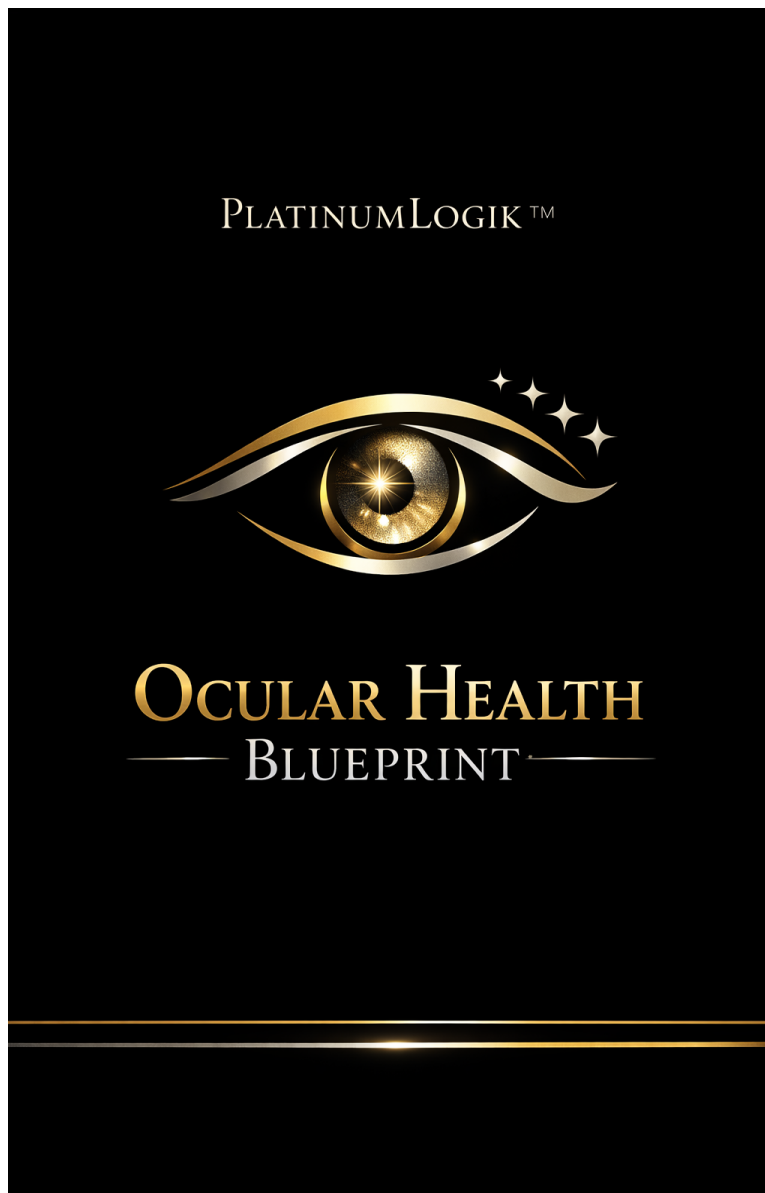




PlatinumLogik™ Ocular Health Blueprint

Food + supplementation options + natural methods for vision support and brighter-looking eyes

Blueprint Chapters

The Eye Pigments: Lutein + Zeaxanthin

Daily greens + fat combo: spinach/kale/collards/romaine/broccoli + olive oil/eggs/avocado/nuts.

Vitamin A + Carotenoids

Orange foods 4–5 days/week (carrots/sweet potato/pumpkin) + greens daily.

Omega-3s

Fatty fish 2–3 times/week (salmon/sardines/mackerel/trout) + daily nuts/seeds.

Vitamins C + E

Citrus/kiwi/berries/peppers + almonds/sunflower/avocado.

Minerals

Zinc/selenium via seafood, pumpkin seeds, legumes, eggs, nuts.

“Whiter Whites” Support

Lower irritation: hydration + omega-3 + greens + screen breaks + full blinking + sleep consistency; minimize smoke exposure.

Supplement Options (Optional)

Lutein+zeaxanthin; omega-3; C/E; zinc; AREDS2-style blends (with copper).

Natural Daily Methods

Hydrate early; 20/20/20; full blink sets; UV-blocking sunglasses; avoid overly dry air; steady sleep.

Quick Start: 7-Day Menu

Use the Jumpstart plan or mix-and-match from the cookbook.