



GAMMA

CLARITY 40  
Hz

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

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## INSTRUCTIONS

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- 1** Plug the 5V 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.
- Keep the lights within arm's length, but do not place on body.
- Lights should be left coiled or close together for a more intense flicker.
- Therapy lights are most effective as the dominant light in the room.

**We are here to help! If needed, please email us at  
[support@gammalighttherapy.com](mailto:support@gammalighttherapy.com)**

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