

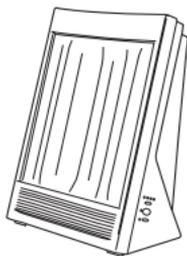
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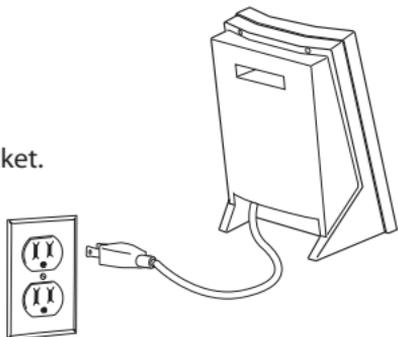
SunTouchPlus® F4040
user guide

Quick Start

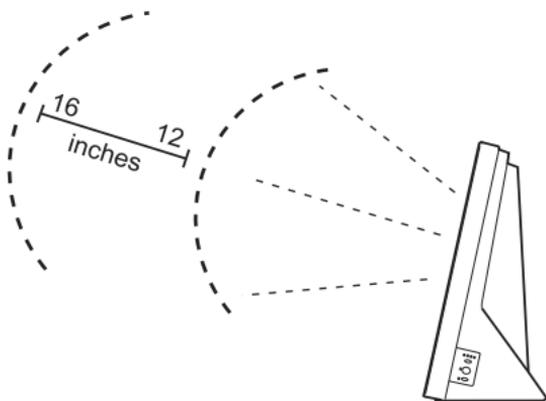
- 1) Remove packaging and place your SunTouch *Plus* on a level surface.



- 2) Plug unit into an electrical socket.



- 3) Using the control panel—adjust the unit to desired setting. (See next page for Control Panel instructions)



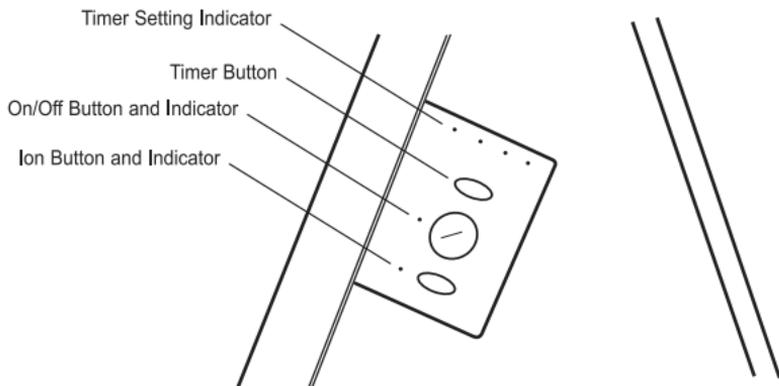
- 4) Place the SunTouch *Plus* unit 12 to 16 inches away from your position. Then direct the light towards your face for 30 to 45 minutes per day.

Control Panel

Turn the unit on by pressing the **On/Off** button located on the side of the unit. The indicator will light up.

Use the **Timer** button to select your desired duration of use.

Turn on the negative ion generator by pressing the **Ion** button located on the side of the unit.

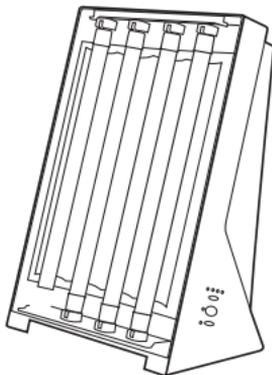


Replacement Parts

Replacement parts for the SunTouch *Plus*:
 SunTouch *Plus* Bulb
 Part Number: F4040B

Contact your Nature Bright Dealer
 for ordering info.

Or visit:
www.NatureBright.com



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 WARNING – HIGH VOLTAGE.

 CAUTION! – Risk of fire. Use only 8 watt bulbs.

 CAUTION! – This equipment should be inspected frequently. Dirt that collects on the unit should be removed regularly to prevent fire.

 CAUTION! – For AC outlet installation only. Never connect to an extension cord or any other power source. Improper installation could result in electrical shock or short.

