

Let there be light.



The benefits of natural sunlight
KenkoLight™ II

Brighten your day.



Human beings weren't meant to be indoors all the time.

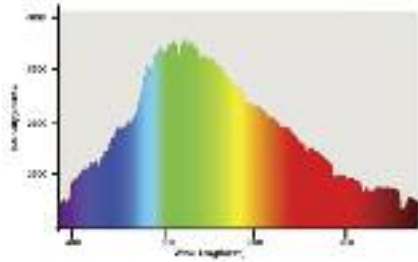
Why? Because sunlight is good for us, physically and mentally. It's the natural form of light, and we function best in a natural environment.

Unfortunately, most of us can't enjoy that environment as often as we should. The demands of a daily schedule, career, home and family put us under artificial light for most of our waking hours.

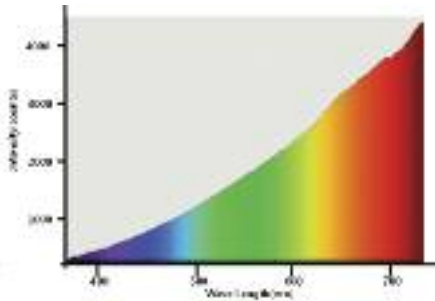
Conventional man-made illumination is less than ideal for many reasons. For one, it emits energy in an unbalanced or incomplete portion of the light spectrum. Ordinary incandescent and fluorescent light bulbs can't produce the broad, consistent range of wavelengths that the sun provides.

The Nikken® KenkoLight™ II can.

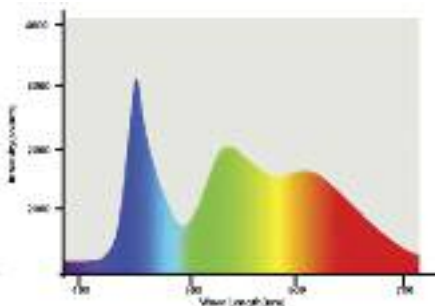




Energy from the sun comprises visible light in a range of wavelengths.



An incandescent bulb is deficient in producing the shorter, blue lightwaves.



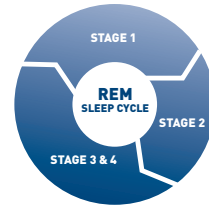
KenkoLight II illumination offers a more balanced and constant range of visible light across the spectrum. It also augments the amount of available blue light.

Can support the sleep cycle and cognitive ability

KenkoLight II can be effective in helping the body maintain the natural circadian rhythms — the day-and-night cycle of sleeping and waking.

As it replicates normal daylight, the KenkoLight II can help you to wake up on dark mornings. And when a full-spectrum light is turned off, the onset of darkness that signals the end of daytime may help you to fall asleep more readily.

Some evidence suggests that the application of balanced full-spectrum light can promote a healthy, normal sleep/wake cycle. Research supports the hypothesis that exposure to this light in the early evening can help older adults sleep better at night.



Other studies indicate that full-spectrum illumination may help in improving sleep and learning ability in adolescents. Scientists at the Rensselaer Polytechnic Institute Lighting Research Center report that teenagers deprived of morning full-spectrum light are getting less sleep and possibly scoring below their ability levels on standardized exams. These researchers recommend the application of blue light — wavelengths that are largely absent in conventional lighting, but provided by the KenkoLight II — as a solution.

Recent findings reinforce the inference that exposure to blue light in the early evening can consolidate sleep and increase the sleep efficiency in older adults.

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Morning-light-deprived teenagers are going to bed later, getting less sleep and possibly underperforming on standardized tests. The situation . . . can be changed rapidly by the conscious delivery of daylight, which is saturated with short-wavelength, or blue, light.

M. G. Figueiro, Ph.D., program director, Lighting Research Center, Rensselaer Polytechnic Institute



No strain, no pain

A problem with ordinary lighting is known as flicker. Conventional electric lights operate at frequencies that create a rapid shimmering effect. You may not even be aware of it, but this flicker can cause eyestrain and add to the feeling of fatigue.

The KenkoLight II features advanced LED technology. Its light-emitting diodes produce a constant stream of steady, soothing illumination, without flickering. This form of LED light is also naturally softer — without the glare that light bulbs cause. The KenkoLight II is easier on the eyes and gentler on the mind.



fluorescent



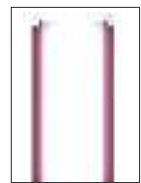
flickering



other LED



flickering



KenkoLight II
full-spectrum LED

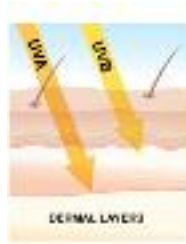


no flickering

Better than sunlight?

Is the KenkoLight II better for you than the sun? Both can provide the full-spectrum rays found in natural light. But consider the other effects of sunlight.

