



SOL PhotoVites™

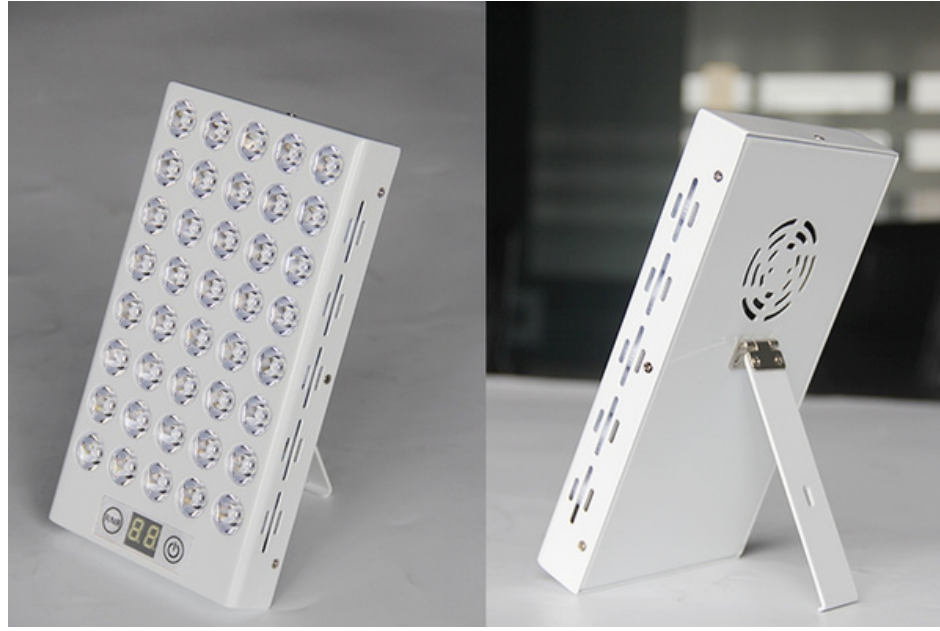
...light activated nutrition

“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



SOL PhotoVites™ . . . *light activated nutrition*

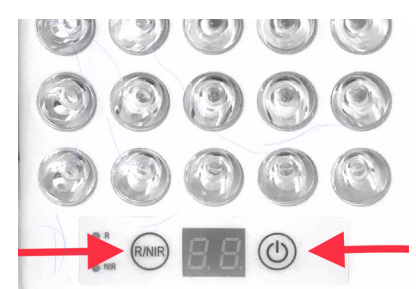


98% of sunlight energy enters your body through your eyes.

- 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 12-18 inches from user.
 - Place *approximately* at a 45 degree angle.
 - Adjust the stand to aim toward the eyes.
 - It's not necessary 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).
 2. FSL mode (Full-Spectrum Light & NIR)
- Press power button to turn off.
 - Timer is preset for 15 minutes (**one session**).
 - Allow at least 10 minutes **off** between *multiple* FSL sessions for cool down. Multiple 'back-to-back' 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 a 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.
- FSL mode may also be used throughout the day for an energy boost much like a cup of 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.

SOL PhotoVites™
... light activated nutrition

Nutritional Light Pioneers

... light is the ultimate nutrient



scienceoflight.org
solshine.org