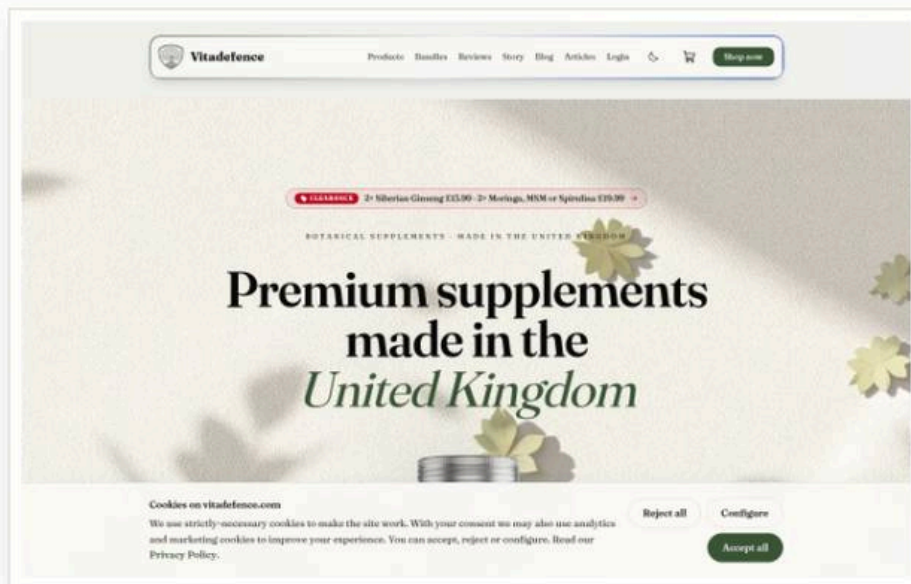




AUDITLODGE

The Whole Pack, One Book

One paid audit of vitadefence.com, in one book: the contents, your to-do list and every section of your pack, one piece per page.



Prepared for

vitadefence.com

31 August 2026 · report on file

AUDITLODGE · A TRADING NAME OF VITADEFENCE LTD, UK COMPANY 15979768
EVERY FIGURE IN THIS DOCUMENT WAS MEASURED ON THE LIVE SITE. NOTHING IS ESTIMATED BY HAND.

Contents

Everything from one paid audit of vitadefence.com, in the order the homepage shows it. The number beside each part is its page in this book.

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Give this to your AI - the agent file, and where the paste blocks are printed.	161

PART 1

The report

The audit of vitadefence.com exactly as delivered - every figure measured on the live site.



Search Visibility Audit vitadefence.com

Full-site crawl · ranking position · keyword opportunity · corrected page copy

 **CLEARANCE** 2x Siberian Ginseng £15.99 - 2x Moringa, MSM or Spirulina £19.99 

BOTANICAL SUPPLEMENTS · MADE IN THE UNITED KINGDOM

Premium supplements made in the *United Kingdom*

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Reject all

Configure

Accept all

AUDITLODGE · vitadefence.com

Prepared 31 August 2026 at 11:54

Vitadefence Ltd, UK company 15979768

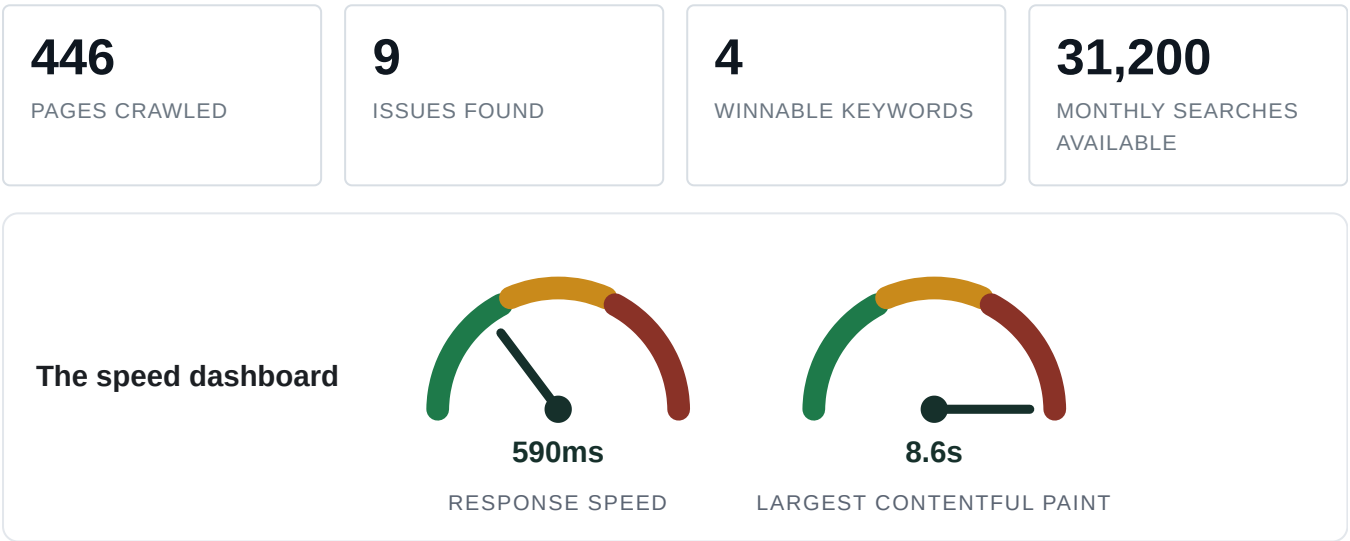
Every figure in this document was measured on the live site and the live Google index on the date above. Nothing is estimated by hand.

1. The verdict

The site is not broken. It is invisible.

It holds no page-one positions, and 0 of its own links and pages are dead ends.

vitadefence.com ranks for 100 organic keywords. They sit between position 13 and position 106. Roughly 51 visits a month arrive from search. Meanwhile 31,200 monthly searches sit on phrases measured winnable for this site.



Keyword	Your position	Monthly searches
msm vs collagen	13	50
I arginine maca	21	40
arginine maca	25	40
pea protein vs rice protein	28	90
rice protein vs pea protein	30	90
rice vs pea protein	30	90

The closest door to page one is “msm vs collagen” at position 13 with 50 monthly searches — 3 places from page one. Every position gained there is measured, not guessed — re-run this audit after the fixes and watch that number move.

Link authority. The link index records 36 backlinks from 33 referring domains for this site (the ones we could name one by one are in the links table). Links are how search engines decide who to trust; the counts here are measured, not estimated.

AI answers. On the 100 ranked searches measured, this site is not yet cited inside Google's AI Overviews.

The assistants themselves. In the assistants' own mention index, measured across ChatGPT and Google's AI (US-English answers), this site is mentioned 4 times — 3 in ChatGPT and 1 in Google's AI, with an AI search volume of 283 behind those mentions. The live questions below are a different measure: answers we asked for and read.

Who the AI assistants cite — top 10

The websites the assistants quote as sources in this space, with the mentions and AI search volume behind each one. This is what being the answer looks like.

Cited site	Mentions	AI search volume
www.myprotein.com	1	260
www.ebay.co.uk	1	260
www.bulk.com	1	260
www.amazon.co.uk	1	260
vitadefence.com	1	260
vilgain.com	1	260
vilgain.co.uk	1	260
peaksupps.co.uk	1	260
www.sciencedirect.com	1	15
anecdotal.health	1	15

What people ask AI — and what it answers today

These are 4 real questions people put to AI assistants in this market, taken from measured AI-search data — not invented. We asked the AI model each one, live, with web search on, and read the answer. Your site was named in 0 of these 4 live answers — the live measure, not the mention index. The full answers, word for word, are in the attached spreadsheet **ai-questions.csv**.

The question people ask	Asked/mo	You named?	Who the AI pointed to
protein powders with stevia	260	no	us.vilgain.com, ypc.co.uk, usafitness.es
what is better, msm or collagen?	15	no	whowhatwear.com, scienceinsights.org, science direct.com
what are the benefits of vitality capsules?	4	no	tower-health.co.uk, houseofskincare.co.uk, vg rowhealth.com
what is the best dupe for grand soir?	4	no	primor.eu, scentfile.com, opulent-perfumes.ae

Every answer above was generated at the time of this audit with live web access — it is what a customer asking the AI today actually hears. The sites in the last column are the ones the AI cited instead of, or alongside, you.

Who Google puts above you — 20 rivals, named

The sites Google actually ranks for the searches this site competes on, with the searches they share and the traffic those positions earn them. These are not necessarily rivals in business — forums, marketplaces and magazines appear here because they hold the page-one spots for the searches your customers type. Nobody here is talking about you; they are simply standing where you want to stand, and every position they hold is one a customer finds before yours.

Competitor	Avg. position	Shared searches	Est. monthly visits
boots.com	5.4	10	2,172
nih.gov	3.7	9	3,252
webmd.com	8.8	13	755
healthline.com	9.6	13	1,177
hollandandbarrett.com	11.3	11	794
amazon.co.uk	12.8	13	1,683
vilgain.co.uk	13.3	10	525
weightworld.uk	13.8	12	689
peaksupps.co.uk	8.7	7	359
naturya.com	6.2	6	489
everydayhealth.com	18.4	8	184
youtube.com	15.9	18	394
clevelandclinic.org	16.7	9	537
bulk.com	13.3	6	220
wikipedia.org	13.7	6	165
health.com	20.6	7	87
facebook.com	40.8	18	174
instagram.com	39.5	13	93
iherb.com	40.7	15	48
vitadefence.com	57.7	15	45

The links, named one by one

Three counts, three sources: the link index counts 36 backlinks from 33 referring domains for this site; 35 of those links came back with a source we could name (your backlinks file); the 31 strongest are below, ordered by the linking domain's authority. A high spam score is the poison; lost or broken ones leak trust.

