



BON CHARGE

GLASSES

User manual

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1.0 What's In The Box

QTY	PRODUCT	DESCRIPTION
1	Glasses	Frame fit: small to large Lenses of your choice available in prescription and non-prescription.
1	Glasses Protective Case	For safe placement after use
1	Cleaning Cloth	For cleaning of the lens.
1	QR Code Card	To scan for user manual.

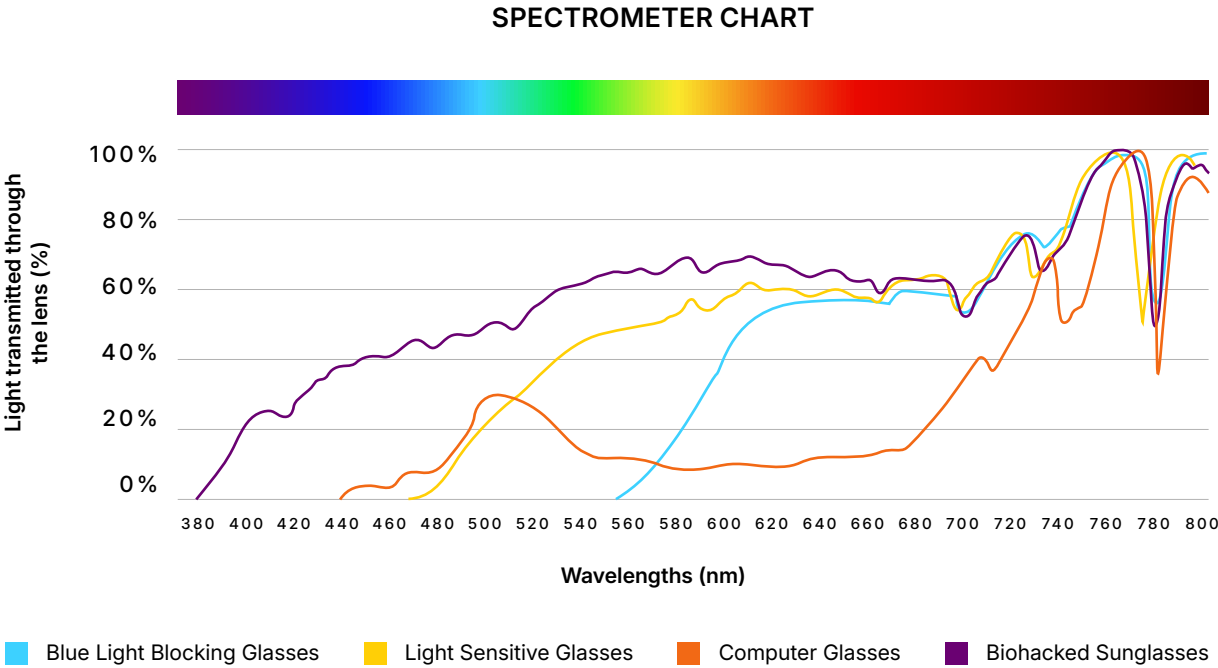
2.0 Product Summary

Clip On Glasses

The diagram illustrates four different styles of glasses. At the top, 'Clip On Glasses' is written with a line pointing to two clip-on models: one with orange lenses and one with yellow lenses. Below these are two standard-rimmed models: one with black frames and orange lenses, and another with black frames and yellow lenses. To the right of these are two more standard-rimmed models: one with black frames and clear lenses, and another with black frames and grey lenses.

Product Description	Blue Light Blocking Glasses	Light Sensitivity Glasses	Computer Glasses	Biohacked Sunglasses
Intended Purpose	Block blue/green light (evening use) to support sleep and circadian rhythm	Reduce discomfort from bright lighting during the day	Filter blue light and glare from screens to improve comfort and focus	Allow red light in, while blocking up to 80% of blue light and UV; high-performance anti-glare
Filtered Wavelengths (nanometers)	400nm to 550nm	400nm to 455nm	~450nm to 495nm	~450nm to 495nm

2.0 Product Summary - Continued



3.0 Feature Comparison

	Clip On Glasses			
				
				
	Blue Light Blocking Glasses	Light Sensitivity Glasses	Computer Glasses	Biohacked Sunglasses
Jet Lag Support	✓	✗	✗	✗
Color Shift (Red Tint)	✓	✗	✗	✗
Color Shift (Yellow Tint)	✗	✓	✗	✗
Anti-glare	✓	✓	✓	✓

4.0 Directions For Use

When to Wear Them

Clip On Glasses				
				
	Blue Light Blocking Glasses	Light Sensitivity Glasses	Computer Glasses	Biohacked Sunglasses
When To Wear	After sunset or in artificial light at night	Anytime in bright or artificial lighting	During screen use or under fluorescent or LED lights	Outdoors to reduce glare and UV

When **NOT** to Wear Them

- DO NOT** wear while cooking on a gas/camping stove as the blue flame will become less visible.
- DO NOT** wear while operating a gas torch as the blue flame will become less visible.
- DO NOT** wear while driving, especially at night or in low-light conditions.
- DO NOT** wear while operating machinery.

How Long to Wear Them

Clip On Glasses				
				
	Blue Light Blocking Glasses	Light Sensitivity Glasses	Computer Glasses	Biohacked Glasses
How Long To Wear Them For	2–3 hours before bedtime	As needed throughout the day	For entire screen or light exposure period	As needed during outdoor activity

5.0 Safety And Warnings

- Use only as directed.
- Not intended for sun protection.
- Not a substitute for prescription lenses.
- May alter the appearance of certain colors.
- Allow time to adjust; some users require an adaptation period.
- Not for use during light therapy procedures.
- Discontinue use and consult a professional if discomfort occurs.
- Children should only use this product under parental supervision.

6.0 Frequently Asked Questions

How do I adjust the frame?	We recommend that you visit your nearest optometrist to get the frames adjusted. Most opticians will adjust the frame for free.
How do I clean and store my glasses?	Clean with the included cloth. Use lens spray as needed. Store in the protective case.
Does light leakage affect performance?	No. Peripheral light leakage has minimal impact on lens effectiveness.

7.0 Disclaimer

BON CHARGE is not responsible for prescriptions that have been issued incorrectly. Customers are advised to consult a licensed healthcare professional to ensure the accuracy and suitability of their prescriptions before use. This product is **not intended to diagnose, treat, cure, or prevent any disease or medical condition.** **Always follow the directions for use.**

8.0 Labels And Symbols

SYMBOLS	DESCRIPTION	SYMBOLS	DESCRIPTION
	Do not use near naked flames		Manufacturer
	Do not use if package is damaged		Do not stare at light source
	Caution		Consult instructions for use