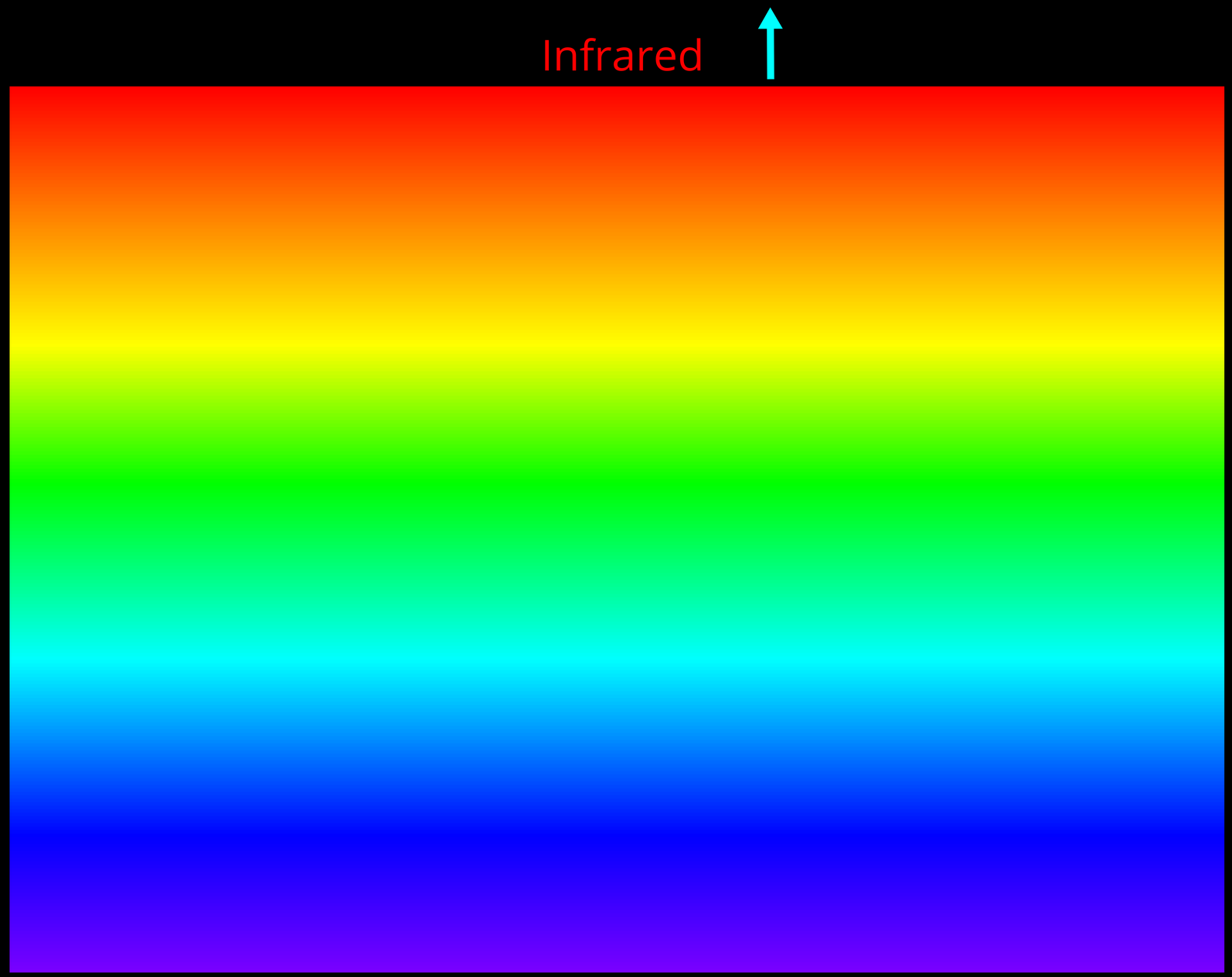
CONTINUOUS COLOUR FROM RED TO VIOLET

Red	750 - 620 nm
Orange	620 - 590 nm
Yellow	590 - 570 nm
Green	570 - 495 nm
Blue	495 - 450 nm
Violet	450 - 380 nm