45° is a standard set-up for lighting. Equidistant from each other, and the work.
Polarization is an important way to eliminate any and all glare from highly reflective work.

This is accomplished by using polarizing filters on all lights used, and a circular polarizing filter is used on the camera. You must ROTATE the camera filter to start eliminating glare. You will be able to manually see this happen through the viewfinder of the camera.

Rotate to change level of polarization

Nonpolarized light vibrates in all directions

Horizontal and vertical components

Vertical component passes through first polarizer...

... And the second

Vertical component does not pass through this second polarizer