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The goLITE BLU should be put into service according to the EMC information provided at the end of this manual. - Do not operate this appliance near any heat sources such as radiators, heat registers, or other heating devices. - Never use damaged or worn cords or plugs; this could result in electric shock, burns, and/or fire.

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Summary of Contents for Philips GoLite HF3332 Page 1 Philips goLITE BLU energy light Plus rechargeable HF3332 Boost your mood and energy with clinically proven Bluewave technology The Philips goLITE BLU energy light is a portable light therapy device which is designed to help you increase your energy level naturally and fight winter blues.

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Philips goLITE BLU HF3330 manual

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20-30 in/50-70cm from your eyes in such a way that the  
light bathes your face from the side (Fig 5) You can read, eat,  
work at the computer, watch TV or exercise while you use  
your goLITE BLU energy light For the best results, place the  
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