Solar rays include energy in the ultraviolet spectrum, both UVA and UVB. Ultraviolet radiation is necessary for many processes, including plant growth. But too much ultraviolet absorbed by the skin can be very harmful.



Excessive ultraviolet exposure may cause premature skin aging, including wrinkles, loss of elasticity and a tanned-leather appearance. In fact, ultraviolet radiation from the sun is the leading cause of skin pathology.

The cumulative effects of sun exposure put us at higher risk of cellular damage, early wrinkling, age spots, actinic keratoses. . . . Exposure to the sun's ultraviolet rays accelerates the effects of aging and increases your risk for developing skin cancer.

WebMD

The KenkoLight II produces no ultraviolet. It offers the benefits of sunlight without the risks.

Some full-spectrum lighting fixtures or appliances include (and advertise) UV emission. Because of this they present the risks associated with ultraviolet exposure, and they may be used only for short periods.

The KenkoLight II, in contrast, is designed for continuous operation. It can serve as a desk or room lamp. This compact design is suitable for almost any indoor space. With its attractive styling and small footprint, KenkoLight II is perfect for offices, schools, a limited-area workstation or anywhere. The dimmer touch button and USB port add to its versatility.

A multi-position lighting arm allows the KenkoLight II to function as a desk or work light with the arm





extended. When the arm is closed, the built-in diffuser makes KenkoLight II an ideal mood or night light.

KenkoLight II includes a digital clock display with a timer-activated function for waking up in the morning. It begins as a low light and brightens gradually.

This sunrise lighting imitates the breaking dawn, and can promote a more natural waking and sleep cycle.

If desired the sunrise light feature may be augmented by setting the built-in audible alarm, as a backup, to sound at the end of the lighting interval.

Green power

In addition to superior lighting characteristics, LEDs are energy efficient. The KenkoLight II consumes less than 30% of the electricity used to operate a single 40-watt incandescent bulb.

This type of lamp will also last longer. The expected service life of the LED array is approximately 10 times longer than a fluorescent tube and 60 times as long as a light bulb. You may find that the LEDs in your KenkoLight II will keep going up to 10 or 15 years without any component replacement.



lasts up to **10x** longer
than fluorescent



lasts up to **60x** longer
than incandescent

The KenkoLight II is more environmentally friendly than other types of lighting not only because it uses less energy, and its long service life means fewer discarded components, but also in that it does not present the toxic waste-disposal problems that are a concern with mercury-containing fluorescent tubes.

Lighting the way to health

The KenkoLight II was developed by a process in which a natural effect has been recognized, adapted and applied by Nikken Inc.

Visible light is a form of energy, and the KenkoLight II reflects the Nikken understanding of energy as a fundamental principle. Light is one of the forces that are found in the physical universe. These phenomena have been extensively researched and are included in the basic study curriculum in chemistry, physics and biology.

Other forms of energy that can exert an influence on the human body include, for example, magnetism, far-infrared waves and negatively-charged ions. These are incorporated in a range of Nikken products, designed to help integrate natural energy in every aspect of your day.

Nikken® KenkoLight™ II

Features

APPLICATION	ADVANTAGES
Morning	<ul style="list-style-type: none"> • Can help support normal day/night rhythms, and promote morning alertness • Sunrise waking feature is a more natural, congenial alternative to a conventional alarm
Evening	<ul style="list-style-type: none"> • Regular use may assist in supporting normal sleep cycle
During the day	<ul style="list-style-type: none"> • Provides the full-spectrum visible light normally furnished by sunlight • Does not produce ultraviolet radiation
As a desk lamp	<ul style="list-style-type: none"> • Flicker-free LED technology reduces glare and potential for eyestrain • USB port for plug-in devices



SPECIFICATIONS

<i>Brightness</i>	340+ lumens
<i>Intensity</i>	600 lux at 40 cm distance
<i>Frequency</i>	12,000 MHz maximum
<i>CRI (color rendering index) value</i>	90+
<i>Effective LED life</i>	35,000 hours
<i>Power consumption</i>	12 W, maximum
<i>Output (USB)</i>	USB 2.0 - 5 V, 500 mA

Item Code #1297

1-year limited warranty

All specifications are subject to change without notice.

NIKKEN INC.

Nikken has been the leader in wellness technology since we pioneered the concept in 1975. That was the beginning of a growing enterprise that now operates worldwide.

We are an organization based on a unique idea. Other companies sell a product or service — Nikken puts your needs first and offers a better quality of life.

Our products are designed to enhance all aspects of living and to be easily incorporated into any lifestyle. The Nikken business opportunity offers financial freedom as an Independent Nikken Consultant.

For more information on Nikken, the products, or the business opportunity, go to www.nikken.com.

Your Independent Nikken Consultant



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25% post consumer waste