



Philips goLITE BLU  
energy light

## Feel more energetic

throughout the day, in a natural way

The Philips goLITE BLU is a compact and portable energy light which produces blue light like a clear summer sky. This particular light is known to naturally help increase your energy level whenever you need it and help fight winter blues.



HF3321

### **Increases energy levels and fights winter blues**

- Uses specific blue light like a clear sunny sky
- Helps to alleviate the symptoms of the winter blues
- Helps to increase energy levels

### **Comfortable, convenient and easy to use**

- Use for just 15-45 minutes per day to experience results
- Easy control of timer and intensity
- Extra durable LED lights
- 100% UV free blue light

### **Proven benefits**

- Independent research show improved energy levels with users
- Clinically proven\* to improve mood and energy
- 100 years of Philips expertise in light technology

# PHILIPS

sense and simplicity

# Highlights

## Natural blue light



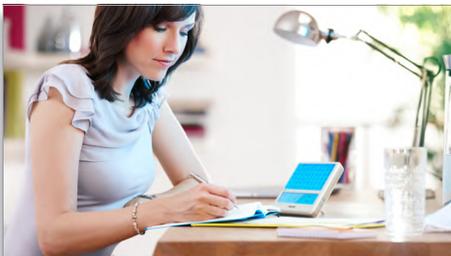
goLITE BLU energy light produces a particular kind of pure blue light that occurs naturally on very sunny, clear days. Special receptors in the eyes absorb this blue light which makes you feel energetic whenever you need it.

## Fights winter blues



In countries with long winters, many people experience loss of energy and low spirits due to lack of light. These symptoms are referred to as the winter blues. They typically start in autumn and may last for several weeks. Philips goLITE BLU is a simple and natural way to alleviate these symptoms and restore your summer mood and energy level.

## Increases energy levels



Our busy lifestyles demand a lot from us and we want to be at our best both during work and

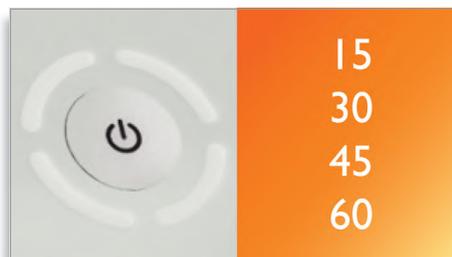
private time. Sometimes we experience low moments or dips during the day. Using the goLITE BLU at any time of the day will help you to increase your energy level and alertness in a natural way.

## Use for 15-45 minutes per day



Place goLITE BLU in your field of vision - no need to look directly into the light. Using the goLITE BLU energy light for at least 15 minutes naturally improves your mood and energy level whenever you need it. Using it for longer is absolutely safe. Regular use every morning during winter months will help to alleviate the symptoms of the winter blues.

## Simple timer and dimmer



Set the timer according to your needs to 15, 30, 45, 60 minutes and choose the right brightness out of the three levels by using the dimmer.

## Long lasting LEDs



The durable LED lights in the goLITE BLU can be used 30 minutes a day for 50 years, without losing its efficacy.

## UV free



The pure, blue light increases your energy naturally, like on a sunny day, but without the UV rays associated with sunlight.

## Clinically proven\*



Clinically proven\* to fight winter blues and increase energy levels.

# Specifications



Issue date 2012-12-29

Version: 7.3.1

© 2012 Koninklijke Philips Electronics N.V.  
All Rights reserved.

Specifications are subject to change without notice.  
Trademarks are the property of Koninklijke Philips  
Electronics N.V. or their respective owners.

[www.philips.com](http://www.philips.com)

\* Anderson, J. et al. Acta Psychiatr Scand 2009 120: 203-12