



The Digital Eye Defense Protocol



Your gaze, your transformation. It starts now

You didn't get here by chance. Choosing **CleanEYE** means taking control — of your visual comfort, the clarity of your vision, and how your eyes respond to the demands of everyday life. It's not just about seeing better. It's about reducing fatigue, regaining focus, and reconnecting with the world around you in a natural and healthy way. **CleanEYE** was developed with you in mind — someone who seeks real, safe, and effective solutions to protect eye health and minimize the impacts of modern lifestyles, such as excessive screen use, blue light, and constant visual stress.

This is not just a supplement.

It's a careful protocol, created to respect your rhythm, your routine, your age, and your visual needs — adapting to your daily life to deliver progressive and lasting results.

Each capsule is a step towards visual balance:

- helping to reduce eye fatigue and irritation,
- supporting the antioxidant protection of the retina,
- contributing to macular health,
- and promoting greater focus, sharpness, and comfort throughout the day.

And when you combine **CleanEYE** with simple habits — such as regular screen breaks, good hydration, a diet rich in antioxidants, and restorative sleep — it becomes a powerful ally in your vision care journey. You are not alone. We are here to support you — with guidance, information, and motivation whenever you need it.

Because caring for your vision is not just a physical change. It's a complete transformation of well-being, quality of life, and the freedom to see each moment clearly.
This is your moment.

You are in control.

Welcome to conscious vision care.

Welcome to a new way of seeing life.

Hello!

Why Take Care of Your Vision Today?

We live in one of the most challenging periods for eye health in history. The modern lifestyle—excessive screen time, sleepless nights, stress, artificial light, and continuous exposure to blue light—places an enormous burden on the eyes.

What does this cause in daily life?

- Constant eye strain
- Dry and irritated eyes
- Difficulty focusing, especially at night
- Increased sensitivity to light
- Blurred vision after long hours on the computer

After age 40, these conditions intensify due to the natural aging process of the eyes, where there is less tear production, more cellular oxidation, and gradual macular degeneration.

How can CleanEYE help?

CleanEYE was developed as a complete nutritional support to promote:

- Visual comfort and performance
- Antioxidant protection of the retina
- Increased focus and clarity
- Healthy response to blue light
- Macular health
- Improved ocular circulation

You are about to embark on a journey that can transform how your eyes respond to the world.

Why Take Care of Your Vision Today?

Introduction

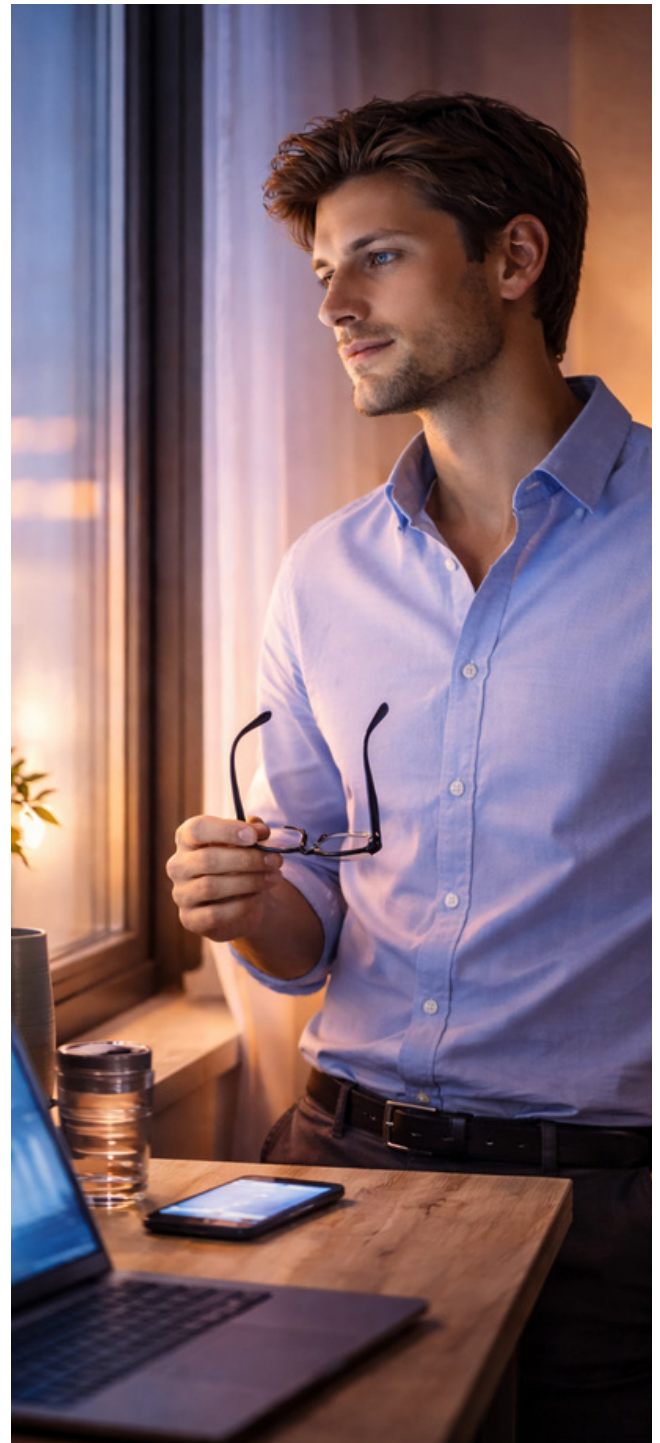
We have never been as visually exposed as we are today. Cell phones, computers, tablets, televisions, and artificial lights are part of our routine from the early morning hours until moments before bedtime.

