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**Lumie NLBVA-0000**

# Lumie Vitamin L Light Therapy Lamp Instruction Manual

Model: NLBVA-0000

## 1. INTRODUCTION

The Lumie Vitamin L Light Therapy Lamp is designed to provide bright light therapy, simulating natural daylight to support mood, energy, focus, and concentration. This manual provides essential information for the safe and effective use of your device.

## 2. IMPORTANT SAFETY INFORMATION

- Read all instructions before use.
- Keep the device away from water and moisture.
- Do not attempt to open, modify, or repair the device yourself. Contact qualified service personnel for assistance.
- Consult a healthcare professional before using light therapy if you have any pre-existing eye conditions, are taking photosensitizing medication, or have any other medical concerns.
- Avoid staring directly into the light source for prolonged periods.

## 3. PACKAGE CONTENTS

- 1 x Lumie Vitamin L Light Therapy Lamp
- 1 x Detachable Stand
- 1 x Power Cable

## 4. PRODUCT FEATURES

The Lumie Vitamin L lamp features a slim, portable design, making it suitable for various environments. It delivers 10,000 lux at 7.9 inches (20 cm) and utilizes cool white, UV-free LEDs with a rippled diffuser for comfortable light. The lamp can be used in both portrait and landscape orientations.



Front view of the Lumie Vitamin L Light Therapy Lamp, showcasing its slim, rectangular design and white light panel. The 'Lumie' logo is visible at the bottom center.

## 5. SETUP

- 1. Attach the Detachable Stand:** Securely attach the provided stand to the back of the lamp. The stand is designed to allow the lamp to be positioned in either portrait (vertical) or landscape (horizontal) orientation.
- 2. Connect Power:** Connect the power cable to the lamp's power input port. Then, plug the other end of the power cable into a standard electrical outlet.



The Lumie Vitamin L lamp with its detachable stand, illustrating how the stand supports the lamp for upright use. The stand can be adjusted for different orientations.

## 6. OPERATING INSTRUCTIONS

To turn the lamp on or off, press the power button located on the device. For optimal results, position the lamp at arm's length (approximately 20 inches) from you, ensuring the light reaches your eyes indirectly. Start with sessions of 15-30 minutes daily, preferably in the morning. The lamp can be oriented vertically (portrait) or horizontally (landscape) to suit your preference.

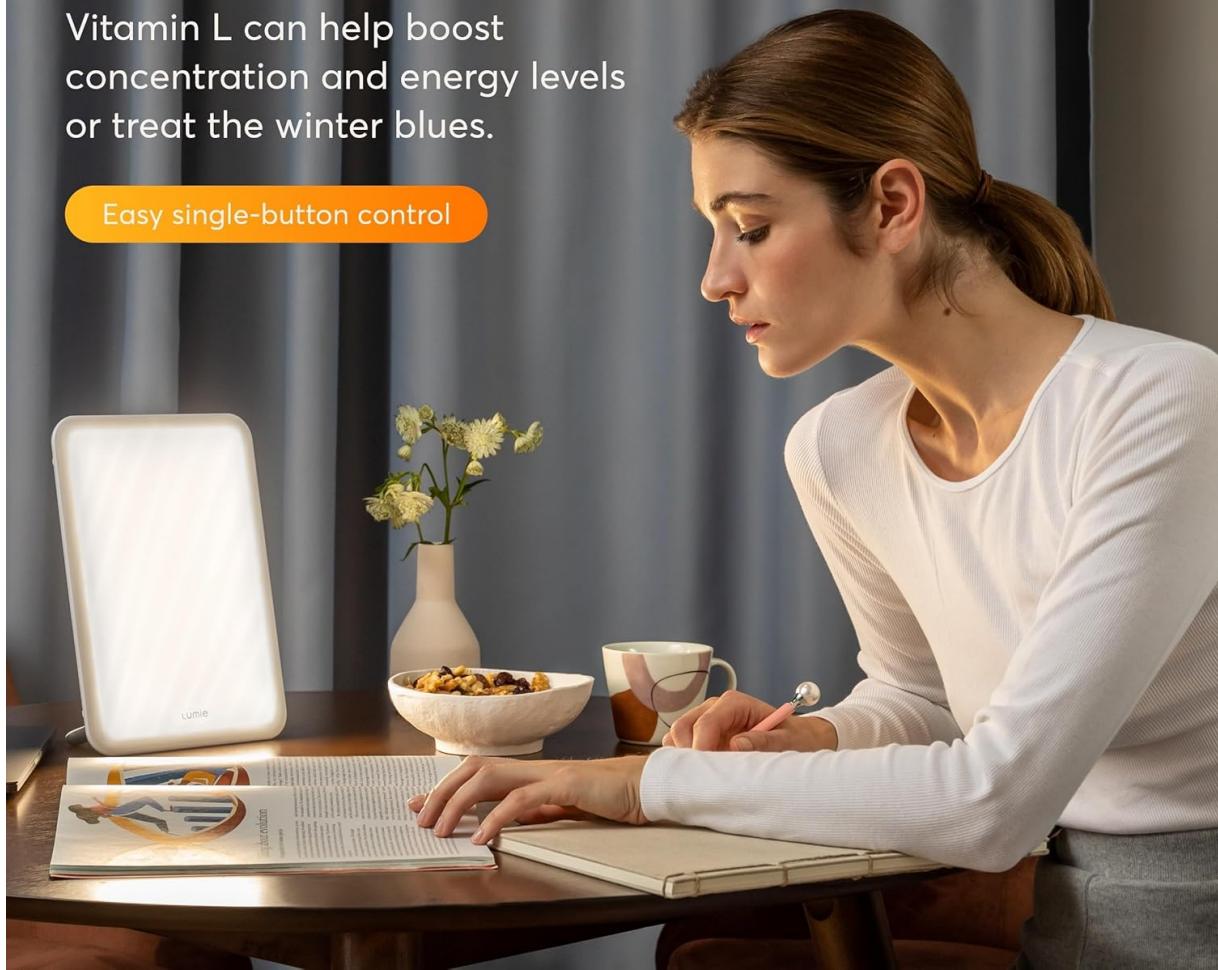
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Official product video demonstrating the Lumie Vitamin L Light Therapy Lamp in use, highlighting its features and benefits for mood and energy. Shows the lamp being turned on and used in various settings.