From	Points at	Authority	Spam score	Notes
www.scamadviser.com	/?utm_medium=Scamadviser.com&utm_campaign=Scamadviser.com	80	25	nofollow
drjack.world	/	58	50	nofollow
bye.fyi	/	48	50	nofollow

quero.party	/	45	50	nofollow
urls-shortener.eu	/	45	50	nofollow
anchorurl.cloud	/	44	50	nofollow
buzzshrink.website	/	42	50	nofollow
shortenurls.eu	/	42	50	nofollow
screenshots.wiki	/	41	50	nofollow
sites.jake.eu	/	40	50	nofollow
sergechel.info	/	37	60	
theforbestimes.com	/	33	60	
ready.pro	/	32	50	nofollow
betulcrime.com	/	31	60	
globalecommerce.org	/	30	60	
www.way2check.cv	/	29	60	
www.alljobs.info	/	28	50	
australianwebdirector y.shop	/	24	70	
getwebsiteworth.com	/	22	50	
quotesblom.com	/	20	60	
www.betwinnermirror.co m	/	20	70	
theelevatedremedies.co m	/blog/adaptogen-history-lazarev-1947	20	0	nofollow
booksreadr.org	/	18	60	
www.musweb.org	/	17	60	
www.simplewebdirector y.com	/	13	60	
www.read.org.in	/	12	60	
australianwebdirector y.pro	/	12	70	
ggmap.us.com	/	8	60	
uncledspizza.com	/	3	60	
homesforsaleoldgreenwi chct.com	/	3	70	

The live results for the top searches

Read from the live results page for each search: whether Google shows an AI answer above everything, and who holds the first organic spot.

Search	AI answer shown	First organic result
what does ashwagandha do	yes	ods.od.nih.gov
multi collagen	yes	www.amazon.co.uk
multivitamins gummies	yes	www.myvitamins.com
antarctic krill oil	yes	www.amazon.co.uk
how to use psyllium husk	yes	www.hollandandbarrett.com

3. What the crawl found

Every one of the 446 crawled pages was checked. 9 individual faults were recorded, each with its fix in the appendix.

7 of the 9 faults are the same repeating pattern — Slow server response. That is not 7 separate problems; it is one habit in the template. Correct the pattern once and most of this table disappears in a single change.

Fault	Severity	Pages affected
Redirect chain redirect-chain	WARNING	1
Thin content thin-content	WARNING	1
Slow server response slow-response	INFO	7

4. Dead ends

No broken internal links and no dead URLs were found on the crawl.

5. Pages competing against each other

No two pages share a title on this crawl.

6. Why the pages do not rank

Your product pages are named after your internal product names. Customers do not search for those names, so the page and the search never meet. Each row below pairs one of your pages with a phrase people really type, matched on the words they share. It costs nothing but copy to fix.

Your page is called	Customers actually search	Monthly searches	Difficulty
Hemp Protein Powder — Plant Protein vs Whey Vitadefence /products/hemp-protein-multi	pea protein vs whey	6,600	7
/products/hemp-protein-multi-complete-plant-based-superfood-powder /products/hemp-protein-multi-complete-plant-based-superfood-powder	whey or pea protein	6,600	14
Pea Protein vs Whey — Pea Protein Multi UK Vitadefence /products/pea-protein-multi	whey vs pea protein	1,900	20
Rice Protein Powder — Plant vs Whey Protein Vitadefence /products/rice-protein-multi	difference between whey and pea protein	480	9
Whey Protein Multi — Whey or Pea Protein? Vitadefence /products/whey-protein-multi	is whey or pea protein better	480	7
Spirulina vs Chlorophyll — Spirulina Capsules UK /products/spirulina	spirulina vs chlorophyll	390	9
Cranberry vs D-Mannose — Cranberry Multi Vitadefence /products/cranberry-multi	cranberry vs d mannose	260	0
/products/cranberry-multi-d-mannose-zinc-90-vegan-capsules-vitadefence /products/cranberry-multi-d-mannose-zinc-90-vegan-capsules-vitadefence	cranberry vs d-mannose	260	0
/products/dandelion-multi-vitamin-b6-magnesium-supplement-90-capsules-vitadefence /products/dandelion-multi-vitamin-b6-magnesium-supplement-90-capsules-vitadefence	urologist recommended cranberry supplement	210	0
Whey Protein Multi Vanilla · Vitadefence UK /products/whey-protein-multi-2	difference between whey protein and pea protein	170	9
L-Glutamine Powder · Vitadefence UK /products/l-glutamine-powder	spirulina pill vs powder	140	10
MSM + Vitamin C Plant-Based Supplement · Vitadefence UK /products/msm-vitamin-c	glucosamine sulfate vs msm	140	40

Matched on the words the page address and the phrase have in common. Volume and difficulty are the figures returned for those phrases, not estimates.

7. The opportunity, measured

143 keywords were measured for this site. **4 pass the tests**: real search volume (at least 1,300 a month in this set) at a difficulty the site can reach (13 or under here). Together they represent **31,200 searches every month**. Each row names the page to make.

Keyword	Monthly searches	Difficulty	Ad cost per click	The page to make
pea protein powder	18,100	13	\$1.39	a buying guide for “pea protein powder”, linked from the matching product
whey protein costco	9,900	0	\$0.26	a buying guide for “whey protein costco”, linked from the matching product
whey protein walmart	1,900	0	\$0.11	a buying guide for “whey protein walmart”, linked from the matching product
whey protein gold standard	1,300	8	\$0.75	a buying guide for “whey protein gold standard”, linked from the matching product

4 of 4 shown, ordered by search volume. The full set is supplied as a spreadsheet. "Ad cost per click" is what an advertiser currently pays for one visit on that phrase.

8. What has already been rewritten for you

Nothing needed rewriting on this measurement. Every live, indexable page we read already carried a meta description that fits inside the 155-character snippet Google shows, so there was nothing to trim. That is a clean result rather than a missing one, and the section stays here so you can see it was checked.

9. What the AI assistants say about your market

Search is no longer only a list of ten blue links. People ask an assistant, and the assistant answers with a handful of businesses and a handful of sources. This section is that answer, measured — not guessed.

These numbers move. Unlike a page count, what an assistant names changes week to week as it re-reads the web. A different number next month is the measurement working, not the measurement being wrong. That is exactly why we take it again at your re-check.

The short answer

The assistants returned no combined total for this market yet.

Your own numbers

The assistants' own tally for this site came back empty on this run. The count in section 1 is a different measure - the assistants' own mention index - and the live answers there are the ones we asked for and read.

Who the assistants name

We asked, and in this market the assistants named nobody consistently enough to report. That is the honest answer, and it means the space is open.

Which sites they cite instead

No site was cited often enough to name. Nobody owns this answer yet.

Which pages the assistants quote

No page was quoted often enough to name. Nothing to copy yet — and nothing standing in your way either.

What kind of business they name

The assistants did not settle on a category for this market.

The mentions themselves

No individual mention came back for this market, so there is nothing to show you underneath the counts.

Before now

There is no history for this market before today, so this report is the baseline itself.

What has moved

This is the first time we have measured it, so there is nothing to compare against yet. Your re-check in thirty days is the comparison.

One honest limit: the assistants' mention counts are available for the United States and English only. Outside that, the figures above are the Google assistant's half of the picture.

Appendix A — method

Step	What was done
Crawl	Full site crawl on the audit engine's own crawler: 446 pages read, 410 listed in the sitemap.
Faults	9 rows, pulled per fault type so nothing was truncated.
Rankings	100 ranked keywords with live positions, measured, not estimated.
Keywords	143 keyword rows measured for this site; 4 pass the winnable tests.
Rewrites	0 descriptions regenerated from each page's own text, 0 over the 155-character limit after rewriting.
Coverage	The full audit: every measurement tool on our engine ran against this site. The only checks not included are the two that need the site owner's own Google Search Console sign-in, which no outside audit can reach.

Report generated 31 August 2026. Crawl reference 20260831-115419-15c4ba.

Appendix B — every fault, page by page

Each fault the whole-site crawl found, with the exact fix. The fault is shown in red, the fix in green — apply the green.

Redirect chain — 1 page

Page	The fault	The fix
/account	WARNING Redirect chain	Point the first URL (and any internal links) directly at the final destination so there is at most one redirect.

Slow server response — 7 pages

Page	The fault	The fix
/terms	INFO Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
/products/acai-berry-multi	INFO Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
/products/bilberry-multi	INFO Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
/blog/best-moringa-powder-guide	INFO Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
/blog/probiotics-explained-how-gut-bacteria-influence-your-entire-body	INFO Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
/blog/why-choose-vitadefence-psyllium-husk-multi-with-high-fibre-botanicals	INFO Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
/blog/why-choose-vitadefence-rhubarb-multi-with-burdock-and-clove	INFO Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.

Thin content — 1 page

Page	The fault	The fix
/daily	WARNING Thin content	Either expand the page with genuinely useful content, noindex it, or consolidate it into a stronger page. If the content exists but is rendered by JavaScript, ensure it is server-rendered or pre-rendered.

Appendix C — what this report drew on

Every figure in this report was bought fresh for this run on 31 August 2026. Nothing was reused from an earlier audit, nothing was estimated by hand, and where a measurement could not be taken the section that needed it says so in plain words.

Your action plan — step by step

Everything measured in this report comes down to the steps below. They are in priority order, and each one is already sized from your own data. Work through them from the top.

1. **Rename the product pages to what customers type.** Title, H1 and URL. Start with the phrases in section 6 - between them they cover 17,630 searches a month.
2. **Build for the 4 winnable phrases** — one page per phrase group, linked from the matching product.
3. **Earn links.** 33 referring domains is the ceiling on everything above.
4. **Measure monthly.** Re-crawl and re-check position on the 143 phrases so the work is proven, not assumed.

Who does this? Hand this page to your web developer or any SEO provider. Every step names the exact pages, phrases and fixes from this report, so there is no guesswork and nothing for them to research — they can action it straight away.

What the words in this report mean — in plain English

You do not need any of this vocabulary to follow the plan above. But if a word in this report made you frown, here is what it means, in plain English.

