



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



**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.



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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* as well as *circulatory* melatonin production. A NIR session or two is 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.
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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.
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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.

Nutritional Light Pioneers

. . . light is the ultimate nutrient



scienceoflight.org
solshine.org

