GOLD LEAF
NUTRITIONALS

HOW TO STOP YOUR COMPUTER'S BLUE LIGHT

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Blue light from computers, phones and screen can have a major impact on your eye health.

Luckily, there's an easy way to stop your computers blue light.

Get f.lux.

This program can change the light on your screen so that it's less harsh.

f.lux is available for Windows, Mac, and Linux and can be used on iPhones and iPads.8

It works by changing the color temperature of your screen.

After sunset, f.lux suppresses blue wavelengths and shifts your screen to warmer light, to match indoor lighting.

How-To Geek has great instructions on how to download and use the program, **here**.