

BRIGHTROOT · FREE GIFT · ₱699 VALUE

The Clear-Eye Kitchen Playbook

15 Filipino meals that load your plate with the same nutrients in BrightRoot: lutein, zeaxanthin, and omega-3. Palengke ingredients. Food your family already eats. No diet, no imported kale.

Cook Meal 1 tonight, before your parcel arrives

Your BrightRoot is on the way

Start tonight. The gummies bring 25 mg of lutein a day. Your plate adds more on top.

1 We pack and ship your order.
Your peach gummies are on their way to you.

2 The rider texts or calls you.
Keep your phone on.
Have the cash ready.
The amount is in your order confirmation.

3 The morning after it arrives:
2 gummies with breakfast. Pick a breakfast below to go with them.

The 3 kitchen rules

Rule 1. Green leaves every day. Malunggay, kangkong, talbos ng kamote, pechay, alugbati. Dark green leaves are some of the richest lutein foods on earth, and they cost a few pesos a bundle.

Rule 2. Always with a little fat. Lutein and zeaxanthin dissolve in fat, not water. Egg, a little oil, gata, or fish helps your body take them in. That is why the gummies go with breakfast too.

Rule 3. Yellow and orange on the plate. Egg yolk, mais, kalabasa. The yolk is small but your body absorbs its lutein very well. Mais carries zeaxanthin.

Bonus: fish twice a week. Sardinas, bangus, tuna, galunggong. They bring omega-3, the same fat in every BrightRoot gummy.

Your eye foods at the palengke

Food	What it brings
Malunggay, kangkong, talbos ng kamote, pechay, alugbati	Lutein (a lot of it)
Itlog (egg yolk)	Lutein + zeaxanthin in fat, easy to absorb
Mais (yellow corn)	Zeaxanthin
Kalabasa	Beta-carotene + some lutein
Carrots	Beta-carotene (your body turns it into vitamin A)
Sardinas, bangus, tuna, galunggong	Omega-3

5 breakfasts (take your 2 gummies with these)

1. Tortang malunggay

2 eggs beaten with a big handful of malunggay leaves, a little onion and tomato. Fry in a little oil. Serve with rice or pandesal.

EGG YOLK + MALUNGgay + OIL

2. Sinangag with egg and pechay

Garlic rice, a sunny-side-up egg, and a side of pechay sautéed in garlic. The runny yolk is your fat.

EGG + GREEN LEAVES

3. Nilagang mais + boiled egg

A boiled ear of yellow corn and a hard-boiled egg. Easy to prep the night before.

ZEAXANTHIN FROM CORN + YOLK

4. Sardinas omelet

Canned sardines in tomato sauce, sautéed with onion, then 2 eggs poured in. Add malunggay if you have it.

OMEGA-3 + EGG YOLK

5. Arroz caldo with malunggay and egg

Your usual arroz caldo, but stir in a handful of malunggay at the end and top with a boiled egg.

GREENS + YOLK, WARM AND EASY

5 lunches

6. Ginisang munggo with malunggay

Monggo sautéed with garlic, onion, and a little pork or tinapa. Add a big handful of malunggay before serving.

GREENS + OIL

7. Adobong kangkong

Kangkong cooked in garlic, soy sauce, vinegar, and a little oil. Cheap, fast, and one of the best lutein dishes in the palengke.

GREENS + OIL

8. Ginataang kalabasa at sitaw

Squash and string beans in coconut milk with shrimp or pork. The gata is the fat that carries the nutrients in.

KALABASA + GATA

9. Talbos ng kamote salad

Sweet potato tops boiled for 1 minute, with sliced tomato, onion, and salted egg (itlog na maalat). Dress with a little vinegar and oil.

GREENS + YOLK

10. Sinigang na bangus with kangkong

Your family's sinigang with bangus, and double the kangkong.

OMEGA-3 + GREENS

5 dinners

11. Tinolang manok with malunggay

Chicken, ginger, sayote or green papaya, and lots of malunggay leaves at the end.

GREENS IN A WARM SOUP

12. Pinakbet with extra kalabasa

Ampalaya, talong, okra, sitaw, and double the kalabasa. Sautéed with a little pork.

KALABASA + OIL

13. Ginisang pechay with egg

Pechay sautéed with garlic and a little ground pork, 1 egg scrambled in at the end.

GREENS + YOLK

14. Paksiw or fried galunggong + ginisang alugbati

Your usual fish, with a side of alugbati sautéed in garlic and oil.

OMEGA-3 + GREENS

15. Sopas with carrots, corn, and malunggay

Chicken macaroni soup with carrots and corn kernels. Stir in malunggay before serving.

CORN + CARROTS + GREENS

Your first 7 days

Day	Breakfast (+ 2 gummies)	Lunch	Dinner
1	1. Tortang malunggay	7. Adobong kangkong	11. Tinola
2	3. Mais + egg	6. Munggo	13. Pechay + egg
3	4. Sardinas omelet	8. Ginataang kalabasa	14. Galunggong + alugbati
4	2. Sinangag + pechay	10. Sinigang na bangus	12. Pinakbet
5	5. Arroz caldo	9. Talbos ng kamote salad	15. Sopas
6	1. Tortang malunggay	6. Munggo	11. Tinola
7	Your pick	Your pick	Your pick

Palengke list for the week

Greens

- Malunggay (3 bundles)
- Kangkong (2 bundles)
- Pechay (1 bundle)
- Talbos ng kamote (1 bundle)
- Alugbati (1 bundle)

Yellow + protein

- Eggs (1 tray)
- Mais (4 ears)
- Kalabasa (half)
- Carrots (3 pcs)
- Bangus or galunggong, sardinas (3 cans)

"Dati puro thicker glass and eye drops, ngayon 2 peach gummies nalang need ko, clear na yung paningin ko."

A BrightRoot customer

Plate + gummies = both sides covered

A good plate helps. But to match 25 mg of lutein from food, you would eat a big bowl of cooked greens every single day. Nobody does that. 2 BrightRoot gummies give you 25 mg lutein + 5 mg zeaxanthin every morning. Busy days too. Fast-food days too. The Buy 3 Get 2 FREE bundle is the lowest price per pack.

See an eye doctor right away if:

you have sudden vision loss, flashes of light, a curtain over your vision, eye pain, or a change in only one eye. BrightRoot does not replace an eye check or the glasses your doctor gave you.

Allergic to fish, eggs, or shrimp? Skip that meal and pick another. On a special diet from your doctor (kidney, blood thinner, low salt)? Follow your doctor first. Questions? Message us on the BrightRoot Facebook page.

BrightRoot is a food supplement. MAHALAGANG PAALALA: ANG BRIGHTROOT AY HINDI GAMOT AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT. NO APPROVED THERAPEUTIC CLAIMS. Results differ from person to person.