The word	What it actually means
Backlink	another website putting a link to yours on one of its pages. Search engines read each one as a small vote of confidence — links from real, respected sites help you; links from spammy sites can hurt you.
Meta description	the short sentence under your name in a search result. It does not change your position, but it is your shop window — a clear one gets more of the people who SEE you to actually CLICK you.
Title tag	the blue headline line of your search result, and the words on the browser tab. Search engines weigh it heavily when deciding what your page is about.
Keyword	any phrase people type — or say — when they search. “emergency plumber newark” is a keyword. This report measures the ones your site already appears for, and the ones within reach.
Search volume	how many times a month people search that exact phrase. High volume = a busy street; zero volume = a street nobody walks down.
Keyword difficulty	a 0–100 score of how hard it is to reach the first page for that phrase, based on who already holds it. Low numbers are winnable fights.
Ranking / position	where your page sits in the results list for a search. Position 1 is the top of page one; position 11 is usually page two, where very few people ever look.
AI mentions / citations	when an AI assistant (ChatGPT, or the AI answer box at the top of Google) names or quotes a website in its answer. More people ask AI instead of searching every month — being the site the AI cites is the new page one.
AI search volume	how many times a month people put a question to AI assistants rather than typing it into a search box — measured per question.
Broken internal link	a link on your own site that points to a page that no longer answers. Visitors hit a dead end; search engines waste their visit on it.
404	the error code a server sends when a page does not exist. A visitor sees a “page not found” screen — and usually leaves.
Redirect	an automatic forward from an old address to a new one. Sensible when a page moves; a problem when they chain or point at dead ends.
Sitemap	a file on your site that lists every page you want search engines to know about — the map you hand the crawler at the door.
Crawl / crawler	the automatic visit a search engine pays your site, following every link and reading every page. What it cannot reach, it cannot rank.
Indexable	whether a page is allowed into the search engine's library at all. A page blocked from the index can never appear in results, however good it is.
Canonical	a tag that tells search engines which address is the “real” copy of a page, so two versions of the same content do not compete with each other.
Alt text	the written description attached to an image. Screen readers speak it, and search engines read it — an image without it is invisible to both.

Page speed (LCP)

how long the main part of your page takes to appear. Google measures it as LCP — “largest contentful paint” — and slow pages lose both visitors and positions.

PART 2

Your to-do list

Every fault the crawl recorded, as a numbered step with the fix beside it.
Work down the list and tick them off.

STEP 1 • WARNING

Redirect chain

<https://vitadefence.com/account>

Point the first URL (and any internal links) directly at the final destination so there is at most one redirect.

STEP 2 • WARNING

Thin content

<https://vitadefence.com/daily>

Either expand the page with genuinely useful content, noindex it, or consolidate it into a stronger page. If the content exists but is rendered by JavaScript, ensure it is server-rendered or pre-rendered.

STEP 3 • INFO

Slow server response

7 pages: <https://vitadefence.com/terms>, <https://vitadefence.com/products/acai-berry-multi>, <https://vitadefence.com/products/bilberry-multi>, <https://vitadefence.com/blog/best-moringa-powder-guide>, <https://vitadefence.com/blog/probiotics-explained-how-gut-bacteria-influence-your-entire-body>, <https://vitadefence.com/blog/why-choose-vitadefence-psyllium-husk-multi-with-high-fibre-botanicals> and 1 more

Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.

PART 3

The pack, one piece per page

71 pieces, each with its picture, what it is, and what it tells you - then the piece itself.

GROUP

The report and its companions

7 pieces.

The Report

The full report in the house skeleton, opened with your own homepage photograph. Every figure measured on the live site.

Read the verdict first, then the one thing to do; every later part of this book hangs off it.



Open the PDF - report-v2.pdf

The Keyword Sheet

Real search terms for your market - volume, difficulty, cost-per-click and intent on every row. A spreadsheet you keep.

Sort by difficulty, take the easy ones first; each row is a page or a paragraph you could own.

AL

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YOUR PACK • MEASURED ON YOUR SITE
VITADEFENCE.COM • 31 AUG 2026

ITEM 02 / 71

CSV • 143 ROWS

THE PACK

AUDITLODGE • YOUR PACK

The Keyword Sheet

keywords.csv (measured on vitadefence.com, 31 August 2026)

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Seed	Monthly trend
0.42	MEDIUM	0.79	pea protein vs whey	7	informational	6600	—	2026-07:6600 2026-06:6600 2026-05:6600 2026-04:8100 2026-03:8100...
0.42	MEDIUM	0.79	whey or pea protein	14	informational	6600	—	2026-07:6600 2026-06:6600 2026-05:6600 2026-04:8100 2026-03:8100...
0.28	LOW	0.76	whey vs pea protein	20	informational	1900	—	2026-07:1600 2026-06:1600 2026-05:2400 2026-04:2400 2026-03:2900...
0.27	LOW	0.2	difference between whey and pea protein	9	informational	480	—	2026-07:320 2026-06:390 2026-05:480 2026-04:590 2026-03:720 2026...
0.25	LOW	0.22	is whey or pea protein better	7	informational	480	—	2026-07:480 2026-06:390 2026-05:480 2026-04:590 2026-03:720 2026...
0.12	LOW	2.33	spirulina vs chlorophyll	9	informational	390	—	2026-07:320 2026-06:320 2026-05:320 2026-04:390 2026-03:390 2026...
0.56	MEDIUM	1.6	cranberry vs d-mannose	0	informational	260	—	2026-07:260 2026-06:210 2026-05:320 2026-04:210 2026-03:260 2026...
0.56	MEDIUM	1.6	cranberry vs d-mannose	0	informational	260	—	2026-07:260 2026-06:210 2026-05:320 2026-04:210 2026-03:260 2026...

135 MORE ROWS IN THE FILE

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ITEM 02 / 71

Download the spreadsheet - keywords.csv

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.42	MEDIUM	0.79	pea protein vs whey	7	informational	6600	2026-07:6600 2026-06:6600 2026-05:6600 2026-04:8100 2026-03:8100 2026-02:8100 2026-01:8100 2025-12:4400 2025-11:4400 2025-10:5400 2025-09:6600 2025-08:6600 2025-07:6600 2025-06:6600 2025-05:6600 2025-04:6600 2025-03:6600 2025-02:6600 2025-01:6600
0.42	MEDIUM	0.79	whey or pea protein	14	informational	6600	2026-07:6600 2026-06:6600 2026-05:6600 2026-04:8100 2026-03:8100 2026-02:8100 2026-01:8100 2025-12:4400 2025-11:4400 2025-10:5400 2025-09:6600 2025-08:6600 2025-07:6600 2025-06:6600 2025-05:6600 2025-04:6600 2025-03:6600 2025-02:6600 2025-01:6600
0.28	LOW	0.76	whey vs pea protein	20	informational	1900	2026-07:1600 2026-06:1600 2026-05:2400 2026-04:2400 2026-03:2900 2026-02:2900 2026-01:2900 2025-12:1000 2025-11:1300 2025-10:1600 2025-09:1900 2025-08:1600 2025-07:1600 2025-06:1600 2025-05:1300 2025-04:1300 2025-03:1600 2025-02:1000 2025-01:1000