SunTouch *Plus* is powered by Sky Effect™ Technology

Think about how good you feel outside under a cloudless blue sky. Feel that radiance indoors with Nature Bright's SunTouch *Plus*! By harnessing the healing powers of the blue sky, this prescription strength light delivers an optimal amount of blue light rated at 17,000 degrees Kelvin, and 10,000 Lux. Our clinically-proven Sky Effect™ Technology, used in the SunTouch *Plus* and other Nature Bright products, is cool, safe, and comfortable. Its bright light is sure to deliver a therapeutic sense of well-being in any setting.

Clinical studies have shown that by recalibrating Circadian rhythm in your body – from its temperature and hormone secretion to its regular sleep pattern – through light therapy, mood and energy are revived naturally in as little as a few days. The SunTouch *Plus* is an ideal solution for those suffering from mood swings during and after pregnancy, a loss of energy due to age, or a low mood as a result of Seasonal Affective Disorder. So re-calibrate your body's internal clock and reclaim your energy with the SunTouch *Plus*.

SunTouch *Plus* Negative Ionizer

Every SunTouch *Plus* comes with a built-in Negative Ionizer, which emits odorless, tasteless, microscopic negative ions. These ions are found naturally in the air, particularly after thunderstorms, near a waterfall, or in a forest, and research has shown that they can lift your spirits. Use the Sky Effect™ light and the Negative Ionizer simultaneously, and feel like you're sitting on the beach on a sunny day.

Get your nature back with Nature Bright's SunTouch *Plus*.

Product Specifications

Electrical:

- 120V, 0.4 A, 60Hz
- 45Watt power consumption
- 4X8Watt T5 Tubes

Output:

- 10,000 LUX

Size:

- Height: 13.375" (34 cm)
- Width: 8.125" (2.6 cm)
- Depth: 7" (17.8 cm)
- Weight: 7 lbs (3.2 kg)

Warranty Length:

- 12 months

Unit Inspection

Read all safety guidelines before using your SunTouch *Plus* light.

These safety instructions must be observed in order to avoid potential hazards that could result in personal injury or damage.

Never use damaged or worn cords or plugs. The use of damaged or worn power cords or plugs could result in electric shock, burns, or fire. Do not place heavy objects on top of the cord. When unplugging the unit, grasp the plug directly to avoid damage to the cord. Never pull on the power cord in an attempt to remove a plug from the socket.

Unplug the unit before servicing to eliminate the risk of electrical shock.

SunTouch *Plus* is designed to allow the front cover to be removed and the bulbs to be changed safely. Any other disassembly will void the warranty.

The lamps get extremely hot. Allow five minutes for the lamps to cool before handling.

To avoid damage to the light box, do not allow any liquid to contact any part of the light.

Placing the Unit

For the best results, place your SunTouch *Plus* near you at eye level so its light bathes your face. Many people use SunTouch *Plus* on a counter or table. You can use the SunTouch *Plus* as you read, eat, work at the computer, watch TV, or put on make up. Use in a well-lit room to avoid eyestrain. Turn towards the light.

Operating Instructions

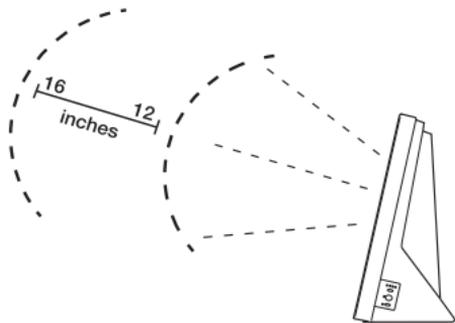
Powering Your SunTouch *Plus*

The SunTouch *Plus* has been designed with a six and a half foot cord that gives you freedom to move the unit to the most preferred position.

After plugging the cord into a standard electrical outlet, turn the unit on. The SunTouch *Plus* is turned on and off by a switch located on the right hand side of the unit. The SunTouch *Plus* comes with two switches. One switch controls the lamp, the other switch controls the ionizer. Each switch works independently giving you more options. Once you are finished with your session, you can turn off the light and still enjoy the benefits of the ionizer throughout the day.

Optimizing Your Results

Most people feel a difference right away and may obtain measurable results in as little as four days. You have to sit fairly close to have an effective session. For optimal results sit twelve (12) to sixteen (16) inches away. If you have the SunTouch *Plus* with the added benefit of ionization, you can sit up to eighteen inches away and achieve similar results. For best results, allow the light to bathe your face.



