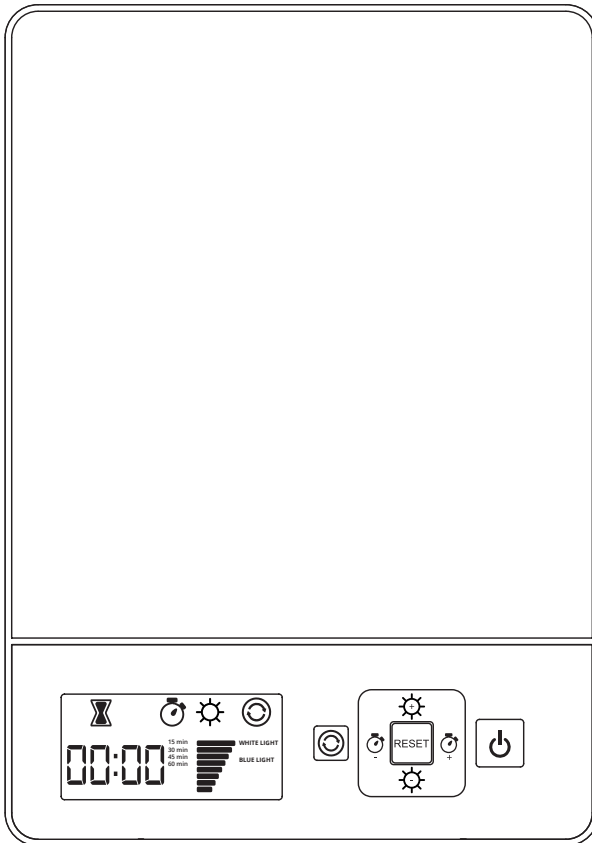




BRIGHT MINDS Therapy Lamp

USER GUIDE



Thank you for choosing the BRIGHT MINDS Therapy Lamp. We're excited for you to experience the many benefits that can come from using an indoor light box.

Known for their effectiveness in helping to alleviate winter blues or seasonal affective disorder (SAD), light therapy lamps have also been shown in research to help with focus, mood, energy and to promote healthier sleep.

BRIGHT MINDS Therapy Lamp got its name from the BRIGHT MINDS Program that's offered at Amen Clinics. BRIGHT MINDS is an acronym that identifies specific areas for improving your brain. Through brain imaging work, I learned that in order to keep your brain healthy you must prevent or treat the 11 BRIGHT MINDS risk factors that steal your mind:

B is for Blood Flow

R is for Retirement and Aging

I is for Inflammation

G is for Genetics

H is for Head Trauma

T is for Toxins

M is for Mental Health

I is for Immunity and Infections

N is for Neurohormones

D is for Diabesity

S is for Sleep

In my clinical experience, some people respond better to white or blue light, which is why I created one device that has both. Try one setting for a few days, then switch to the other to see what is best for you.

Here's to a better, brighter you!

A handwritten signature in black ink that reads "Daniel G. Amen, MD". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Daniel G. Amen, MD
Founder, Amen Clinics & BrainMD

The BrainMD Difference

WE PASSIONATELY BELIEVE THAT A
BETTER BRAIN LEADS TO A BETTER LIFE.

From the moment we started operations in 2009, we've committed ourselves to providing ultra-pure, clinical-grade, ethically sourced dietary supplements that can supply you with the nutrients you need to lead a brain-healthy life. We subscribe to a whole-person approach to physical and mental wellness. We've dedicated ourselves to helping people feel better by creating the highest quality dietary supplements and nutritional products on the market.



BACKED BY SCIENCE

Founded and formulated by the best doctors in the industry.



360 DEGREES APPROACH

Our functional approach to optimal brain and physical wellness considers your **WHOLE** self, mind & body.



PURITY OF INGREDIENTS

Clinical-grade and free of toxins other companies may not address.

ARRAY OF PRODUCTS

BrainMD's line of 30 supplement products was designed to support a wide range of individual needs, including: focus, energy, mood, memory, stress, sleep, and overall brain optimization. This extraordinary group of products is the only line of dietary supplements available today that are specifically developed to address the full spectrum of brain health concerns.