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.27	LOW	0.2	difference between whey and pea protein	9	informational	480	2026-07:320 2026-06:390 2026-05:480 2026-04:590 2026-03:720 2026-02:720 2026-01:720 2025-12:260 2025-11:260 2025-10:260 2025-09:320 2025-08:320 2025-07:260 2025-06:260 2025-05:260 2025-04:210 2025-03:210 2025-02:170 2025-01:210 2024-12:110 ...
0.25	LOW	0.22	is whey or pea protein better	7	informational	480	2026-07:480 2026-06:390 2026-05:480 2026-04:590 2026-03:720 2026-02:720 2026-01:880 2025-12:320 2025-11:320 2025-10:390 2025-09:320 2025-08:320 2025-07:320 2025-06:260 2025-05:260 2025-04:260 2025-03:260 2025-02:210 2025-01:260 2024-12:170 ...
0.12	LOW	2.33	spirulina vs chlorophyll	9	informational	390	2026-07:320 2026-06:320 2026-05:320 2026-04:390 2026-03:390 2026-02:390 2026-01:480 2025-12:320 2025-11:320 2025-10:320 2025-09:320 2025-08:390 2025-07:390 2025-06:390 2025-05:390 2025-04:390 2025-03:480 2025-02:390 2025-01:480 2024-12:390 ...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.56	MEDIUM	1.6	cranberry vs d mannose	0	informational	260	2026-07:260 2026-06:210 2026-05:320 2026-04:210 2026-03:260 2026-02:210 2026-01:320 2025-12:390 2025-11:260 2025-10:390 2025-09:320 2025-08:210 2025-07:170 2025-06:170 2025-05:170 2025-04:170 2025-03:170 2025-02:210 2025-01:320 2024-12:210 ...
0.56	MEDIUM	1.6	cranberry vs d mannose	0	informational	260	2026-07:260 2026-06:210 2026-05:320 2026-04:210 2026-03:260 2026-02:210 2026-01:320 2025-12:390 2025-11:260 2025-10:390 2025-09:320 2025-08:210 2025-07:170 2025-06:170 2025-05:170 2025-04:170 2025-03:170 2025-02:210 2025-01:320 2024-12:210 ...
0.56	MEDIUM	1.6	d mannose vs cranberry	5	informational	260	2026-07:260 2026-06:210 2026-05:320 2026-04:210 2026-03:260 2026-02:210 2026-01:320 2025-12:390 2025-11:260 2025-10:390 2025-09:320 2025-08:210 2025-07:170 2025-06:170 2025-05:170 2025-04:170 2025-03:170 2025-02:210 2025-01:320 2024-12:210 ...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.56	MEDIUM	1.6	d-mannose vs cranberry	1	informational	260	2026-07:260 2026-06:210 2026-05:320 2026-04:210 2026-03:260 2026-02:210 2026-01:320 2025-12:390 2025-11:260 2025-10:390 2025-09:320 2025-08:210 2025-07:170 2025-06:170 2025-05:170 2025-04:170 2025-03:170 2025-02:210 2025-01:320 2024-12:210 ...
0.76	HIGH	1.92	urologist recommended cranberry supplement	0	informational	210	2026-07:210 2026-06:320 2026-05:210 2026-04:390 2026-03:720 2026-02:390 2026-01:170 2025-12:50 2025-11:30 2025-10:30 2025-09:70 2025-08:20 2025-07:30 2025-06:20 2025-05:20 2025-04:20 2025-03:70 2025-02:50 2025-01:70 2024-12:50 2024-11:70 20...
0.43	MEDIUM	0.46	difference between whey protein and pea protein	9	commercial	170	2026-07:170 2026-06:170 2026-05:210 2026-04:210 2026-03:210 2026-02:210 2026-01:260 2025-12:110 2025-11:110 2025-10:140 2025-09:170 2025-08:170 2025-07:170 2025-06:170 2025-05:170 2025-04:140 2025-03:170 2025-02:140 2025-01:110 2024-12:90 2...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.29	LOW	0.14	difference between pea and whey protein	9	informational	140	2026-07:140 2026-06:170 2026-05:170 2026-04:210 2026-03:210 2026-02:170 2026-01:170 2025-12:90 2025-11:90 2025-10:140 2025-09:140 2025-08:140 2025-07:170 2025-06:140 2025-05:110 2025-04:140 2025-03:140 2025-02:110 2025-01:140 2024-12:90 202...
0.1	LOW	1.45	does spirulina have chlorophyll	19	informational	140	2026-07:170 2026-06:170 2026-05:170 2026-04:170 2026-03:140 2026-02:170 2026-01:170 2025-12:110 2025-11:110 2025-10:140 2025-09:140 2025-08:170 2025-07:170 2025-06:140 2025-05:140 2025-04:140 2025-03:170 2025-02:170 2025-01:210 2024-12:140 ...
0.33	MEDIUM	1.76	glucosamine sulfate vs msm	40	informational	140	2026-07:110 2026-06:170 2026-05:140 2026-04:140 2026-03:110 2026-02:110 2026-01:140 2025-12:140 2025-11:140 2025-10:110 2025-09:110 2025-08:140 2025-07:140 2025-06:140 2025-05:170 2025-04:140 2025-03:210 2025-02:140 2025-01:210 2024-12:140 ...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.33	MEDIUM	1.76	glucosamine vs msm	18	informational	140	2026-07:110 2026-06:170 2026-05:140 2026-04:140 2026-03:110 2026-02:110 2026-01:140 2025-12:140 2025-11:140 2025-10:110 2025-09:110 2025-08:140 2025-07:140 2025-06:140 2025-05:170 2025-04:140 2025-03:210 2025-02:140 2025-01:210 2024-12:140 ...
0.33	MEDIUM	1.76	msm vs glucosamine	18	informational	140	2026-07:110 2026-06:170 2026-05:140 2026-04:140 2026-03:110 2026-02:110 2026-01:140 2025-12:140 2025-11:140 2025-10:110 2025-09:110 2025-08:140 2025-07:140 2025-06:140 2025-05:170 2025-04:140 2025-03:210 2025-02:140 2025-01:210 2024-12:140 ...
0.91	HIGH	1.06	spirulina pill vs powder	10	informational	140	2026-07:140 2026-06:170 2026-05:110 2026-04:170 2026-03:140 2026-02:170 2026-01:210 2025-12:110 2025-11:140 2025-10:110 2025-09:140 2025-08:170 2025-07:110 2025-06:140 2025-05:140 2025-04:110 2025-03:170 2025-02:170 2025-01:140 2024-12:110 ...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.53	MEDIUM	0.34	what is the difference between whey protein and pea protein	9	informational	140	2026-07:110 2026-06:170 2026-05:140 2026-04:170 2026-03:170 2026-02:210 2026-01:210 2025-12:70 2025-11:70 2025-10:90 2025-09:110 2025-08:90 2025-07:90 2025-06:90 2025-05:70 2025-04:70 2025-03:90 2025-02:70 2025-01:90 2024-12:50 2024-11:50 2...
0.23	LOW	0.15	what's the difference between whey and pea protein	6	informational	140	2026-07:90 2026-06:70 2026-05:110 2026-04:170 2026-03:210 2026-02:260 2026-01:260 2025-12:90 2025-11:90 2025-10:110 2025-09:110 2025-08:70 2025-07:90 2025-06:70 2025-05:70 2025-04:50 2025-03:70 2025-02:50 2025-01:50 2024-12:40 2024-11:50 20...
0.78	HIGH	0.7	cranberry pills vs d-mannose	0	informational	110	2026-07:140 2026-06:110 2026-05:110 2026-04:90 2026-03:110 2026-02:140 2026-01:170 2025-12:140 2025-11:140 2025-10:90 2025-09:90 2025-08:110 2025-07:50 2025-06:70 2025-05:40 2025-04:90 2025-03:50 2025-02:40 2025-01:50 2024-12:50 2024-11:70 ...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.78	HIGH	0.7	d mannose vs cranberry pills	2	informational	110	2026-07:140 2026-06:110 2026-05:110 2026-04:90 2026-03:110 2026-02:140 2026-01:170 2025-12:140 2025-11:140 2025-10:90 2025-09:90 2025-08:110 2025-07:50 2025-06:70 2025-05:40 2025-04:90 2025-03:50 2025-02:40 2025-01:50 2024-12:50 2024-11:70 ...
0.78	HIGH	0.7	d-mannose vs cranberry pills	2	informational	110	2026-07:140 2026-06:110 2026-05:110 2026-04:90 2026-03:110 2026-02:140 2026-01:170 2025-12:140 2025-11:140 2025-10:90 2025-09:90 2025-08:110 2025-07:50 2025-06:70 2025-05:40 2025-04:90 2025-03:50 2025-02:40 2025-01:50 2024-12:50 2024-11:70 ...
0.28	LOW	0.25	is pea protein or whey protein better	6	informational	110	2026-07:140 2026-06:90 2026-05:110 2026-04:110 2026-03:140 2026-02:110 2026-01:110 2025-12:70 2025-11:50 2025-10:90 2025-09:110 2025-08:90 2025-07:90 2025-06:90 2025-05:90 2025-04:90 2025-03:110 2025-02:90 2025-01:90 2024-12:50 2024-11:70 2...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.05	LOW	—	ormux benefits	0	commercial	110	2026-07:20 2026-06:50 2026-05:90 2026-04:170 2026-03:50 2026-02:20 2026-01:40 2025-12:70 2025-11:110 2025-10:210 2025-09:210 2025-08:260 2025-07:260 2025-06:70 2025-05:0 2025-04:0 2025-03:0 2025-02:0 2025-01:0 2024-12:0 2024-11:0 2024-10:0 ...
0.25	LOW	0.17	what's the difference between whey protein and pea protein	6	informational	110	2026-07:90 2026-06:110 2026-05:110 2026-04:140 2026-03:170 2026-02:170 2026-01:210 2025-12:70 2025-11:70 2025-10:90 2025-09:110 2025-08:110 2025-07:70 2025-06:70 2025-05:70 2025-04:50 2025-03:70 2025-02:30 2025-01:50 2024-12:20 2024-11:30 2...
0.39	MEDIUM	1.41	can you take spirulina and chlorella together	4	informational	90	2026-07:90 2026-06:90 2026-05:110 2026-04:110 2026-03:90 2026-02:110 2026-01:110 2025-12:90 2025-11:90 2025-10:110 2025-09:90 2025-08:90 2025-07:90 2025-06:110 2025-05:140 2025-04:110 2025-03:140 2025-02:90 2025-01:110 2024-12:110 2024-11:1...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.38	MEDIUM	0.12	pea protein versus whey protein	6	informational	90	2026-07:70 2026-06:90 2026-05:110 2026-04:90 2026-03:90 2026-02:90 2026-01:90 2025-12:50 2025-11:70 2025-10:70 2025-09:90 2025-08:110 2025-07:110 2025-06:110 2025-05:90 2025-04:110 2025-03:110 2025-02:90 2025-01:90 2024-12:70 2024-11:50 202...
0.47	MEDIUM	1.24	pea protein vs rice protein	0	informational	90	2026-07:110 2026-06:90 2026-05:90 2026-04:90 2026-03:90 2026-02:90 2026-01:90 2025-12:70 2025-11:70 2025-10:90 2025-09:90 2025-08:90 2025-07:170 2025-06:170 2025-05:140 2025-04:210 2025-03:210 2025-02:170 2025-01:210 2024-12:140 2024-11:140...
0.47	MEDIUM	1.24	rice protein vs pea protein	0	informational	90	2026-07:110 2026-06:90 2026-05:90 2026-04:90 2026-03:90 2026-02:90 2026-01:90 2025-12:70 2025-11:70 2025-10:90 2025-09:90 2025-08:90 2025-07:170 2025-06:170 2025-05:140 2025-04:210 2025-03:210 2025-02:170 2025-01:210 2024-12:140 2024-11:140...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.47	MEDIUM	1.24	rice vs pea protein	0	informational	90	2026-07:110 2026-06:90 2026-05:90 2026-04:90 2026-03:90 2026-02:90 2026-01:90 2025-12:70 2025-11:70 2025-10:90 2025-09:90 2025-08:90 2025-07:170 2025-06:170 2025-05:140 2025-04:210 2025-03:210 2025-02:170 2025-01:210 2024-12:140 2024-11:140...
0.72	HIGH	5.46	spirulina vs chlorella which is better	9	informational	90	2026-07:70 2026-06:70 2026-05:70 2026-04:90 2026-03:70 2026-02:90 2026-01:70 2025-12:70 2025-11:110 2025-10:90 2025-09:90 2025-08:90 2025-07:70 2025-06:90 2025-05:110 2025-04:90 2025-03:110 2025-02:90 2025-01:110 2024-12:70 2024-11:90 2024-...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.26	LOW	0.22	whey or pea protein better	6	informational	90	2026-07:70 2026-06:70 2026-05:110 2026-04:140 2026-03:90 2026-02:110 2026-01:140 2025-12:50 2025-11:70 2025-10:70 2025-09:50 2025-08:20 2025-07:10 2025-06:50 2025-05:10 2025-04:10 2025-03:10 2025-02:10 2025-01:10 2024-12:10 2024-11:10 2024-...
0.14	LOW	—	can you take d mannose and cranberry pills together	0	informational	70	2026-07:70 2026-06:90 2026-05:70 2026-04:50 2026-03:70 2026-02:70 2026-01:50 2025-12:50 2025-11:70 2025-10:70 2025-09:70 2025-08:90 2025-07:50 2025-06:70 2025-05:70 2025-04:90 2025-03:90
0.64	MEDIUM	1.65	cranberry and d mannose side effects	1	informational	70	2026-07:50 2026-06:40 2026-05:50 2026-04:70 2026-03:50 2026-02:70 2026-01:70 2025-12:90 2025-11:50 2025-10:50 2025-09:70 2025-08:50 2025-07:50 2025-06:70 2025-05:70 2025-04:70 2025-03:90

