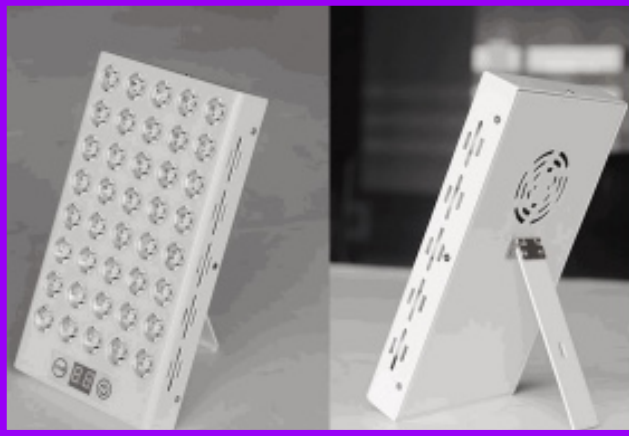


SOLshine
Photo Nutrition™
NUTRITIONAL LIGHT TECHNOLOGY

**“Mal-illumination is to light
as malnutrition is to food.”**

— Dr. John Ott HEALTH AND LIGHT
3,000,000+ copies sold

USER GUIDE



**RHYTHM &
REGULATION**

**REPAIR &
REGENERATION**

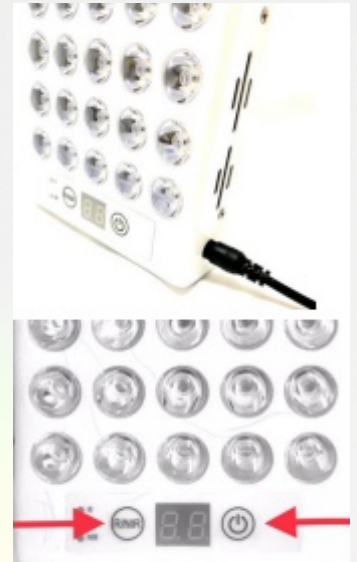
98% of Sunlight Energy
Enters the Body Thru the Eyes



- ☀️ **LIGHT** regulates your brain's chemistry and vital circadian rhythms that control appetite, energy, mood, sleep, libido and much more.
- ☀️ **LIGHT** modulates your blood cells since all of the body's blood flows through the eyes approximately every two hours.
- ☀️ **LIGHT** influences your muscular movements, enzyme reactions, food digestion, fat burning and all other metabolic processes.

GETTING STARTED

- Connect power cord at lower right side.
 - Position PhotoVites 18–24 inches from user.
 - Place approximately at a 45 degree angle.
 - Adjust the stand to aim toward the eyes.
 - It's not necessary or recommended to look directly at the light.
 - Press power button on right to turn on and activate cooling fan.
 - Press mode button on left to change mode.
1. NIR mode (Near Infrared) is invisible (appears as a faint red glow when on).
- NIR mode has 2 settings: NIR: 15 (timer) & NIR: 00 (no timer)
2. FSL mode (Full-Spectrum Light & NIR)
- Press power button to turn on or off.
 - Timer is preset for 15 minutes (one session).
 - Allow 5 minutes "off" between multiple FSL mode sessions for cool down. Multiple timed or no timer NIR sessions do not require cool down.



DAILY LIGHT HYGIENE REDUCES YOUR RISK OF MAL-ILLUMINATION.

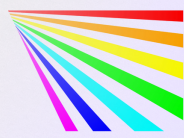
- Shortly after wake-up, **first** bask in FSL mode for one session to synchronize circadian rhythms, regulate brain chemistry, optically modulate blood cells and ignite metabolism.
- Next, immediately follow the FSL session with one NIR mode session. Total protocol 30 minutes.
- Daily NIR mode sessions help prime retinal cells for 'repair & regeneration' and are critical for the production of ATP in the mitochondria. ATP is the fuel cells need for metabolism and all vital functions.
- NIR mode is also essential for subcellular melatonin production. NIR sessions (15–60 minutes) are especially beneficial at night to prepare for sleep and a "must" when using computers and other electronic screens.
- FSL mode may also be used as needed during the day for an energy boost much like coffee.

LIGHT SENSITIVITY VARIES.

- Adjust the angle of PhotoVites to control its brightness.
- After a session allow time for your eyes to readjust to ambient light.

DO NOT USE FSL MODE AFTER SUNDOWN. LIGHT AT NIGHT CAN INTERRUPT CIRCADIAN RHYTHMS.

- We recommend consulting with your doctor prior to use if you have health concerns, take drugs and/or supplements that increase light sensitivity or believe that you may be sensitive to light therapy.
- Do not stare directly at the light.
- Do not allow water to come in contact with the light.



SOLshine
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NUTRITIONAL LIGHT TECHNOLOGY

Nutritional Light Pioneers

... light is the ultimate nutrient



scienceoflight.org
solshine.org

