

## 1.0 Introduction

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Say goodbye to your winter blues! Designed to mimic the effects of daylight, the BIOS Therapy Light provides up to 10,000 LUX of white LED light. Perfect for those who experience low energy levels, seasonal affective disorder (SAD), and general fatigue.

## 1.1 Features

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- Adjustable Visual Timer
- 100% UV Free
- 10 Brightness Levels
- Power Adapter Included

## 1.2 Safety Information

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**Please read these instructions carefully before use and save it for future reference.**

- Use this product for its intended household use only.
- The Therapy Light should not be used on any individual under the age of 10 years old.
- Close supervision is necessary when this unit is in use by children over the age of 10 years old.
- **Consult your doctor** before you start using the Therapy Light if:
  - you are using medication such as pain relievers, antihypertensive or antidepressant drugs.
  - you have an eye disease such as cataracts, glaucoma, disease of the optic nerve, retinal disease, or in general any inflammation of the vitreous humour.
  - you have diabetes.
  - you suffer or have suffered from severe depression.
- **Not following** the minimum distance and usage duration outlined in the below instructions may result in the following side effects:
  - Headache
  - Eye strain
  - Nausea
- Keep the unit away from any water sources.
- **Do not** use the unit outside.
- **Do not** use if there is visible damage to the packaging or the Therapy Light.
- Make sure the Therapy Light is cool before storing the unit away.
- **Do not** cover the unit while in use. The unit does warm up.

- This is **not** a general illumination light and is not to be used as such.
- Batteries and electronic instruments must be disposed of in accordance with the local applicable regulations, not with domestic waste.

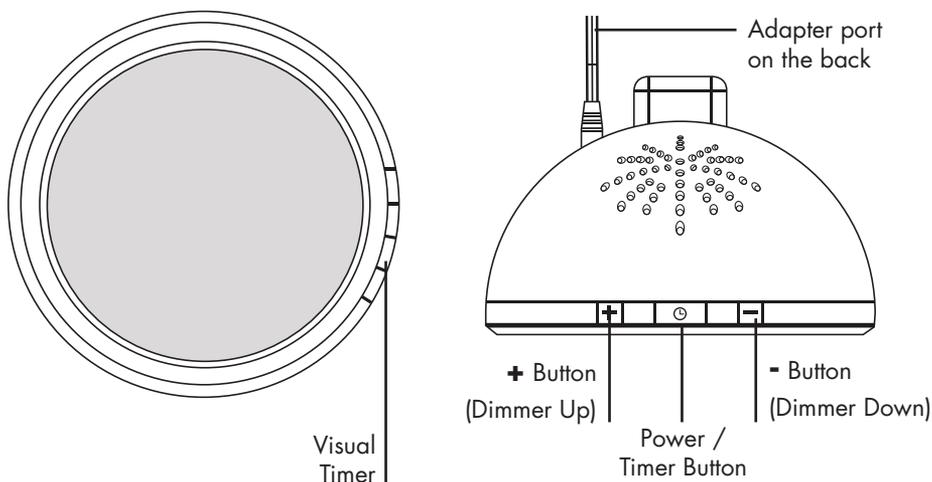
### 1.3 Care of the Device

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- Clean the device with a soft, dry cloth. **Do not** use gas, thinners or similar solvents. **Do not** submerge in water.
- **Do not** drop or bang the unit. Prevent sudden jerks, jars or shocks to the device to prevent damage.
- **Do not** disassemble the unit.
- If the unit has been stored at very low or freezing temperatures, allow to reach room temperature before using it.
- **Do not** store the unit in direct sunlight extreme temperatures, high humidity, or in places with a lot of dust.
- **Do not** open the therapy light. This will void the warranty.