For more information about our brain healthy supplements, visit at
brainmd.com

Contents

I. INCLUDED ITEMS.....	1
II. SAFETY NOTES.....	1-2
III. DEVICE DESCRIPTION.....	3
IV. USING THE LAMP.....	4
V. CLEANING AND CARE.....	5
VI. STORAGE.....	5
VII. TECHNICAL SPECIFICATIONS.....	5-6
VIII. POWER SUPPLY.....	6

READ ALL INSTRUCTIONS BEFORE USE

I. INCLUDED ITEMS

- BRIGHT MINDS Therapy Lamp
- Stand
- Power Supply
- User Guide

II. SAFETY NOTES

Warning

- The BRIGHT MINDS Therapy Lamp is only intended for use on the human body.
- Before using the device for the first time, ensure that all packaging materials are removed and that there is no visible damage to the device or accessories.
- Keep packaging materials away from children (risk of suffocation).
- Be sure to place the Bright Minds Therapy Lamp on a flat, secure surface.
- Keep the device away from water and do not use the lamp in a humid room.
- Do not touch the device with wet hands while it is plugged in. The device must be operated only when it is completely dry.
- Be sure to insert and remove the power supply with dry hands and that you only press the ON/OFF button with dry hands.
- Do not use the lamp in the vicinity of children under 3 years of age or people who are sensitive to heat (people with skin lesions due to illness, etc.).
- Do not cover or pack the device while it is still warm.
- Always unplug the power supply and allow the device to cool down before touching.
- Keep the power supply away from hot objects and open flames.
- Do not use the device in the presence of flammable anesthetic gas connections with oxygen or nitrogen oxide.
- Make sure the device isn't damaged from impacts or falls.
- Always turn off the device before unplugging it from an outlet. Pull on the plug, not the cord, when disconnecting the lamp.
- Do not use the device if it does not function properly. Do not attempt to repair it. When in doubt, do not use the device and contact the customer service department at (888) 850-5287.

Health Concerns

- If you are taking medication such as pain relievers, antihypertensive or antidepressants, consult your doctor before using the BRIGHT MINDS Therapy Lamp. Do not use after taking painkillers, drugs or alcohol.
- People with retinal diseases, as well as diabetics, should be examined by an ophthalmologist prior to using the BRIGHT MINDS Therapy Lamp.
- Please do not use if you have an eye disease such as cataracts, glaucoma, diseases of the optic nerve and inflammation of the vitreous humor.
- If you have health concerns, contact your general practitioner before using the device.

Possible Reactions

Possible adverse reactions to light from this appliance are typically mild and of a transient nature. They may include:

- Headache
- Eyestrain
- Nausea

Measures to avoid, minimize or alleviate these adverse reactions:

- Always use the appliance in a well-lit room.
- Reduce the intensity of the light.
- Stop using the appliance for a few days and only start using the lamp again if the symptoms have been completely relieved.

Intended Use

This device is intended to help people feel more energetic, to increase alertness, and to provide mood relief. If you suffer from severe mood swings or depression, make sure to consult a professional doctor. Do not use this device for self-treatment.

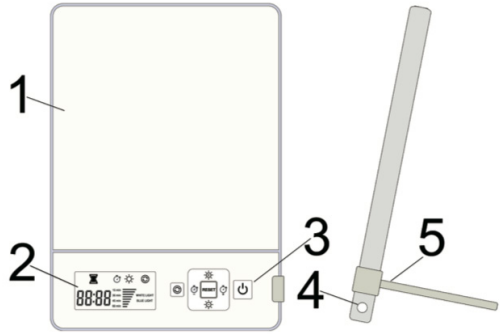
Repairs

- Do not open the device. Please do not attempt to repair the device yourself. This could result in serious injuries. Failure to observe this regulation shall void the warranty.
- If the device needs to be repaired, contact the customer service department at (888) 850-5287.