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.64	MEDIUM	1.65	cranberry d mannose side effects	1	informational	70	2026-07:50 2026-06:40 2026-05:50 2026-04:70 2026-03:50 2026-02:70 2026-01:70 2025-12:90 2025-11:50 2025-10:50 2025-09:70 2025-08:50 2025-07:50 2025-06:70 2025-05:70 2025-04:70 2025-03:90 2025-02:70 2025-01:110 2024-12:50 2024-11:70 2024-10:...
0.64	MEDIUM	1.65	cranberry with d-mannose side effects	2	informational	70	2026-07:50 2026-06:40 2026-05:50 2026-04:70 2026-03:50 2026-02:70 2026-01:70 2025-12:90 2025-11:50 2025-10:50 2025-09:70 2025-08:50 2025-07:50 2025-06:70 2025-05:70 2025-04:70 2025-03:90 2025-02:70 2025-01:110 2024-12:50 2024-11:70 2024-10:...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.27	LOW	—	benefits of msm and vitamin c	9	informational	50	2026-07:50 2026-06:40 2026-05:50 2026-04:40 2026-03:50 2026-02:50 2026-01:50 2025-12:50 2025-11:50 2025-10:30 2025-09:50 2025-08:40 2025-07:30 2025-06:30 2025-05:40 2025-04:40 2025-03:50 2025-02:30 2025-01:50 2024-12:70 2024-11:40 2024-10:7...
0.44	MEDIUM	3.32	biotin before and after nails	5	transactional	50	2026-07:50 2026-06:50 2026-05:40 2026-04:50 2026-03:70 2026-02:50 2026-01:40 2025-12:50 2025-11:70 2025-10:50 2025-09:70 2025-08:70 2025-07:90 2025-06:70 2025-05:110 2025-04:110 2025-03:110 2025-02:110 2025-01:140 2024-12:90 2024-11:70 2024...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.19	LOW	—	collagen or msm	0	informational	50	2026-07:30 2026-06:40 2026-05:40 2026-04:50 2026-03:50 2026-02:40 2026-01:70 2025-12:50 2025-11:40 2025-10:50 2025-09:50 2025-08:70 2025-07:50 2025-06:50 2025-05:50 2025-04:50 2025-03:70 2025-02:70 2025-01:70 2024-12:70 2024-11:70 2024-10:5...
0.05	LOW	—	copper and zinc absorption	26	informational	50	2026-07:50 2026-06:50 2026-05:50 2026-04:50 2026-03:40 2026-02:40 2026-01:50 2025-12:30 2025-11:40 2025-10:40 2025-09:50 2025-08:50 2025-07:50 2025-06:30 2025-05:70 2025-04:50 2025-03:50 2025-02:50 2025-01:50 2024-12:50 2024-11:50 2024-10:5...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.02	LOW	—	do you need copper with zinc	26	informational	50	2026-07:40 2026-06:40 2026-05:40 2026-04:70 2026-03:50 2026-02:50 2026-01:70 2025-12:50 2025-11:40 2025-10:40 2025-09:30 2025-08:50 2025-07:50 2025-06:40 2025-05:50 2025-04:30 2025-03:70 2025-02:50 2025-01:40 2024-12:50 2024-11:30 2024-10:4...
0	LOW	—	how long does it take for l-glutamine to work	13	informational	50	2026-07:70 2026-06:70 2026-05:70 2026-04:50 2026-03:70 2026-02:40 2026-01:70 2025-12:30 2025-11:40 2025-10:50 2025-09:50 2025-08:50 2025-07:70 2025-06:70 2025-05:70 2025-04:50 2025-03:50 2025-02:70 2025-01:50 2024-12:50 2024-11:50 2024-10:5...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.28	LOW	0.53	kelp or spirulina	0	informational	50	2026-07:40 2026-06:40 2026-05:50 2026-04:40 2026-03:50 2026-02:70 2026-01:70 2025-12:40 2025-11:50 2025-10:50 2025-09:70 2025-08:50 2025-07:70 2025-06:50 2025-05:50 2025-04:70 2025-03:70 2025-02:70 2025-01:50 2024-12:70 2024-11:70 2024-10:7...
0.28	LOW	0.53	kelp vs spirulina	0	informational	50	2026-07:40 2026-06:40 2026-05:50 2026-04:40 2026-03:50 2026-02:70 2026-01:70 2025-12:40 2025-11:50 2025-10:50 2025-09:70 2025-08:50 2025-07:70 2025-06:50 2025-05:50 2025-04:70 2025-03:70 2025-02:70 2025-01:50 2024-12:70 2024-11:70 2024-10:7...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.19	LOW	—	msm vs collagen	0	informational	50	2026-07:30 2026-06:40 2026-05:40 2026-04:50 2026-03:50 2026-02:40 2026-01:70 2025-12:50 2025-11:40 2025-10:50 2025-09:50 2025-08:70 2025-07:50 2025-06:50 2025-05:50 2025-04:50 2025-03:70 2025-02:70 2025-01:70 2024-12:70 2024-11:70 2024-10:5...
0.27	LOW	0.73	rice protein vs whey protein	3	informational	50	2026-07:50 2026-06:50 2026-05:40 2026-04:40 2026-03:50 2026-02:50 2026-01:50 2025-12:20 2025-11:40 2025-10:50 2025-09:50 2025-08:70 2025-07:50 2025-06:70 2025-05:90 2025-04:70 2025-03:90 2025-02:70 2025-01:70 2024-12:40 2024-11:50 2024-10:5...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.27	LOW	—	vitamin c and msm benefits	16	informational	50	2026-07:50 2026-06:40 2026-05:50 2026-04:40 2026-03:50 2026-02:50 2026-01:50 2025-12:50 2025-11:50 2025-10:30 2025-09:50 2025-08:40 2025-07:30 2025-06:30 2025-05:40 2025-04:40 2025-03:50 2025-02:30 2025-01:50 2024-12:70 2024-11:40 2024-10:7...
0.57	MEDIUM	0.98	what does multi collagen do	43	informational	50	2026-07:40 2026-06:50 2026-05:40 2026-04:70 2026-03:70 2026-02:70 2026-01:70 2025-12:50 2025-11:40 2025-10:70 2025-09:50 2025-08:70 2025-07:70 2025-06:40 2025-05:50 2025-04:70 2025-03:50 2025-02:50 2025-01:40 2024-12:40 2024-11:40 2024-10:5...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.27	LOW	0.73	whey protein vs rice protein	4	informational	50	2026-07:50 2026-06:50 2026-05:40 2026-04:40 2026-03:50 2026-02:50 2026-01:50 2025-12:20 2025-11:40 2025-10:50 2025-09:50 2025-08:70 2025-07:50 2025-06:70 2025-05:90 2025-04:70 2025-03:90 2025-02:70 2025-01:70 2024-12:40 2024-11:50 2024-10:5...
0.51	MEDIUM	0.11	which is better pea protein or whey protein	12	informational	50	2026-07:50 2026-06:70 2026-05:30 2026-04:70 2026-03:70 2026-02:40 2026-01:40 2025-12:30 2025-11:30 2025-10:50 2025-09:40 2025-08:50 2025-07:20 2025-06:30 2025-05:40 2025-04:40 2025-03:30 2025-02:40 2025-01:30 2024-12:20 2024-11:30 2024-10:4...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
1	HIGH	1.95	arginine maca	0	transactional	40	2026-07:20 2026-06:20 2026-05:10 2026-04:30 2026-03:20 2026-02:30 2026-01:30 2025-12:50 2025-11:50 2025-10:70 2025-09:50 2025-08:50 2025-07:40 2025-06:70 2025-05:90 2025-04:20 2025-03:10 2025-02:320 2025-01:390 2024-12:480 2024-11:480 2024-...
0.53	MEDIUM	0.12	benefits of chlorophyll and spirulina	22	informational	40	2026-07:40 2026-06:30 2026-05:40 2026-04:50 2026-03:30 2026-02:30 2026-01:50 2025-12:30 2025-11:20 2025-10:40 2025-09:50 2025-08:70 2025-07:70 2025-06:70 2025-05:70 2025-04:50 2025-03:70 2025-02:40 2025-01:70 2024-12:50 2024-11:50 2024-10:5...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.92	HIGH	1.58	benefits of k2 mk4	14	informational	40	2026-07:20 2026-06:40 2026-05:30 2026-04:30 2026-03:30 2026-02:50 2026-01:70 2025-12:40 2025-11:40 2025-10:50 2025-09:30 2025-08:70 2025-07:40 2025-06:20 2025-05:40 2025-04:40 2025-03:70 2025-02:40 2025-01:70 2024-12:40 2024-11:50 2024-10:7...
0.47	MEDIUM	0.19	biotin vs hair skin nails	0	informational	40	2026-07:40 2026-06:40 2026-05:30 2026-04:40 2026-03:30 2026-02:50 2026-01:40 2025-12:30 2025-11:30 2025-10:30 2025-09:70 2025-08:40 2025-07:50 2025-06:50 2025-05:70 2025-04:50 2025-03:90 2025-02:70 2025-01:70 2024-12:40 2024-11:70 2024-10:5...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.02	LOW	—	can copper and zinc be taken together	1	informational	40	2026-07:40 2026-06:30 2026-05:50 2026-04:50 2026-03:30 2026-02:30 2026-01:40 2025-12:20 2025-11:30 2025-10:30 2025-09:30 2025-08:30 2025-07:40 2025-06:30 2025-05:20 2025-04:20 2025-03:30 2025-02:20 2025-01:30 2024-12:20 2024-11:20 2024-10:2...
0.04	LOW	—	copper deficiency zinc supplementation	22	informational	40	2026-07:30 2026-06:30 2026-05:50 2026-04:30 2026-03:40 2026-02:40 2026-01:40 2025-12:30 2025-11:40 2025-10:50 2025-09:50 2025-08:40 2025-07:90 2025-06:30 2025-05:40 2025-04:30 2025-03:50 2025-02:30 2025-01:20 2024-12:20 2024-11:20 2024-10:2...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
1	HIGH	1.15	cranberry with d-mannose benefits female	14	informational	40	2026-07:20 2026-06:20 2026-05:20 2026-04:30 2026-03:30 2026-02:30 2026-01:40 2025-12:40 2025-11:30 2025-10:50 2025-09:70 2025-08:50 2025-07:30 2025-06:40 2025-05:50 2025-04:40 2025-03:50 2025-02:40 2025-01:40 2024-12:20 2024-11:20 2024-10:3...
0.98	HIGH	1.11	d mannose vs cranberry supplements	5	informational	40	2026-07:50 2026-06:70 2026-05:50 2026-04:70 2026-03:50 2026-02:40 2026-01:50 2025-12:10 2025-11:10 2025-10:10 2025-09:40 2025-08:20 2025-07:10 2025-06:10 2025-05:20 2025-04:10 2025-03:10 2025-02:20 2025-01:10 2024-12:30 2024-11:40 2024-10:2...

