

Norb® RELIEF® 9 Watt

THE MIGRAINE LIGHT™ - Migraine Reducing Spectrum

What is a Norb RELIEF? It's a **Nutri-Orb**, a unique "Migraine Reducing Light" with specialized **Flicker-Free/Narrow-Green™** spectrum designed to reduce the incidence of light-induced migraines, and to reduce the pain level of existing migraine headaches. **Narrow band green light has been tested on other types of pain as well (for fibromyalgia and neuropathy) and has been helpful in pain reduction.**

Our Goal: To improve the quality of life of those who suffer from pain.
Background: The idea that a special light can help migraine headache sufferers was originally discovered by Rami Burstein, PhD, of Beth Israel Deaconess (assoc. with Harvard Medical School), who was researching light as a trigger to migraines in blind people. He found that narrow band green light was less of a trigger than white, red, blue or other colors of light. Subsequent studies by Burstein, with non-visually impaired migraine sufferers, and Dr. Mohab Ibrahim at University of Arizona led to findings collectively summarized as follows:

- Green light is less likely to trigger migraines than white, red, blue or other colors of light.
- Low intensity narrow band green light can soothe or reduce the severity of headache pain, **and other pain from fibromyalgia and neuropathy.**
- Migraine sufferers, who traditionally seek darkness, may experience sufficient pain reduction as to continue normal activities during a migraine attack (when their space is illuminated with green-light).
- Once a migraine is active, illumination with green light does not intensify migraine pain as is the case with white, blue, red and yellow light.
- Green light holds promise as an inexpensive, patient controlled; drug free, noninvasive adjunct for those who suffer migraines.
- Research has indicated that narrow band green light may provide relief from pain due to fibromyalgia and neuropathy.
- Some migraine sufferers seek refuge under trees—calling it the X-factor and feeling that being enveloped in "green" helps alleviate their pain. There may be a parallel between this and narrow band green light.

Recommended locations for Norb RELIEF are office, computer, desk lamp, bedroom and exercise room. It can be used in any areas of the house or office where one typically experiences or seeks refuge from migraine headaches.

Norb RELIEF...THE MIGRAINE LIGHT™
Note: Does not substitute or replace doctor-prescribed preventative or curative therapies for migraine headache or other pain treatment. Not intended as a treatment for disease or illness.

Directions for Use Norb® RELIEF® 9 Watt

The Norb RELIEF may be helpful in reducing the incidence of light-induced migraine headaches when used to replace the current artificial light that is thought to be the migraine trigger. This may include any space such as an office area, in computer area, workout room, living or study area. It can be used in various open fixtures including desk lamps.

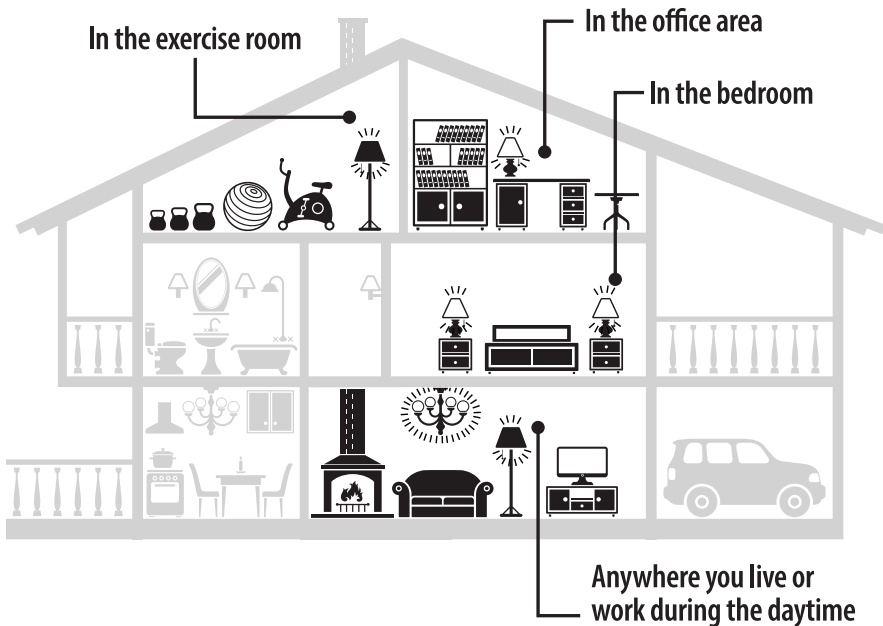
Should a migraine occur, Norb RELIEF may be helpful in allowing individuals to continue with their normal activities. If pain is too much for normal activity, some individuals may find that taking refuge in an area illuminated with Norb RELIEF may be provide greater benefit than resting in an area of total darkness.

Other Pain: Early research shows that green light exposure may help reduce other types of pain, particularly that associated with fibromyalgia and neuropathy. Individual results are expected to vary. Please share your experiences with us.

NOTE: Best results are realized at low intensity—but not so low as to cause eyestrain for the given activity. This can be accomplished using a dimmer (available at any hardware store) or by placement distance of light fixture.

Where to place Norb® RELIEF® 9 Watt

WHERE	Use your Norb RELIEF in your work area, desktop, near computer, workout room, TV room or bedroom . . . anywhere you have experienced light-induced migraine headaches, or where you have sought shelter from active migraine headaches.
WHEN	Whenever you need illumination, or whenever you are experiencing a migraine headache or other pain.
HOW	Use at the lowest intensity required for your activity. If brighter than needed, use a dimmer, lamp shade, or more distance. Norb RELIEF is for ambient lighting. Do not look or stare directly into the Norb RELIEF (as is the case with all light bulbs); simply allow Norb RELIEF to illuminate your space—no different than with any other lighting product.
SOMETHING TO CONSIDER	In addition to using Norb RELIEF you may benefit from adding Norb SMILE to your overall illumination and wellness program. We have received feedback from some migraine sufferers that this high quality sunlike lighting product has been greatly helpful for workspace and home illumination. Norb SLEEP may also contribute to your overall wellness program.



Installation Instructions

Caution: RISK OF SHOCK

- This bulb or **Norb** (nutri-orb) should not be used where exposed to water.
- Active bulb is hot to the touch and should not be handled when hot.
- Not intended for use with emergency exits.
- Turn off power before inspection, removal or installation.
- Never open—no serviceable parts inside.
- Keep away from heat sensitive and flammable materials.
- If any doubt about the installation or application of this product, please consult electrician.
- Not for use in enclosed fixtures.
- If not installed and used per instructions, may cause excess heat or harmful interference to radio communications.
- Use only on 120 Volt, 60 Hz circuits.
- Weight of device may cause instability with portable luminaries.
- Dimmable.
- Questions? Email info@Norb-Light.com.

WARRANTY

Bulb is warranted to perform free of defects for 2 years. If it fails, you may return it with proof of purchase, for replacement, to:

Norb 14109 Cleveland Street, Nunica MI 49448

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

ID No. 904738 Model No. RELIEF-A19-9W Made in China

ID No. 904739 Model No. RELIEF-A19-9W Made in China

Lighting Facts Per Bulb

Brightness

600 lumens*

*When not dimmed.

Estimated Yearly Energy Cost

\$1.45*

*Based on 4 hrs/day, 11 cents per kWh.
Cost depends on rates and use.

Life Based on 4 hrs/day

12 years

Light Appearance - Green

Warm

Cool

7400 K

Energy Used

9 watts

Size - A19 2.25" x 3.5" standard base
Beam Angle - 220 degrees
600 Lumens - similar to a 45w incan. bulb
Warranty - 2 years



THE MIGRAINE LIGHT™
Norb-Light.com