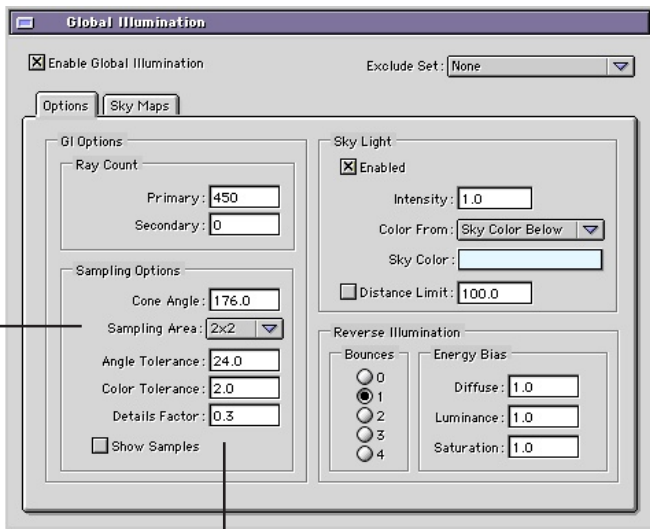Globally lit White Model
(that can be animated)

One issue is lots of jaggies that will sizzle when animated. GI settings help, however have to get rid of all "gaps" in the model. It is a pain but is the only way. AA set to oversample helps but not enough.

Global Illumination

[X] Enable Global Illumination   Exclude Set : None

Options | Sky Maps

GI Options
Ray Count
Primary : 450
Secondary : 0

Sampling Options
Cone Angle : 176.0
Sampling Area : 2x2
Angle Tolerance : 24.0
Color Tolerance : 2.0
Details Factor : 0.3
[ ] Show Samples

Sky Light
[X] Enabled
Intensity : 1.0
Color From : Sky Color Below
Sky Color :
[ ] Distance Limit : 100.0

Reverse Illumination
Bounces   Energy Bias
( ) 0   Diffuse : 1.0
(•) 1
( ) 2   Luminance : 1.0
( ) 3
( ) 4   Saturation : 1.0

Got rid of some jaggies under items.

Key setting to get rid of flickering shadows in areas such as under shelves.

Gap

Solution
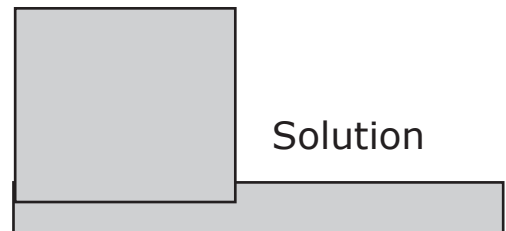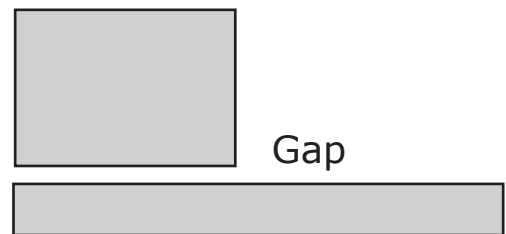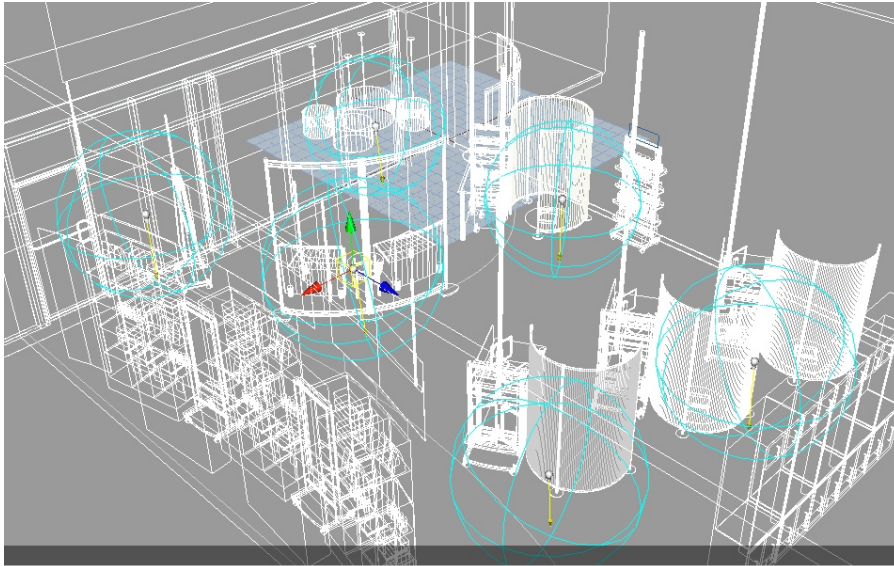
Adding point lights really smooths out GI.

I used six and gave some dropoff to look more natural. They are not too big and they are white with an intensity of .9.

Light 5 Info

Light Type: Radial

GI mode: Normal

X-form | Properties | Flare | Shadow | Glow | Fog | Projection | Master | Radiosity | Photons

[X] Show Angle
[X] Show Dropoff
[ ] Show Fog Radius
[ ] Show Glow Radius
[X] Show Flare
[ ] Show Size
[X] Show Illumination
[ ] Show Flare Dropoff
[X] Show Volume Dropoff

General | Dropoff | Illumination List | Area Light | Customize

[X] Enable Dropoff

Dropoff Type: Quadratic

Dropoff Radius: 190.7

Over Intensity: 1.2048

Control Distance
( ) Absolute Value: 42.6539
(•) Light To Ref %: 105.0

Bias: 0.5