

The light
you **need...**
every day®



LITEBOOK ADVANTAGE



Owner's Guide

Model LB3.0

Learn more at www.litebook.com

Thank you for purchasing The Litebook Advantage. Proper use and care of this product will provide you with many years of safe, effective and trouble-free light therapy.

Please read this Owner's Guide completely before using this product and follow all usage and care instructions to ensure you receive optimum benefits from this product. Retain this guide for future reference.

For complete details on this and other Litebook products,
please go to www.litebook.com

GENERAL INFORMATION

The Litebook Advantage is an effective tool for providing natural light. Its unique portability allows the user the freedom to continue with daily activities while enjoying additional light -- as well as the convenience and economy of a compact, efficient light.

The unit is automatically programmed for a 30 minute session, which is suitable for most users and most applications. The unit will automatically shut off after 30 minutes. The green indicator lights at the top right hand corner will shut off one by one as time decreases. Each time you turn on your Litebook, the 4 green lights will reappear.

CARE OF YOUR LITEBOOK ADVANTAGE:

Clean the lens and product with a soft damp cloth as needed. No routine maintenance is required.

ADAPTER

To connect the 100 / 240 V power adapter, slide the appropriate plug head onto the adapter as shown below. Continue until you hear a definite click.

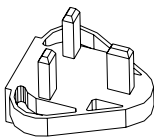
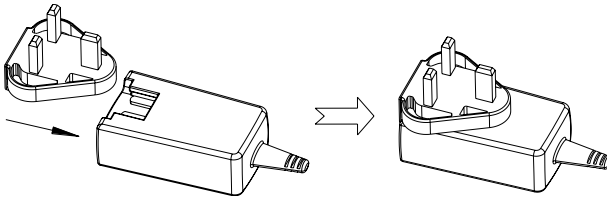


Fig. 1
UK

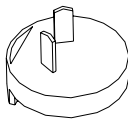


Fig. 2
AUS/NZ/China

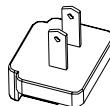


Fig. 3
N. America

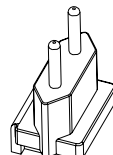
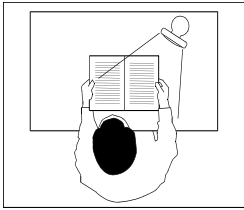


Fig. 4
Europe

L I T E B O O K[®]

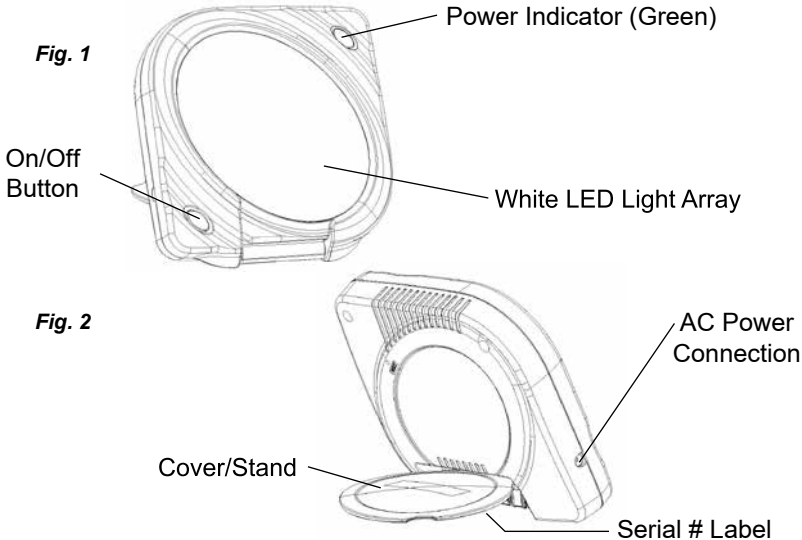
A new generation of **light therapy**[™]

Refer to the diagram below for proper positioning of the Litebook Advantage. The Litebook Advantage may be offset to the right or left side at a distance of 20 to 24 inches.



Typically, you will recognize when you've received sufficient light therapy – most often by a feeling of heightened alertness, energy and/or mood.

LITEBOOK ADVANTAGE FEATURES



IMPORTANT

- USE ONLY AS DIRECTED.
- The Litebook Advantage emits an intense beam of white light. **DO NOT STARE DIRECTLY AT THE LIGHT SOURCE.** It is **NOT** harmful, but may cause discomfort to some.
- We encourage use of the Litebook Advantage while engaged in other activities, such as reading, eating, applying makeup or working at a computer or desk.
- If you have a history of eye disease including or are currently taking any anti-depressant drugs or medications that render you photo-sensitive (extremely sensitive to light), consult with your ophthalmologist or health care provider before using this product.
- Occasionally mild side effects may occur which usually resolve after a few days of use, including headaches or a 'stinging' sensation in the eyes. If these, or any other adverse effects not listed, do not resolve after three days, discontinue use of the Litebook Advantage and consult your health care provider.
- **Use this product only with the power supply provided and only as directed.**

If you experience any trouble using your Litebook Advantage, call for technical assistance. In North America, call toll free 1-877-723-5483. Outside of North America, contact your place of purchase.

Learn more at www.litebook.com

FIVE YEAR LIMITED WARRANTY

The Litebook Company Ltd. ("Litebook") warrants, subject to the conditions set forth below, that should this product be defective by reason of improper workmanship or material during the specified warranty period, Litebook will repair the same effecting all necessary parts replacements, without charge for either parts or labour.

Post-warranty Service After warranty expires contact the Litebook Company by telephone or email for upgrade options and pricing.

CONDITIONS

1. **Unauthorized Repair, Abuse, Etc.:** The unit must not have been previously altered, modified, repaired or serviced by anyone other than The Litebook Company Ltd. The serial number on the unit must not have been altered or removed. The unit must not have been subject to accident, misuse, abuse, or operated contrary to the instructions contained in the Owner's Guide.
2. **Proper Delivery:** Before returning the unit for repair or replacement please contact Litebook by telephone, toll free in North America @ **1-877-723-5483** or **outside of North America return to place of purchase.**
3. **Proof of Date of Purchase:** This warranty applies to the product from the original date of purchase. Therefore, the owner must furnish proof of original purchase with either invoice or receipt.

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PLEASE RETAIN THIS OWNER'S GUIDE FOR YOUR RECORDS

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