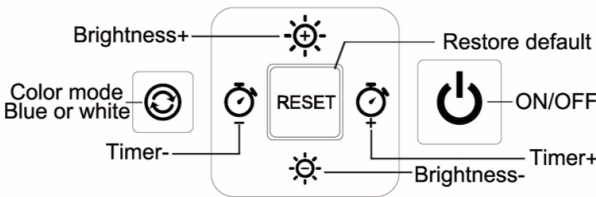
III. DEVICE DESCRIPTION

Overview

- 1. LED screen
- 2. Digital display
- 3. Function keys/power button
- 4. Charging port
- 5. Stand



Function Keys



Positioning the Device

Place the device on a level surface. The device should be placed no closer than arm's length from the user.

Powering the Device

Connect the power supply to the back of the Bright Minds Therapy Lamp and plug into an outlet or power strip.

Note:

- Make sure the lamp is placed near an outlet or power strip.
- Position the power cord so that no one can trip over it.

Operation

- 1. Attach the stand to the lamp.
- 2. Turn power button on and select light mode, brightness and timer as desired.

IV. USING THE LAMP

The BRIGHT MINDS Therapy Lamp has two color modes: white and blue. Push the color mode button and choose white or blue light.

① White Mode

- Sit no closer than arm's length from the device. You can go about your normal activities while using the lamp.
- Use the lamp as often as you want. However, the treatment is more effective if you use the lamp for at least 7 successive days.
- The most effective time of day for the treatment is between 6 am and 8 pm and it is recommend that you use the device for no more than 30 minutes to 1 hour per day.
- Do not look directly into the light since that can damage the retina.
- Begin with shorter durations and increase to longer sessions.

Note: Eye pain and headaches may result after using the lamp for the first time. These will likely go away in future sessions, as the nervous system will become accustomed to the new stimulation.

② Blue Mode

Blue light is the most efficient light, requiring just 200 lux to achieve an effect similar to 10000 lux of white light. Simply place the appliance at arm's length (at approximately 50-75 cm/20-30 in. from your eyes) within your field of vision so that the light bathes your face.

For the best results, place the appliance at the same level as your midriff (stomach area), e.g. place it on the table at which you are sitting. For more visual comfort, make sure the area around the appliance is well-lit.

Note: Do not stare directly into the lamp. It is sufficient that the blue light reaches your eyes indirectly.

Enjoying Light Over Longer Periods

Repeat the use of your lamp in the darker months for at least 7 successive days, or even longer, depending on your individual needs. If possible, conduct the treatment in the morning hours.

V. CLEANING AND CARE

The device should be cleaned occasionally.

Important

- Make sure water doesn't get inside the device! Before you clean the device, always turn it off, unplug it and let it cool off.
- Do not wash the device in a washing machine. Use a slightly damp cloth to clean the surface of the device.
- Do not touch the device with wet hands while it is plugged in; do not allow any water to be sprayed onto the device. The device must be operated only when it is completely dry.
- Do not use abrasive detergents and never submerge the device in water.

VI. STORAGE


If you are not going to use the device for an extended period of time, disconnect it and store it in a dry place, out of the reach of children.

VII. TECHNICAL SPECIFICATIONS

Model no.	SE90
Dimensions (WHD)	180×255×17mm
Weight	400g (580 g incl. power supply + stand)
Lighting elements	2835 LED White 198PCS CRI >90 6000K Blue 180PCS 475NM
Power	28W
Light intensity	White 10000 LUX (Distance: approx. 20 cm)
Radiation	Output of radiation beyond the visible spectrum (infrared and UV) is so low that it is harmless to eyes and skin.

Operating conditions	-4°F to 95°F, 15-90% relative humidity
Storage conditions	-4°F to 122°F, 15-90% relative humidity
Product classification	External power supply, Protection class II, IP21
Color temperature of tubes	White 6000K

VIII. POWER SUPPLY

Model no.	TDX-1901500
Input	100-240V~50/60HZ 0.6A
Output	19VDC 1.5A
	Polarity of the DC voltage connection

Warning

Make sure to use the manufacturer’s standard adapter in the event that the screen displays “ERR.”



1929 Main St, Ste 102, Irvine, CA 92614 USA

BrainMD.com

support@brainmdhealth.com

USA: (888) 850-5287 | INT'L: (949) 556-4721

Mon-Fri: 6AM-5PM (PST)