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
0.98	HIGH	1.11	d-mannose vs cranberry supplements	5	informational	40	2026-07:50 2026-06:70 2026-05:50 2026-04:70 2026-03:50 2026-02:40 2026-01:50 2025-12:10 2025-11:10 2025-10:10 2025-09:40 2025-08:20 2025-07:10 2025-06:10 2025-05:20 2025-04:10 2025-03:10 2025-02:20 2025-01:10 2024-12:30 2024-11:40 2024-10:2...

Columns with no value in the rows above - Seed - carry values further down the file.

83 more rows in the file (linked above).

The Fix Plan

Every fault the crawl recorded with the exact fix beside it, in working order.
Copy-paste ready.

This is the to-do list of Part 2; work down it and tick the rows off.

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ITEM 03 / 71

CSV · 9 ROWS

The Fix Plan

Every fault the crawl recorded with the exact fix beside it, in working order. Copy-paste ready.

THE PACK

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The Fix Plan

fix-plan.csv (measured on vitadefence.com, 31 August 2026)

Step	Relevant URL	Title	How to fix	Severity	Issue type	Product specs and other details
1	https://vitadefence.com/account	Redirect chain	Point the first URL (and any internal links) directly at the fin...	warning	redirect-chain	—
2	https://vitadefence.com/daily	Thin content	Either expand the page with genuinely useful content, noindex it...	warning	thin-content	—
3	https://vitadefence.com/terms	Slow server response	Investigate server/database time and caching for this route; ser...	info	slow-response	—
3	https://vitadefence.com/products/acai-berry-multi	Slow server response	Investigate server/database time and caching for this route; ser...	info	slow-response	—
3	https://vitadefence.com/products/bilberry-multi	Slow server response	Investigate server/database time and caching for this route; ser...	info	slow-response	—
3	https://vitadefence.com/blog/best-moringa-powder-guide	Slow server response	Investigate server/database time and caching for this route; ser...	info	slow-response	—
3	https://vitadefence.com/blog/probiotics-explained-how-gut-bacter...	Slow server response	Investigate server/database time and caching for this route; ser...	info	slow-response	—
3	https://vitadefence.com/blog/why-choose-vitadefence-psyllium-hus...	Slow server response	Investigate server/database time and caching for this route; ser...	info	slow-response	—

• 1 MORE ROWS IN THE FILE

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Download the spreadsheet - fix-plan.csv

Step	Relevant URL	Title	How to fix	Severity	Issue type
1	https://vitadefence.com/account	Redirect chain	Point the first URL (and any internal links) directly at the final destination so there is at most one redirect.	warning	redirect-chain
2	https://vitadefence.com/daily	Thin content	Either expand the page with genuinely useful content, noindex it, or consolidate it into a stronger page. If the content exists but is rendered by JavaScript, ensure it is server-rendered or pre-rendered.	warning	thin-content

Step	Relevant URL	Title	How to fix	Severity	Issue type
3	https://vitadefence.com/terms	Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.	info	slow-response
3	https://vitadefence.com/products/acai-berry-multi	Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.	info	slow-response
3	https://vitadefence.com/products/bilberry-multi	Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.	info	slow-response
3	https://vitadefence.com/blog/best-moringa-powder-guide	Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.	info	slow-response
3	https://vitadefence.com/blog/probiotics-explained-how-gut-bacteria-influence-your-entire-body	Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.	info	slow-response
3	https://vitadefence.com/blog/why-choose-vitadefence-psyllium-husk-multi-with-high-fibre-botanicals	Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.	info	slow-response
3	https://vitadefence.com/blog/why-choose-vitadefence-rhubarb-multi-with-burdock-and-clove	Slow server response	Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.	info	slow-response

The Backlinks Sheet

Who links to your site - the spam named link by link, not just counted.

Disown the named junk, keep the good, and ask the strong ones for more.

AL

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ITEM 04 / 71

CSV • 31 ROWS

THE PACK

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The Backlinks Sheet

backlinks.csv (measured on vitadefence.com, 31 August 2026)

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Last seen	Links count	Page from rank	Average rank	Spam score	URL from	URL to
Visit the site	www.scamadviser.com	80	4 Aug 2025	no	no	no	anchor	—	2	0	0	25	https://www.scamadviser.com/check-website/vitadefence.com	http://vitadefence.com/?utm_medium=Scamadviser.com
vitadefence.com	drjack.world	58	17 Apr 2025	no	no	no	anchor	—	1	0	0	50	https://drjack.world/report/2942818	http://vitadefence.com
vitadefence.com	bye.fyi	48	2 Jun 2026	no	no	no	anchor	—	1	0	0	50	https://bye.fyi/report/75643	http://vitadefence.com
vitadefence.com	quero.party	45	15 Mar 2026	no	no	no	anchor	—	1	0	0	50	https://quero.party/report/75643	http://vitadefence.com
vitadefence.com	urls-shortener.eu	45	25 Feb 2026	no	no	no	anchor	—	1	0	0	50	https://urls-shortener.eu/share/75643	http://vitadefence.com
vitadefence.com	anchorurl.cloud	44	25 Jul 2026	no	no	no	anchor	—	1	0	0	50	https://anchorurl.cloud/share/75644	http://vitadefence.com
vitadefence.com	buzzshrink.website	42	26 Jan 2026	no	no	no	anchor	—	1	0	0	50	https://buzzshrink.website/share/75644	http://vitadefence.com
vitadefence.com	shortenurls.eu	42	22 Jan 2026	no	no	no	anchor	—	1	0	0	50	https://shortenurls.eu/share/75644	http://vitadefence.com

• 23 MORE ROWS IN THE FILE

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Download the spreadsheet - backlinks.csv

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
Visit the site	www.scamadviser.com	80	4 Aug 2025	no	no	no	anchor	2	0	0	25	https://www.scamadviser.com/check-website/vitadefence.com	http://vitadefence.com/?utm_medium=Scamadviser.com

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
vitadefence.com	drjack.world	58	17 Apr 2025	no	no	no	anchor	1	0	0	50	https://drjack.world/report/2942818	https://vitadefence.com/
vitadefence.com	bye.fyi	48	2 Jun 2026	no	no	no	anchor	1	0	0	50	https://bye.fyi/report/75643	https://vitadefence.com/
vitadefence.com	quero.party	45	15 Mar 2026	no	no	no	anchor	1	0	0	50	https://quero.party/report/75643	https://vitadefence.com/
vitadefence.com	urls-shortener.eu	45	25 Feb 2026	no	no	no	anchor	1	0	0	50	https://urls-shortener.eu/share/75643	https://vitadefence.com/
vitadefence.com	anchorurl.cloud	44	25 Jul 2026	no	no	no	anchor	1	0	0	50	https://anchorurl.cloud/share/75644	https://vitadefence.com/
vitadefence.com	buzzshrink.website	42	26 Jan 2026	no	no	no	anchor	1	0	0	50	https://buzzshrink.websit e/share/75644	https://vitadefence.com/
vitadefence.com	shortenurls.eu	42	22 Jan 2026	no	no	no	anchor	1	0	0	50	https://shortenurls.eu/share/75644	https://vitadefence.com/
vitadefence.com	screenshots.wiki	41	29 Jan 2026	no	no	no	anchor	1	0	0	50	https://screenshots.wiki/report/75643	https://vitadefence.com/
vitadefence.com	sites.jake.eu	40	14 Feb 2026	no	no	no	anchor	1	0	0	50	https://sites.jake.eu/share/75644	https://vitadefence.com/
vitadefence.com	sergechel.info	37	25 Mar 2026	no	yes	no	anchor	1	0	0	60	https://sergechel.info/list-c7fdb46a17676419e70b353b7e7798b7	https://vitadefence.com/

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
High Quality Dofollow Backlinks DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlinks Online Cheap	theforbestimes.com	33	24 Aug 2026	no	yes	no	anchor	1	0	0	60	https://theforbestimes.com/all/3105/21.html	https://vitadefence.com/
vitadefence.com	ready.pro	32	26 Jul 2026	no	no	no	anchor	1	0	0	50	https://ready.pro/stats/75644	https://vitadefence.com/
High Quality Dofollow Backlinks DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlinks Online Cheap	betulcrime.com	31	13 Aug 2026	no	yes	no	anchor	1	0	0	60	https://betulcrime.com/all/3105/21.html	https://vitadefence.com/