This continuous exposure, especially to blue light, has created a new type of eye challenge: digital eye strain. **The symptoms are increasingly common:**

- Tired and heavy eyes
- Burning, dryness, and redness
- Blurred vision at the end of the day
- Headaches and difficulty focusing
- Increased sensitivity to light

Over time, this constant visual stress can accelerate eye aging, compromise the health of the retina and macula, and directly impact productivity, well-being, and quality of life.

This protocol was created to offer long-term defense, recovery, and protection, even for those who cannot disconnect from screens.



Module 1 — 12 Strategies Against Blue Light

Blue light itself isn't the problem. Excessive exposure, lack of breaks, and unregulated nighttime exposure are the real culprits.



1. Activate night mode on all devices

Reduces blue light emission and decreases excessive stimulation of the retina.



2. Adjust screen brightness to the environment

Avoid screens that are much brighter than the ambient lighting.



Less focusing effort = less eye strain.



Create a physical or digital barrier against the most aggressive spectrum of light.



Reduces eye opening and decreases tear evaporation.



Extreme contrast strains the retina.



Every 20 minutes, look at something 6 meters away for 20 seconds.



Blinking less is a common reflex when faced with screens. Practice blinking more.



Keep at least an arm's length away from the screen.



Reduce unnecessary stimuli on the screen (notifications, open windows).



Avoid direct light in your eyes
or behind the screen.



Especially in the 2 hours
before bedtime.

Module 2 — Reversing Digital Eye Strain

Eyestrain doesn't have to be permanent. It can be reversed with the right stimuli.

Simple Exercises (3 to 5 minutes)

Circular Movement

- Look up, right, down, and left slowly.
- 5 cycles in each direction.



Near/Far Focus

- Hold a finger 30 cm away.
- Alternate focus between your finger and a distant point.



I Palming

- Rub your hands together until warm.
- Cover your closed eyes for 1 minute.



| Conscious Blinking

- Blink fully for 30 seconds.



I Strategic Pauses

- Micro-pauses every 30–60 minutes
- Longer pauses every 2–3 hours



These practices relieve eye muscle tension, improve lubrication, and reduce neural overload.

Module 3 — Eye Regeneration During Sleep

Much of eye recovery happens at night, when the body enters cellular repair mode.

Recommended Nighttime Routine

- Avoid screens 60–90 minutes before bed
- Use warm lighting in the room
- Stay adequately hydrated
- Practice deep breathing or relaxation
- Sleep in a dark and quiet environment

Quality sleep reduces inflammation, improves eye circulation, and promotes retinal regeneration.



Poor sleep compromises

Eye lubrication
Antioxidant defense
Light sensitivity the next day



Module 4 — Nutrients Protecting the Macula

The macula is responsible for central, sharp, and detailed vision. It is highly sensitive to oxidative stress caused by blue light.

Key Nutrients for Eye Defense



Lutein and Zeaxanthin: Create a natural filter against blue light.



Vitamin A: Essential for visual function and light adaptation.



Vitamins C and E: Antioxidants that combat cellular oxidation.



Zinc: Supports communication between the retina and brain.



Omega-3: Contributes to eye lubrication and circulation.

How to preserve visual acuity

Daily consumption of antioxidants
Diet rich in green vegetables and fish
Continuous nutritional support
These nutrients form a biological shield that protects the retina even after long hours of digital exposure.



Practical Checklists for Your Daily Life

Habits that help your vision

- Blink more while using screens
- Use the 20-20-20 Rule (every 20 minutes, look 20 feet/6 meters for 20 seconds)
- Consume anti-inflammatory foods
- Sleep 7 to 9 hours
- Stay hydrated throughout the day

Habits that harm your vision

- Excessive screen time at night
- Lack of hydration
- Diets poor in nutrients
- Very bright environments or direct light
- Going for long periods without blinking



Conclusion: Protection Today, Vision Tomorrow

Digital life isn't going to slow down. But you can choose how your eyes navigate this era. **By applying this protocol, you are:**

- Reducing the impact of blue light
- Reversing eye fatigue Activating nighttime regeneration
- Protecting the macula and long-term vision

Eye health is built daily, with simple and consistent choices. Protect your eyes today. Preserve your vision for the future. You are in control.

