

BRIGHTROOT · FREE GIFT · ₱399 VALUE

The 30-Day Clear-Vision Scorecard

Four quick eye tests. One tick a day. On Day 30 you put your numbers side by side and see what changed. No guessing, no "parang." Real numbers.

Do the Day 0 tests today, before your parcel arrives

Your BrightRoot is on the way

Use the waiting days well. Your Day 0 numbers are the most important numbers in this book. Get them today.

1 We pack and ship

your order.

Sealed packs of peach gummies. Enough to finish this scorecard.

2 The rider texts or

calls you.

Keep your phone on.
Have the cash ready.
The amount is in your order confirmation.

3 Day 1 is the

morning after it arrives.

2 gummies with breakfast. Tick box 1. That is it.

Why you track

Your eyes change slowly. So slowly that you forget how bad it was. Picture Day 20. You think "parang wala naman." Then you open this page and see your Day 0 numbers in your own handwriting. The scorecard remembers so you do not have to.

Two rules. **Same place, same time, same light** for every test. And **be honest on Day 0**. A bad Day 0 score is good news. It means you have room to win.

Day 0: the four tests (5 minutes)

Test	How to do it	Day 0 score
1. Reading ease	1. Open one long Facebook post. 2. Keep your normal font size. 3. Read it to the end. 4. Rate it. 1 = easy and clear. 10 = blurry, I had to squint.	____ / 10
2. 5 PM eye tiredness	At 5 PM, rate how tired, dry, heavy, or teary your eyes feel. 1 = fresh. 10 = I want to close them.	____ / 10
3. Night glare	Look at a lamp, a car headlight, or a street light at night. 1 = clean light. 10 = big rays of light, hard to see around it.	____ / 10
4. Squint count	For 1 hour of phone or TV, count each time you squint or rub your eyes. Draw one line each time.	____ times

Wear the same glasses (or no glasses) for every test, every time. Write down which:

When the parcel arrives

- **Check the seal.** Message us on the BrightRoot Facebook page if anything is not right.
- **Keep it cool and dry.** Not in the car, not beside the stove, not in direct sun.
- **Put the pack beside your breakfast plate or coffee.** The pack you see is the pack you take.
- **Take 2 gummies with breakfast.** Lutein and zeaxanthin dissolve in fat. A meal with egg, milk, or a little oil helps your body take them in.

What to watch for, week by week

Everyone is different. Here is what to watch. The quotes are from real BrightRoot customers.

Week	What to look for	What to write down
Week 1	Build the habit. 2 gummies every breakfast, no skipped days.	5 PM tiredness score
Week 2	"I thought blurry vision was just part of getting older. After 2 weeks, everything is sharp again." (Maria, 52, Quezon City)	Reading ease
Week 3	"Almost 3 weeks na ako sa BrightRoot and napansin kong hindi na ganoon ka-dry yung eyes ko sa gabi." (a customer who works from home)	Squint count, night glare
Week 4	Do all four tests again. Put them next to Day 0.	All four tests

Your 30 days

	Day	2 gummies?	Notes (how your eyes felt today)
☐	1 Parcel arrived!		
☐	2		
☐	3		
☐	4		
☐	5		
☐	6		
☐	7 Week 1 check		Reading ___ · Tired ___ · Glare ___ · Squints ---
☐	8		
☐	9		
☐	10		
☐	11		
☐	12		
☐	13		
☐	14 Week 2 check		Reading ___ · Tired ___ · Glare ___ · Squints ---
☐	15		
☐	16		
☐	17		
☐	18		
☐	19		
☐	20		
☐	21 Week 3 check		Reading ___ · Tired ___ · Glare ___ · Squints ---
☐	22		

☐	23		
☐	24		
☐	25		
☐	26		
☐	27		
☐	28		
☐	29		
☐	30 Final check		Reading ___ · Tired ___ · Glare ___ · Squints ---

Day 0 vs Day 30

Test	Day 0	Day 30	Change
Reading ease (1 to 10)			
5 PM eye tiredness (1 to 10)			
Night glare (1 to 10)			
Squint count (per hour)			

If something goes wrong

Problem	What to do
I forgot a day	Do not double up. Take 2 tomorrow with breakfast. One missed day does not undo your week.
I keep forgetting	Move the pack. Put it on top of your coffee jar or rice cooker. Set a phone alarm for breakfast.
I do not feel anything yet	Compare to your Day 0 line, not to yesterday. Lutein builds up in the eye over weeks. Keep going.
I will run out before Day 30	Each pack is 15 days at 2 a day. Make sure your second pack is ready before Day 15.

Day 30: your proof is on this page

Put your Day 0 line next to your Day 30 line. That is your result, in your own handwriting. Customers who see the change keep it going: lutein does not stay in the eye forever, so the gummies are a daily habit, like brushing your teeth. 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.

Questions? Message us on the BrightRoot Facebook page. We reply the same day.

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.