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
vitadefence.com	globalecommerce.org	30	25 Jan 2026	no	yes	no	anchor	1	0	0	60	https://globalecommerce.org/page-78ae6a875fdb89ca69a318bad4a530c.html	https://vitadefence.com/
vitadefence.com	www.way2check.cv	29	10 Jun 2026	no	yes	no	anchor	1	0	0	60	https://www.way2check.cv/page-78ae6a875fdb89ca69a318bad4a530c.html	https://vitadefence.com/
vitadefence.com	www.alljobs.info	28	26 Jan 2026	no	yes	no	anchor	1	0	0	50	https://www.alljobs.info/edd85a9991ca6f716d01a5d268c75d16-l/	https://vitadefence.com/
vitadefence.com	australianwebdirectory.shop	24	31 May 2025	no	yes	no	anchor	1	0	0	70	https://australianwebdirectory.shop/page-78ae6a875fdb89ca69a318bad4a530c.html	https://vitadefence.com/
vitadefence.com	getwebsitesworth.com	22	2 Jan 2026	no	yes	no	anchor	1	0	0	50	https://getwebsitesworth.com/edd85a9991ca6f716d01a5d268c75d16-l/	https://vitadefence.com/

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
High Quality Dofollow Backlinks DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlinks Online Cheap	quotesblom.com	20	25 Aug 2026	no	yes	no	anchor	1	0	0	60	https://quotesblom.com/all/3105/21.html	https://vitadefence.com/
High Quality Dofollow Backlinks DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlinks Online Cheap	www.betwinnermirror.com	20	18 Aug 2026	no	yes	no	anchor	1	0	0	70	https://www.betwinnermirror.com/all/3105/21.html	https://vitadefence.com/

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
defined as increasing non-specific stress resistance	theelevatedremedies.com	20	18 Jun 2026	no	no	no	anchor	1	0	0	0	https://theelevatedremedies.com/blogs/news/defining-adaptogens-in-psychedelics-what-you-need-to-know	https://vitadefence.com/blog/adaptogens-in-psychedelics-what-you-need-to-know
vitadefence.com	booksreadr.org	18	2 Feb 2026	no	yes	no	anchor	1	0	0	60	https://booksreadr.org/page-78ae6a875fdbba89ca69a318bad4a530c.html	https://vitadefence.com/page-78ae6a875fdbba89ca69a318bad4a530c.html
vitadefence.com	www.musweb.org	17	12 Feb 2026	no	yes	no	anchor	1	0	0	60	https://www.musweb.org/page-78ae6a875fdbba89ca69a318bad4a530c.html	https://vitadefence.com/page-78ae6a875fdbba89ca69a318bad4a530c.html
vitadefence.com	www.simplwebdirectory.com	13	18 Jan 2026	no	yes	no	anchor	1	0	0	60	https://www.simplwebdirectory.com/edd85a9991ca6f716d01a5d268c75d16-l/	https://vitadefence.com/edd85a9991ca6f716d01a5d268c75d16-l/
vitadefence.com	www.read.org.in	12	15 Jun 2026	no	yes	no	anchor	1	0	0	60	https://www.read.org.in/page-78ae6a875fdbba89ca69a318bad4a530c.html	https://vitadefence.com/page-78ae6a875fdbba89ca69a318bad4a530c.html

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
vitadefence.com	australianwebdirectory.pro	12	2 Aug 2025	no	yes	no	anchor	1	0	0	70	https://australianwebdirectory.pro/edd85a9991ca6f716d01a5d268c75d16-l/	https://vitadefence.com/
High Quality Dofollow Backlinks DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlinks Online Cheap	ggmap.us.com	8	5 Aug 2026	no	yes	no	anchor	1	0	0	60	https://ggmap.us.com/all/3105/21.html	https://vitadefence.com/
High Quality Dofollow Backlinks DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlinks Online Cheap	uncledspizza.com	3	25 Aug 2026	no	yes	no	anchor	1	0	0	60	https://uncledspizza.com/all/3105/21.html	https://vitadefence.com/

Anchor text of the backlink	Domain from	Domain from rank	First seen	Is broken	Is dofollow	Is lost	Item type	Links count	Page from rank	Average rank	Spam score	URL from	URL to
High Quality Dofollow Backlink s DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlink s Online Cheap	homesfor sale old greenwichct.com	3	11 Aug 2026	no	yes	no	anchor	1	0	0	70	https://homesfor sale old greenwichct.com/all/3105/21.html	https://vitadefence.com/
High Quality Dofollow Backlink s DA 50 PA 40 Premium PBN Network Service vitadefence.com Rank First Page Google Fast SEO Link Building Buy Backlink s Online Cheap	fashion clothing newsws.com	0	29 Aug 2026	no	yes	no	anchor	1	0	0	70	https://fashion clothing newsws.com/all/3105/21.html	https://vitadefence.com/

The Ask-AI File

Real questions people put to the AI assistants about your market, asked live - whether you were named, and who was named instead.

Every answer that names a rival and not you is a page you have not written yet.

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The Ask-AI File

Real questions people put to the AI assistants about your market, asked live - whether you were named, and who was named instead.

CSV • 55 ROWS

THE PACK

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The Ask-AI File

ai-questions.csv (measured on vitadefence.com, 31 August 2026)

Relevant question	How often people ask AI monthly	Asked model	Web search used	Your site named in the answer	Sites the AI cited	The AI answer
protein powders with stevia	260	the AI assistant	yes	no	us.vilgain.com ypc.co.uk usafitness.es dolphinfitness.co.uk guil...	If you're seeking protein powders sweetened with stevia, here ar...
what is better, msm or collagen?	15	the AI assistant	yes	no	whowhatwear.com scienceinsights.org sciencedirect.com	Methylsulfonylmethane (MSM) and collagen are both popular supple...
what are the benefits of vitality capsules?	4	the AI assistant	yes	no	tower-health.co.uk houseofskincare.co.uk vgrowhealth.com vitalit...	Vitality capsules are dietary supplements formulated to enhance ...
what is the best dupe for grand soir?	4	the AI assistant	yes	no	primor.eu scentfile.com opulent-perfumes.ae fragranzo.com fragra...	If you're seeking an affordable alternative to Maison Francis Ku...

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Download the spreadsheet - ai-questions.csv

Relevant question	How often people ask AI monthly	Asked model	Web search used	Your site named in the answer	Sites the AI cited	The AI answer
protein powders with stevia	260	the AI assistant	yes	no	us.vilgain.com ypc.co.uk usafitness.es dolphinfitness.co.uk guiltfree.pl myprotein.com bulk.com hayalabs.es eliveragroup.com	If you're seeking protein powders sweetened with stevia, here are some options to consider: Clean & Natural Protein Powders Vilgain US **Vilgain Grass-Fed Whey Protein Powd...

Relevant question	How often people ask AI monthly	Asked model	Web search used	Your site named in the answer	Sites the AI cited	The AI answer
what is better, msm or collagen?	15	the AI assistant	yes	no	whowhatwear.com scienceinsights.org sciencedirect.com	Methylsulfonylmethane (MSM) and collagen are both popular supplements known for their benefits to joint health, skin, hair, and connective tissues. While they serve different primary functions, combining them may offer enhanced benefits. *...
what are the benefits of vitality capsules?	4	the AI assistant	yes	no	tower-health.co.uk houseofskincare.co.uk vgrowhealth.com vitality-supplements.co.uk upfulblends.com	Vitality capsules are dietary supplements formulated to enhance overall well-being by providing essential nutrients that support various bodily functions. The specific benefits of these capsules can vary depending on their ingredients and i...
what is the best dupe for grand soir?	4	the AI assistant	yes	no	primor.eu scentfile.com opulent-perfumes.ae fragranzo.com fragrantica.com aromara.co.uk fragrantica.de perfumemap.co	If you're seeking an affordable alternative to Maison Francis Kurkdjian's Grand Soir, several fragrances capture its warm amber and vanilla essence. Here are some notable options: [Lattafa Khamrah ✓ Eau de Parfum Perfumerias Primor] (htt...

The AI Visibility Report

How the site reads to the answer engines and abroad - the language block, the crawlers, the machine-readable gaps.

The second report: the fixes here make you quotable, not just findable.

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The AI Visibility Report

PDF

How the site reads to the answer engines and abroad - the language block, the crawlers, the machine-readable gaps.

THE PACK

AUDITLODGE • YOUR PACK

The AI Visibility Report

geo-report-v2.pdf (measured on vitadefence.com, 31 August 2026)

How the site reads to the answer engines and abroad - the language block, the crawlers, the machine-readable gaps.

File: geo-report-v2.pdf • 1212 KB

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Open the PDF - geo-report-v2.pdf

The Course

A course built from your own audit - your homepage on the cover, your numbers in every chapter.

Ten short chapters that teach you your own report, so the next audit needs no explaining.



Open the course

The course is its own book, ten chapters, built from this run.

GROUP

The working sheets

10 pieces.

Does AI Recommend You?

The questions your customers put to the AI assistants, asked live: whether you were named, and the exact rivals it sent them to instead.

If a rival is named and you are not, that rival is in the teardown and the fix plan.

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YOUR PACK • MEASURED ON YOUR SITE

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ITEM 08 / 71

Does AI Recommend You?

The questions your customers put to the AI assistants, asked live: whether you were named, and the exact rivals it sent you to instead.

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Does AI recommend you?

ai-mentions.md (measured on vitadefence.com, 31 August 2026)

We asked the AI models the product questions your customers actually ask (volumes are real monthly ask-counts):

Question people ask AI	Asked/mo	Model	You named?	Who the AI sent them to
protein powders with stevia	260	the AI assistant	NO	us.vilgain.com ypc.co.uk usafitness.es dolphinfitness.co.uk guiltfree.pl myprotein.com
what is better, msm or collagen?	15	the AI assistant	NO	whowhatwear.com scienceinsights.org sciencedirect.com
what are the benefits of vitality capsules?	4	the AI assistant	NO	tower-health.co.uk houseofskincare.co.uk vgrowhealth.com vitality-supplements.co.uk upfulblends.com
what is the best dupe for grand soir?	4	the AI assistant	NO	primor.eu scentfile.com opulent-perfumes.ae fragranzo.com fragrantica.com aromara.co.uk

Score: named in 0 of 4 answers.

Every answer that does not name you sends your customer to a rival. The fix path is the E-E-A-T work in your fix plan (quotable blocks, FAQ schema, author signals).

