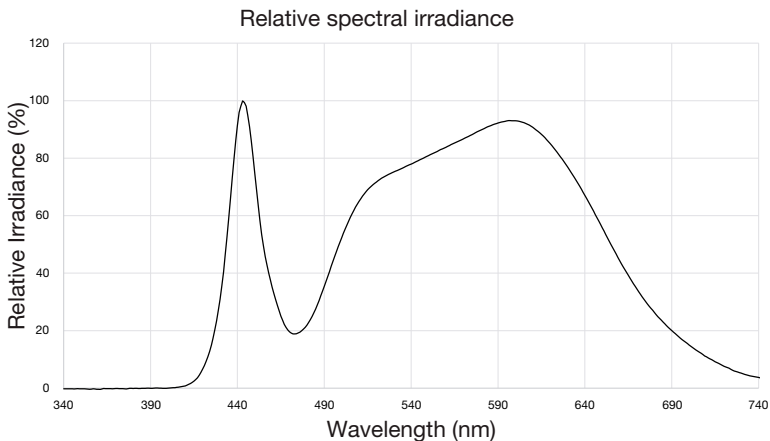
Medical Device

Optical Radiation Risk Group: Exempt Group

Maximum Optical Radiation Output: 10 000 lux + 30% at 20 cm




Relative Spectral Irradiance as shown below:



## Contact us

If you have any questions or problems regarding this product, or have suggestions that you feel could help us improve our products or service please email [info@lumie.com](mailto:info@lumie.com).

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
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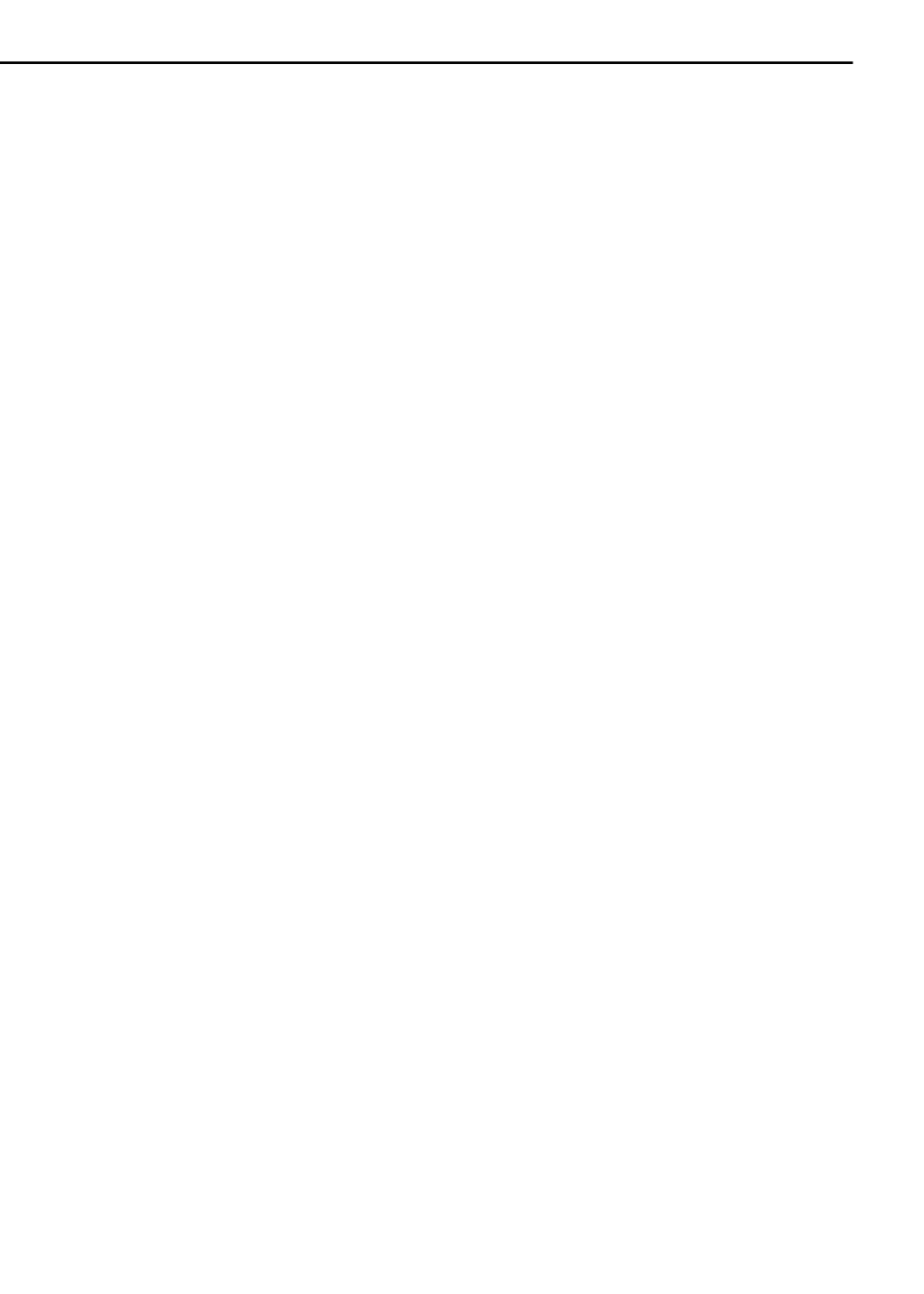
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