

BRIGHTROOT · FREE GIFT · ₱499 VALUE

The 14-Day Screen-Strain Rescue Plan

Your phone is not going away. Facebook, Messenger, Shopee, the laptop at work. This plan stops 4+ hours of screen time from draining your eyes by 5 PM. One small habit every 2 days. Zero cost.

Start Habit 1 today, before your parcel arrives

Your BrightRoot is on the way

The gummies feed your eyes from the inside. This plan stops the strain from the outside. Start today. By the time the rider calls, you are 2 habits in.

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. Keep this plan going beside it.

Why screens hit so hard after 40

- **You blink less.** When you stare at a screen, you blink much less than normal. Less blinking means a dry, burning, heavy feeling by afternoon.
- **Your eyes lock at one distance.** The focusing muscle holds tight for hours. That is the tired, "gusto ko nang ipikit" feeling.
- **Bright screen, dark room.** Scrolling in the dark makes your eyes work harder. Many people do this every night before sleep.
- **After 40, the lens stiffens.** Close-up focus gets harder every year. So you squint, hold the phone far, and strain more.

You cannot stop using your phone. You can stop using it the hard way. Here is how.

The 7 habits, one every 2 days

Habit 1 · Day 1–2 The 20–20–20 rule

Every 20 minutes, look at something 20 feet away for 20 seconds. That is about 6 meters: the far wall, a window, the street. This lets the focusing muscle let go. Set a repeating 20-minute timer on your phone for the first week. After that it becomes automatic.

Habit 2 · Day 3–4 10 full blinks

Each time your 20–20–20 timer rings, do 10 slow, full blinks. Close your eyes all the way, squeeze gently, open. This spreads fresh tears over the eye. Dry, burning eyes by 5 PM get easier.

Habit 3 · Day 5–6 Make the words bigger, not the squint

Settings → Display → Font size: go 2 steps bigger. Do the same on Facebook and Messenger. Hold the phone at arm's length or at least 40 cm (about the length from your elbow to your fingertips). Big words at a far distance beat small words close to your face.

Habit 4 · Day 7–8 Match the screen to the room

Turn on auto-brightness. Your screen should not glow brighter than the room around it. After 6 PM, turn on Night mode (Night Light / Eye Comfort) so the screen goes warm. Never scroll in a dark room: turn on one lamp behind you.

Habit 5 • Day 9–10 Fix your laptop spot

Top of the screen at eye level or a little below, about an arm's length away. Put the laptop on 2 or 3 thick books if needed. Sit so the window is at your side, not behind the screen and not behind you (that causes glare). Point the electric fan at your body, not your face. A fan in your face dries your eyes fast.

Habit 6 • Day 11–12 5-minute warm compress at night

Soak a clean face towel in warm water (warm, not hot. Test it on your wrist). Wring it out. Lay it on closed eyes for 5 minutes before bed. Tired, heavy eyes feel lighter. Do this while the phone is charging in another room.

Habit 7 • Day 13–14 Phone down 30 minutes before sleep

Your eyes repair while you sleep. Put the phone down 30 minutes before bed. Use that time for the warm compress. Aim for 7 hours. Outside in the day, wear sunglasses: strong sun is hard on the eyes too.

Your 14-day checklist

Day	New habit	Done?	5 PM eye score (1 = fresh, 10 = very tired)
1	20-20-20 timer ON	☐	
2	20-20-20	☐	
3	+ 10 full blinks	☐	
4	20-20-20 + blinks	☐	
5	+ bigger font, arm's length	☐	
6	Habits 1-3	☐	
7	+ auto-brightness, Night mode, lamp on	☐	
8	Habits 1-4	☐	
9	+ laptop at eye level, fan off the face	☐	
10	Habits 1-5	☐	
11	+ warm compress at night	☐	
12	Habits 1-6	☐	
13	+ phone down 30 min before bed	☐	
14	All 7 habits	☐	

"Dati sobrang bigat at tired ng eyes ko by 5 PM. Ngayon, mas comfortable na sila hanggang matapos yung araw."

A BrightRoot customer who works from home, almost 3 weeks in

Inside + outside: why both

Outside (this plan)	Inside (BrightRoot)
Stops the daily strain: less staring, more blinking, less glare.	Lutein 25 mg + zeaxanthin 5 mg. These yellow pigments are packed into your macula, the center of your vision. Your body cannot make them. You must eat them.
You feel it the same day.	They build up in the eye over weeks. Customers report the change from Week 2.
Free.	2 peach gummies with breakfast. No pills to swallow.

Keep both going

The habits stay free forever. The gummies work while you keep taking them, like your morning coffee. Your screen time is not stopping, so your eyes need their lutein every day. 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, red eyes that do not clear, or a change in only one eye. This plan 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.