

# Supporting wellness indoors

## VitaUp modules

Sunlight is the main natural source of Vitamin D for the human body. When exposed to UVB rays, the skin produces previtamin D, which begins the process of Vitamin D synthesis.

As dietary sources of Vitamin D—mainly fortified foods and supplements—are limited, sunlight remains the most effective and direct method for natural synthesis\*.

Philips VitaUp modules mimic the sun's UVB exposure, enabling indoor support for the body's own Vitamin D synthesis.

But it's not summer all year round, with reduced sunshine intensity in the other seasons constituting a poor source of our essential 'Sunshine Vitamin'. In general, the majority of the population has low levels of Vitamin D in fall and winter. Then there are those people with mobility and access issues who have difficulties making it outdoors. Those who spend more time indoors or in controlled environments, such as offices, may miss out on the natural boost in Vitamin D. Philips VitaUp modules offer a convenient way to bring UVB light indoors at controlled levels, supporting the body's natural vitamin D levels, especially when outdoor exposure is minimal.

### Prioritizing wellness

The modern world is increasingly an indoor one, with urbanized lifestyles, work and leisure patterns focusing more on inside comforts than outdoor pursuits. We all know how important it is to take a 'daily dose of sunshine'. A 15-minute mid-day walk during spring and summer stimulates the production of Vitamin D by the human body\*\*.



\*<https://www.sciencedirect.com/science/article/pii/S2352939316300379>

\*\*Based on guidance from NHS and EFSA.

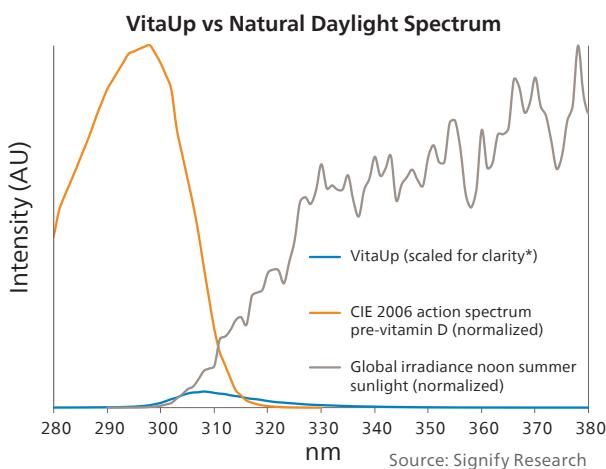
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<https://www.efsa.europa.eu/sites/default/files/consultation/160321.pdf>



VitaUp is easy to integrate into everyday spaces, making it a practical addition for those looking to support their well-being effortlessly. Its familiar form factor, coupled with its low-intensity output, ensures that it is well-suited for consistent use in a variety of enclosed spaces. This combination of features makes it an ideal choice for applications requiring reliability and wellbeing. The module can be installed in ceilings or luminaires, offering flexibility across various indoor settings — from home and offices to shared spaces. With no complex setup required, VitaUp provides a subtle yet purposeful way to support wellness throughout the year.

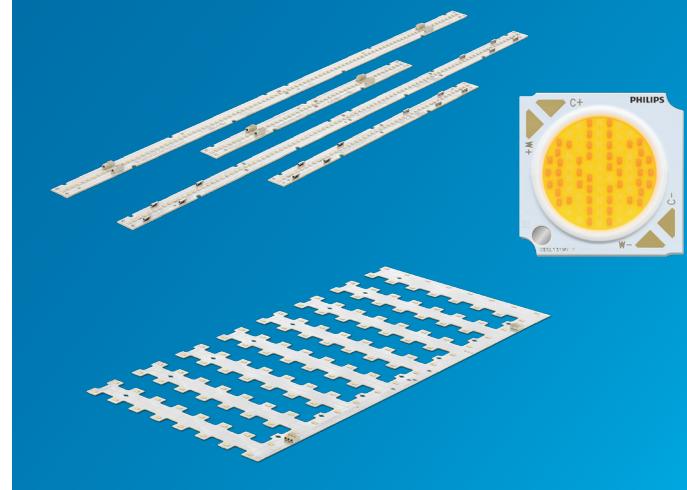


Vitamin D is generated by UVB in the 280-320 nm range. Sunlight provides UVB in the range of 295-320 nm. VitaUp provides the same wavelengths as natural sunlight to stimulate vitamin D synthesis.

\*Note that the irradiance data are scaled for the VitaUp to visualize that the emission that is provided matches the emissions that are naturally available from the sun, while being in the effective wavelength range for vitamin D generation. The absolute irradiance levels achieved with VitaUp are orders of magnitude lower than natural sunlight, allowing for low-dose UVB exposure over longer durations, while remaining effective.



**Philips VitaUp**, combined with Philips dynamic BioUp modules, introduces a new perspective on the human-centric lighting approach. Designed to support well-being, the BioUp technology brings elements of natural sunlight that help align with one's natural circadian rhythm for optimal functioning.



#### Key Features

- Compatible with SNS accessories enabling stand alone and luminaire integration with available brackets.
- Intuitive control through DALI and MasterConnect.
- Proximity sensor shuts off automatically when objects are within 10 cm for safe use.

#### Key Benefits

- Designed for long-term, low-intensity exposure.
- Regular use across a typical 5-day workweek delivers a level of exposure comparable to taking a 15-minute midday walk 2-3 times per week — an approach suggested by several health organizations\*\*\*.
- RG0 safety classification, based on >75 cm exposure distance.

This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.

\*\*\*<https://iris.who.int/bitstream/handle/10665/350569/9789240040830-eng.pdf>

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