PHILIPS

Energy light

goLITE BLU

Intense blue light

Cordless & travel lock

as effective as 10,000 lux

Treatment time indicator

HF3429/60

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

Clinically proven: energizes naturally with light

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

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

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

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

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Highlights

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.

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.

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.

Rechargeable battery

Rechargeable battery and mains cord for use anywhere.

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.

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.

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.

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 and rechargeable battery, 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.

Sunny blue sky effect

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

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).

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.

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Philips Green Logo

Philips Green Products can reduce costs, energy consumption and CO2 emissions. How? They offer a significant environmental improvement in one or more of the Philips Green Focal Areas – Energy efficiency, Packaging, Hazardous substances, Weight, Recycling and disposal and Lifetime reliability.

Specifications

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

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

Easy to use
Light intensity settings: 5
Treatment time indicator
On/off button
Touch button operation
Light intensity memory

Portable
Small, compact design
Corded and cordless use
Fully recharged battery: Up to 60 min treatment time
Travel lock

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

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

Logistic data
Country of origin: China
CTV code: 884343260

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

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