

VITAMIN  COUNCIL APPROVED



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UVA+B Sunfriend[®]

- + Helps Avoid Sunburns
- + Customize for your skin type
- + LED alerts as you reach your sun limit
- + Waterproof to 3m

For **Safer Sun** exposure
+ Optimize **Vitamin D**

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Instructions for using your SunFriend® daily for Safer Sun Time!

All LED's Flash when you have had enough sun!



ON/Reset/OFF button. Use to turn your SunFriend ON which starts your daily UV exposure timing. Press and hold to turn OFF after you have accumulated your daily amount of sun. Turning the SunFriend On and Off resets your daily Safer Sun Time™ accumulation to 1.

SET SENS. Set Sensitivity or Skin color button. Press and hold to set your personal sensitivity choice. One (1) is for lightest skin, 11 is for the darkest skin. It is suggested to start with sensitivity settings 1-4. As you get familiar with your own sensitivity, adjust the number accordingly. *If you experience skin reddening, it is an indication to set your SunFriend® to a lower number.* Complete skin color and sensitivity descriptions can be found at www.SunFriend.com.

CHECK UVA+B Check UVA+B button. Press from time to time to see your accumulating UV or sun exposure. When all the LED's are lit, your SunFriend will flash indicating that it is time to get out of the sun or take sun-protective measures and turn your SunFriend OFF. This is also an indication that you have optimized your sun intake for Vitamin D production. *Again, if you experience skin reddening before your SunFriend flashes, it is an indication to set your SunFriend® at a lower "Set Sens." number before you use it again.*

UVI UVI button. Use to read the sun's current UV Index, the amount of UVA+B from the sun getting past the protective ozone. To check the UVI, point the sensor found in the middle of the SunFriend directly and steadily at the sun for about 10 seconds then push the UVI button while it is still facing the sun. *The reading you get is not necessarily equal to the amount of UV you are exposed to as your SunFriend also reads UV from reflective surfaces and adjusts for activity.*

UVA+B SunFriend®



SunFriend Corporation, Maryland USA
www.SunFriend.com

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