### 2.0 About the Therapy Light

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### 3.0 Setting up the Therapy Light

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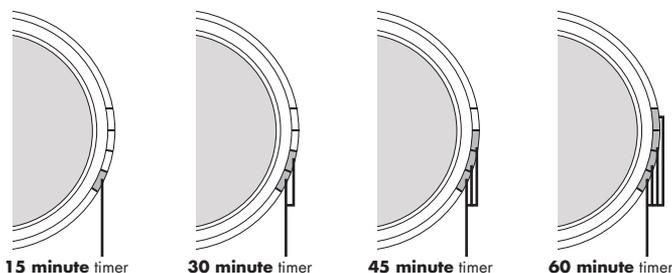
This section describes how to get the maximum benefit from your Therapy Light.

**Important:** When you turn on the unit for the first time, the Therapy Light will be on the highest light intensity, **do not** look directly into the Therapy Light.

1. Plug the adapter into the back of the unit and then into an outlet.
2. Press the  $\odot$  button to turn the unit on.
3. Press the  $\odot$  button again to turn on the **15 minute** timer and one light will light up.
4. Press the  $\odot$  button again to turn on the **30 minute** timer and the second light.
5. Press the  $\odot$  button again to turn on the **45 minute** timer and the third light.

6. Press the  $\ominus$  button again to turn on the **60 minute** timer and the fourth and final light.

**Please note:** the set of lights on the right side of the Therapy Light is the visual timer so you know how long the unit will stay on for.



7. When the unit is on, you can press the **+** or **-** buttons to change the light intensity. When the unit is turned off and turned back on with the  $\ominus$  button and the adapter is not unplugged, the last level of intensity you selected is still stored. There are 10 levels of brightness to choose from. If the unit is unplugged the light brightness will reset to the highest level.

**NOTE:** To get the full benefits of the 10,000 LUX the light needs to be on the highest brightness level.

8. To turn the Therapy Light off, press and hold the  $\ominus$  button for 5 seconds and the unit will turn off.

### 3.1 Using the Therapy Light

When using the Therapy Light, you are to maintain a distance of 10 – 60 cm / 3.9” – 23.6” between your face and the light. The closer you are to the light the less time you should use it. The duration of the application depends on the distance. Please see the chart below:

Minimum Distance	Recommended Duration Per Day
10 cm / 3.9”	15 minutes
20 cm / 7.9”	30 minutes
40 cm / 15.7”	1 hour
60 cm / 23.6”	2 hours

### 4.0 Technical Specifications

<b>Dimensions (W x H x D):</b>	15.5 x 13.6 x 12.5 cm / 6.1” x 5.4” x 5”
<b>Weight:</b>	0.66 lbs / 0.3kg
<b>Lighting elements:</b>	LED Full Spectrum Bright White
<b>Light intensity:</b>	10,000 LUX at 10 cm (on highest brightness level)
<b>Operating environment:</b>	0°C to 35°C / 32°F to 95°F
<b>Storage temperature:</b>	-20°C to 50°C / -4°F to 122°F
<b>Storage humidity:</b>	15% to 90%
<b>Adapter:</b>	AC 100 – 240V, 50/60Hz

## 5.0 3 Year Warranty

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BIOS Living Therapy Light has a 3 year warranty to be free of manufacturing defects for the life of the original owner. The warranty does not cover damage from misuse or tampering.

### 100% Satisfaction Guarantee

If at any time, you are not completely satisfied with the performance of this device, call our BIOS Medical Hotline and speak with a customer service representative, who will make arrangements to have the device repaired or replaced to your full satisfaction.

Should repair be necessary, return the unit with all component pieces. Enclose proof of purchase and \$5.00 for return shipping and insurance. Ship the unit prepaid and insured (at owners option) to:

Thermor Ltd.  
Repair Department  
16975 Leslie Street  
Newmarket, ON L3Y 9A1  
[www.biosmedical.com](http://www.biosmedical.com)

Email: [support@biosmedical.com](mailto:support@biosmedical.com)

Please include your name, return address, phone number, and email address. Thermor will repair or replace (at Thermor's opinion) free of charge any parts necessary to correct the defect in material or workmanship.

Please allow 10 days for repair and return shipping.



Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use.



Batteries and electronic devices must be disposed of in accordance with the locally applicable regulations, not with domestic waste.