



[GammaLightTherapy.com](http://GammaLightTherapy.com)

Thank you for purchasing a **Gamma 40 Hz Light Therapy Kit**. Your kit is *plug-and-play*, requiring no special setup. Please read the following instructions and disclaimer before use.

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### **INSTRUCTIONS**

1. Plug the 12V DC Power Adapter provided with your light therapy kit into the Gamma Light Therapy adapter.
2. Unplug to turn the lights off.
3. Enjoy your 40 Hz Gamma Light Therapy Kit.

### **SUGGESTIONS**

- Do not use any of our products if you have photosensitive epilepsy, have a history of seizures, or experience any level of discomfort.
- We do not recommend using your light kit for more than one hour a day.
- A standard wall plug-in timer can be used to turn the lights on and off.
- Use the lights on a wall above or around a sitting room.
- Wrap the lights around an artificial plant, potted bush or tree.
- Turn the lights off at dusk so they do not interfere with sleep.

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