

— PLATINUMLOGIK™ —

NOURISH YOUR VISION

— ◆ —
AN OCULAR HEALTH GUIDE FOCUSED ON
EYE-SUPPORTIVE FOODS, SUPPLEMENTS,
AND NATURAL METHODOLOGIES



— —
A practical guide to retinal support, surface comfort,
clearer-looking sclera, and daily habits that help
protect long-term visual performance.



PREPARED FOR PLATINUMLOGIK

— 2026 —

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1. OCULAR HEALTH FRAMEWORK

The visual system thrives when you **protect**,
nourish, **lubricate**, and **sustain** it consistently.



PROTECT

- Shield against oxidative stress
- Use colorful whole foods
- Think long-term resilience



NOURISH

- Feed the retina and macula
- Prioritize lutein, zeaxanthin, vitamin A
- Support visual performance



LUBRICATE

- Support tear film comfort
- Hydration matters
- Omega-3s help maintain surface comfort



SUSTAIN

- Consistent sleep
- Screen breaks and blinking
- UV protection and daily habits





2. CORE NUTRIENTS FOR VISION & EYE TISSUE SUPPORT



1. LUTEIN + ZEAXANTHIN

Macular pigments that help protect the eye from light and oxidative stress.



2. VITAMIN A / CAROTENOIDS

Supports low-light vision and helps maintain a healthy ocular surface.



3. OMEGA-3 FATTY ACIDS

Supports tear film comfort and eye surface function.



4. VITAMIN C

Antioxidant support for delicate eye tissues.



5. VITAMIN E

Helps protect cell membranes from oxidative stress.



6. ZINC

Important for retinal function and vitamin A metabolism.



PRACTICAL TAKEAWAY

Greens, orange vegetables, fatty fish, nuts, seeds, and citrus create a strong visual support foundation.



3. FOODS THAT DESERVE HEAVY ROTATION

1

LEAFY GREENS



Spinach, kale, collards,
romaine, broccoli



2

ORANGE + RED PRODUCE



Carrots, sweet potato, pumpkin,
red bell pepper, tomatoes



3

OMEGA-3 RICH FOODS



Salmon, sardines, mackerel,
trout, walnuts, flax, chia



4

VITAMIN C FOODS



Citrus, kiwi, strawberries,
berries



5

NUTS, SEEDS + EGGS



Almonds, sunflower seeds,
pistachios, pumpkin seeds,
egg yolks



ROTATION RULE

Aim for daily
greens, regular
orange produce,
berries or citrus,
and fatty fish
2–3 times
weekly.



4. SUPPORTING CLEARER, WHITER- LOOKING EYES NATURALLY

The clearest-looking eyes usually come
from calmer, better-hydrated eyes.



HYDRATION

Well-hydrated eyes
tend to look calmer
and feel better.



OMEGA-3s

Fatty fish and seeds
support eye surface
comfort.



SLEEP

Consistent sleep
often improves
overall eye appearance.



LESS IRRITATION

Reduce smoke, harsh
air flow, and persistent
dryness triggers.



GREENS + VITAMIN A FOODS

Support the tissues that
help keep the eye
surface healthy.



SCREEN BREAKS

Give the eyes regular
distance-focus breaks
and blink fully.

“ Whiter-looking eyes are usually
a comfort and irritation story,
not a magic-whitening story. ”



5. SCREEN LIFE, TEAR FILM & OCULAR SURFACE COMFORT

◆

1

THE SCREEN FACTOR

- Long screen time reduces blink quality
- Eyes may feel dry, tired, or irritated
- Distance-focus breaks help



2

TEAR FILM SUPPORT

- Hydration
- Omega-3 intake
- Gentle environment control
- Consistent blinking



3

THE 20-20-20 RESET



20 ft

Every 20 minutes,
look 20 feet away
for 20 seconds.



Do 10 slow,
full blinks during
long screen sessions.



20•20•20



6. SUPPLEMENTS: WHAT THEY ARE BEST AT

①



LUTEIN + ZEAXANTHIN

Used to support macular pigment and light-stress defense.

②



OMEGA-3

Often chosen for tear film and eye surface support.

③



VITAMIN C + VITAMIN E

Antioxidant support for overall eye tissue resilience.

④



ZINC

Supports retinal function and works with vitamin A pathways.

⑤



AREDS2-TYPE BLENDS

A combination approach often used when targeted macular support is desired.

FOOD-FIRST REMAINS THE FOUNDATION.



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7. 7-DAY EYE-SUPPORTIVE EATING BLUEPRINT

DAY	FOCUS
1	 Greens + eggs + citrus
2	 Fatty fish + broccoli + berries
3	 Sweet potato + greens + nuts
4	 Yogurt + fruit + seeds
5	 Sardines or salmon + colorful vegetables
6	 Leafy salad + avocado + beans
7	 Mix and repeat your strongest meals



SIMPLE RULE

Build meals around greens, color, healthy fats, and hydration.



8. DAILY, WEEKLY & LONG-GAME PRACTICES



DAILY

- Hydrate
- Eat greens or colorful produce
- Blink fully during screen time
- Take distance-focus breaks



WEEKLY

- Eat fatty fish 2–3 times
- Rotate berries, citrus, and orange vegetables
- Review screen habits
- Protect the eyes outdoors



LONG-GAME

- Favor a Mediterranean-style pattern
- Stay consistent rather than perfect
- Reduce chronic irritation triggers
- Build a sustainable rhythm

The best ocular support is not a single trick —
it is a repeatable pattern.