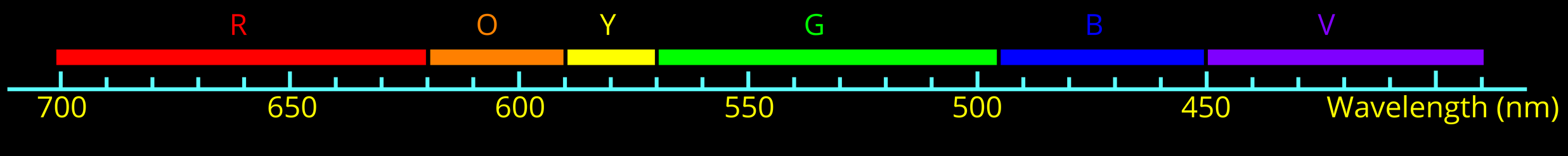
LONG WAVES TO SHORT WAVES

Red 750 - 620 nm

Orange 620 - 590 nm

Yellow 590 - 570 nm

Green 570 - 495 nm

Blue 495 - 450 nm

Violet 450 - 380 nm