Session Time – First use

Leading researchers recommend thirty minutes of 10,000 LUX (default settings) everyday. All SunTouch *Plus* powered lights provide 10,000 LUX, but at varying distances.

Reducing Session Time

After a week or two of using the SunTouch *Plus*, once your desired results are reached, you can reduce your session time from 30 minutes to 15 minutes per session.

Replacing Bulbs

The bulbs inside the light box usually do not burn out, but rather decrease in intensity overtime. We recommend that you replace your bulbs every two years. Replacement bulbs can be ordered online or by calling Nature Bright's Service Department.

Post Purchase Service

In the event that your SunTouch *Plus* does not function properly or one of the bulbs stops working, please call **Nature Bright's Service Department at 1-800-622-0231** or visit our website at www.naturebright.com.

Frequently Asked Questions

1) Do I have to take off my glasses when I use the unit?

Not usually, but if you have transitional lenses that darken when you go outside, you will have to remove them during your session.

2) Do I need to clean the ionizer?

The ionizer doesn't require internal cleaning. With repeated use you may get some build up around the vent area. This is easily wiped away with a dust cloth.

3) Are there any major side effects?

No. SunTouch *Plus* is a safe product.

4) Can I get sunburn from using SunTouch *Plus*?

No. While typical fluorescent bulbs produce UV light, SunTouch *Plus* eliminates almost all measurable UV light.

5) What are the suggested duration times?

Duration times vary according to your needs. Most people will obtain best results using the light in the morning. Sessions can be as short as fifteen minutes. A majority of people achieve good results with 30 minutes of usage. You may want to experiment to find your own personal optimal duration.

6) Should I use SunTouch *Plus* every day?

You should use it daily, especially during the winter months. Many people find that they don't need the light during the summer. Those working long hours indoors may find the SunTouch *Plus* to be effective year round. About 50% of the time, those who need to use morning light find that they also benefit from evening light. If this describes you, make sure to sit about 12 inches further away from your light in the evening to help prevent conflicting signals with morning light.

Note:

Minor side effects may include the following: irritability, increase sensation of glare, eye irritation and dryness, headache, nausea, and dryness of skin. Should you encounter any of these side effects, please consult physician. Not for use in people with bipolar affective disorder.

These statements have not been evaluated by the Food and Drug Administration.

Warranty Information

Service: the unit should only be serviced by qualified service personnel.

Limited Warranty Coverage

Nature Bright Company ("NBC") warrants that for a period of ONE year from the date of purchase, NBC, at its option, will repair or replace this product or any component of the product found to be defective. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value.

NBC service center is the authorized service center for your equipment. Should your equipment develop any defect within the warranty period, call the NBC Service Center for a return authorization code.

To obtain service in the USA, please contact:
Nature Bright Company
Tel: 1-800-NBC-0231 (1-800-622-0231)
9:00 am to 5:00 pm M-F PST
Email us at: care@naturebright.com

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance.

Limited Warranty Limits and Exclusions

This warranty ONLY COVERS failures due to defects in materials or workmanship, and DOES NOT COVER normal wear and tear or cosmetic damage. The warranty ALSO DOES NOT COVER damages which occurred in shipment, or failures which are caused by products not supplied by the warrantor, or failures which result from accidents, misuse, abuse, neglect, mishandling, misapplication, alteration, faulty installation, setup adjustments, maladjustments of consumer controls, improper maintenance, power

line surge, lightning damage, modification, introduction of sand, humidity or liquids, commercial use such as hotel, office, restaurant, or other business or rental uses of the product, or service by anyone other than a Authorized Service Center, or damage that is attributable to acts of God.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF FITNESS AND MERCHANTABILITY, ARE LIMITED IN DURATION TO ONE YEAR FROM DATE OF ORIGINAL PURCHASE. UNDER NO CIRCUMSTANCES WILL NBC BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY WRITTEN OR IMPLIED WARRANTY.

This warranty gives you specific legal rights, and you may also have other rights that vary from state-to-state. Some states do not allow the exclusion limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so that the above limitations and exclusions may not apply to you.

International Warranty Service

Service under the Nature Bright® warranty may be obtained outside the United States by Nature Bright authorized distributors and service dealers.