3. 已知向量
$$a = (1,1), b = (1,-1)$$
,若 $(a + \lambda b) \perp (a + \mu b)$,则(

A.
$$\lambda + \mu = 1$$

B.
$$\lambda + \mu = -1$$

C.
$$\lambda \mu = 1$$

D.
$$\lambda \mu = -1$$