# Feel the game-changing benefits of light therapy.

Vitamin L can help boost concentration and energy levels or treat the winter blues.

Easy single-button control



A person using the Lumie Vitamin L lamp while working at a desk, demonstrating a typical usage scenario for light therapy.

## 7. MAINTENANCE AND CARE

To clean the lamp, ensure it is unplugged and switched off. Wipe the surface with a soft, dry, or slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the device. Avoid submerging the device in water or exposing it to excessive moisture.

## 8. TROUBLESHOOTING

- **Lamp does not turn on:** Ensure the power cable is securely connected to both the lamp and a functional power outlet. Check if the power button has been pressed correctly.
- **Light appears dim:** Verify that the lamp is positioned at the recommended distance (7.9 inches or 20 cm) for 10,000 lux output. If the issue persists, contact customer support.
- **Uncomfortable brightness:** If the light feels too intense, increase your distance from the lamp. Avoid staring directly into the light source. Adjust the angle of the lamp so the light reaches your eyes indirectly.

## 9. SPECIFICATIONS

Feature	Detail
Brand	Lumie
Model Number	NLBVA-0000
Brightness	10,000 Lux
Light Source Type	LED
Light Color	Cool-white
Product Dimensions	3.14"D x 7.9"W x 11"H
Item Weight	1.83 Pounds
Material	Plastic
Power Source	Corded Electric
Control Method	Touch
Special Feature	Energy Efficient
Indoor/Outdoor Usage	Indoor
Installation Type	Tabletop
EU Spare Part Availability Duration	3 Years

# The Perfect Bright Light Therapy Lamp



Height: 11"

Width: 7.9"

Depth: 3.14"

Weight: 1.83 lbs.

Diagram illustrating the dimensions of the Lumie Vitamin L Light Therapy Lamp: Height 11 inches, Width 7.9 inches, Depth 3.14 inches, Weight 1.83 lbs.

## 10. WARRANTY AND SUPPORT

The Lumie Vitamin L Light Therapy Lamp comes with a manufacturer's warranty. For detailed warranty information, product support, or to purchase replacement parts, please visit the official Lumie website or contact Lumie customer service. As per specifications, EU spare parts are available for 3 years.

For further assistance, you may visit the [Lumie Store on Amazon](#).

**Related Documents - NLBVA-0000**

	<p><a href="#"><b>Lumie Vitamin L User Manual and Guide</b></a></p> <p>This user manual provides essential information on the Lumie Vitamin L light therapy device, including safety precautions, usage instructions, technical specifications, and warranty details.</p>
	<p><a href="#"><b>Lumie Zest User Guide: Wake-up Light and SAD Therapy</b></a></p> <p>Discover the Lumie Zest, a dual-function device combining a natural sunrise wake-up light and a SAD/energy light. This guide provides setup, usage, and feature details for improved sleep and mood.</p>
	<p><a href="#"><b>Lumie Bodyclock Spark 100 &amp; Glow 150 User Manual - Natural Wake-Up Light Guide</b></a></p> <p>Learn how to use your Lumie Bodyclock Spark 100 or Glow 150 with this comprehensive user manual. Improve sleep, mood, and energy with sunrise and sunset simulations.</p>
	<p><a href="#"><b>Lumie Zest User Guide: Wake-up Light &amp; SAD Therapy Lamp</b></a></p> <p>Comprehensive user manual for the Lumie Zest, a dual-function device combining a sunrise wake-up light and a SAD/energy light therapy lamp. Learn about setup, features, and benefits for improved sleep, mood, and energy.</p>
	<p><a href="#"><b>Lumie Task Bright Light Therapy Lamp User Manual</b></a></p> <p>Comprehensive user manual for the Lumie Task bright light therapy lamp, covering safety, setup, operation, and maintenance. Mimics natural daylight for mood enhancement, alertness, and vision support.</p>
	<p><a href="#"><b>Lumie Bodyclock Spark 100 User Manual and Guide</b></a></p> <p>Comprehensive guide to the Lumie Bodyclock Spark 100 wake-up light, covering setup, features, safety, maintenance, and technical specifications.</p>