Citation ledger (re-run this sheet after 60-90 days to see movement)

URL	LLM	Query	Date	Named?
https://vitadefence.com/	the AI assistant	protein powders with stevia	NOT VERIFIED	no
https://vitadefence.com/	the AI assistant	what is better, msm or collagen?	NOT VERIFIED	no
https://vitadefence.com/	the AI assistant	what are the benefits of vitality capsules?	NOT VERIFIED	no
https://vitadefence.com/	the AI assistant	what is the best dupe for grand soir?	NOT VERIFIED	no

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ITEM 08 / 71

We asked the AI models the product questions your customers actually ask (volumes are real monthly ask-counts):

Question people ask AI	Asked/mo	Model	You named?	Who the AI sent them to
protein powders with stevia	260	the AI assistant	NO	us.vilgain.com ypc.co.uk usafitness.es dolphinfitness.co.uk guiltfree.pl myprotein.com
what is better, msm or collagen?	15	the AI assistant	NO	whowhatwear.com scienceinsights.org sciencedirect.com
what are the benefits of vitality capsules?	4	the AI assistant	NO	tower-health.co.uk houseofskincare.co.uk vgrowhealth.com vitality-supplements.co.uk upfulblends.com

Question people ask AI	Asked/mo	Model	You named?	Who the AI sent them to
what is the best dupe for grand soir?	4	the AI assistant	NO	primor.eu scentfile.com opulent-perfumes.ae fragranzo.com fragrantica.com aromara.co.uk

Score: named in 0 of 4 answers. Every answer that does not name you sends your customer to a rival. The fix path is the E-E-A-T work in your fix plan (quotable blocks, FAQ schema, author signals).

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URL	LLM	Query	Date	Named?
https://vitadefence.com/	the AI assistant	protein powders with stevia	NOT VERIFIED	no
https://vitadefence.com/	the AI assistant	what is better, msm or collagen?	NOT VERIFIED	no
https://vitadefence.com/	the AI assistant	what are the benefits of vitality capsules?	NOT VERIFIED	no
https://vitadefence.com/	the AI assistant	what is the best dupe for grand soir?	NOT VERIFIED	no

The Local Findability Sheet

The Map-Pack checklist and the directory table in tier order, filled from this run.

Work down the checklist; every tick is one more place a customer can find you.

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CHECKLIST

The Local Findability Sheet

The map-pack checklist and the directory table in tier order - what to check, in the order that pays.

THE PACK

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Local findability sheet

local-sheet.md (measured on vitadefence.com, 31 August 2026)

What this run holds

- Google Business Profile: not part of this run - tell us whether one exists and the sheet fills in
- Name, address and phone: not part of this run - the canonical name, address and phone take five minutes from you

The checklist

Google Business Profile

- ☐ Primary category = the most specific match
- ☐ Business name matches the legal name, no keyword stuffing
- ☐ Phone is local and matches every directory
- ☐ Reviews 50 or more, rating 4.5 or more, every review answered
- ☐ Photos: logo 400px+, cover 1024x576+, ten more, refreshed monthly

NAP consistency (priority directories, fix in tier order)

Tier	Directory	Status
1	Google Business Profile	to check
1	Apple Maps	to check
1	Bing Places	to check
2	Yelp / BBB / Angi	to check
3	Facebook / Nextdoor	to check

Schema verdict

- An online-only store: LocalBusiness schema does NOT apply — Organization (see the schema piece) is the correct entity block. Applying LocalBusiness to a shop with no walk-in location is schema misuse.
- A service-area business: LocalBusiness/HomeAndConstructionBusiness + Service + FAQPage per location page.

Honest scope

Best fit for local/service customers. For a pure-online shop this sheet is a small add-on;
for a plumber/HVAC/clinic it is a full sheet (GBP audit + directory table + review-response pack).

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ITEM 09 / 71

What this run holds

- Google Business Profile: not part of this run - tell us whether one exists and the sheet fills in
- Name, address and phone: not part of this run - the canonical name, address and phone take five minutes from you

The checklist

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Honest scope

Best fit for local/service customers. For a pure-online shop this sheet is a small add-on; for a plumber/HVAC/clinic it is a full sheet (GBP audit + directory table + review-response pack).

The Ready-to-Paste Schema

The FAQ questions people really put to the AI assistants about your market, laid out as a template for your FAQ block; the Organization and WebSite blocks are in the structured-data pack.

Write each answer from your own page, then the block goes live in the head and the answer engines read your answers, not a guess.

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ITEM 10 / 71

JSON-LD · 3 BLOCKS

The Ready-to-Paste Schema

The FAQPage block for your head, seeded from the real questions people put to the AI assistants about you - the answers to write in are marked. Your Organization and WebSite blocks are in the structured-data files.

THE PACK

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The Ready-to-Paste Schema

schema-file.html (measured on vitadefence.com, 31 August 2026)

```

<!-- The FAQ block for vitadefence.com - 4 questions people really put to the AI assistants. Your Organization and WebSite blocks are the structured-data files in this pack; paste those too. -->
<!-- Paste inside <head>. Before you paste: put your real logo path in place of logo.png, add your social profile links to sameAs only if they exist, and replace each FAQ answer with the words your page shows. -->
<!-- Test before you publish: search.google.com/test/rich-results and validator.schema.org -->
<!-- THE FAQ TEMPLATE - becomes live only when every answer below is written from your own page:
{
  "@context": "https://schema.org",
  "@type": "FAQPage",
  "mainEntity": [
    {
      "@type": "Question",
      "name": "What is pea protein vs whey?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "(write the answer from your own page)"
      }
    },
    {
      "@type": "Question",
      "name": "What is whey or pea protein?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "(write the answer from your own page)"
      }
    },
    {
      "@type": "Question",
      "name": "What is pea vs whey protein?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "(write the answer from your own page)"
      }
    },
    {
      "@type": "Question",
    }
  ]
}
  
```

• 9 MORE LINES IN THE FILE

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Copy this block and paste it where the comment at the top says.

```

<!-- The FAQ block for vitadefence.com - 4 questions people really put to the AI assistants. Your Organization and WebSite blocks are the structured-data files in this pack; paste those too. -->
<!-- Paste inside <head>. Before you paste: put your real logo path in place of logo.png, add your social profile links to sameAs only if they exist, and replace each FAQ answer with the words your page shows. -->
<!-- Test before you publish: search.google.com/test/rich-results and validator.schema.org -->
  
```

<!-- THE FAQ TEMPLATE - becomes live only when every answer below is written from your own page:

```
{
  "@context": "https://schema.org",
  "@type": "FAQPage",
  "mainEntity": [
    {
      "@type": "Question",
      "name": "What is pea protein vs whey?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "(write the answer from your own page)"
      }
    },
    {
      "@type": "Question",
      "name": "What is whey or pea protein?",
      "acceptedAnswer": {
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      "name": "What is pea vs whey protein?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "(write the answer from your own page)"
      }
    },
    {
      "@type": "Question",
      "name": "What is whey protein side effects?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "(write the answer from your own page)"
      }
    }
  ]
}
```

... 4 more lines - the whole file is in your pack

The Rival Teardown

The sites the AI recommended instead of you, the 12-dimension scorecard, and the alternatives page to publish first.

Score each rival on the twelve dimensions, then publish the alternatives page before anything else.

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ITEM 11 / 71

SHEET • 12 DIMENSIONS

THE PACK

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Who is eating your AI traffic — and the teardown plan

rival-teardown.md (measured on vitadefence.com, 31 August 2026)

The AI models, asked your customers' questions, recommended these instead of you:

- us.vilgain.com (cited 1x)
- ypc.co.uk (cited 1x)
- usafitness.es (cited 1x)
- dolphinfitness.co.uk (cited 1x)
- guiltfree.pl (cited 1x)
- myprotein.com (cited 1x)
- bulk.com (cited 1x)
- hayalabs.es (cited 1x)
- eliveragroup.com (cited 1x)
- whowhatwear.com (cited 1x)
- scienceinsights.org (cited 1x)
- sciencedirect.com (cited 1x)

How to size them up

Score each rival 1 to 5 on the twelve things that decide a buyer: features, pricing, ux, performance, docs/content, support, integrations, security/trust, scalability, brand, community, innovation.

That needs their pages and their reviews in front of you - this sheet gives you the names and the scorecard; the reading is yours to do.

The page to publish first: an honest alternative to the rival they name most

Open with the problem the buyer has with that rival, show yourself as the alternative, compare honestly, say plainly who should not switch, then the call to action.

The keyword ground already yours to take (from this run's own data)

| Keyword | Difficulty | Searches/mo | Intent |
|----------------------------|------------|-------------|---------------|
| pea protein powder | 13 | 18100 | transactional |
| whey protein costco | 0 | 9900 | transactional |
| pea protein vs whey | 7 | 6600 | informational |
| whey or pea protein | 14 | 6600 | informational |
| pea vs whey protein | 6 | 6600 | informational |
| whey protein walmart | 0 | 1900 | transactional |
| whey protein gold standard | 8 | 1300 | transactional |

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ITEM 11 / 71

The AI models, asked your customers' questions, recommended these instead of you:

- us.vilgain.com (cited 1x)
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- usafitness.es (cited 1x)
- dolphinfitness.co.uk (cited 1x)

- [guiltfree.pl](#) (cited 1x)
- [myprotein.com](#) (cited 1x)
- [bulk.com](#) (cited 1x)
- [hayalabs.es](#) (cited 1x)
- [eliveragroup.com](#) (cited 1x)
- [whowhatwear.com](#) (cited 1x)
- [scienceinsights.org](#) (cited 1x)
- [sciencedirect.com](#) (cited 1x)

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Where Your Pages Leak Buyers

Every friction row from your own crawl: page, issue, impact, fix, priority, then the 7-dimension page review.

Fix the highest-priority rows first; each one is a customer who did not get through.

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Where Your Pages Leak Buyers

Every friction row from your own crawl - page, issue, impact, fix, priority - then the seven-point page review and the form check.

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Where your pages leak buyers

conversion-review.md (measured on vitadefence.com, 31 August 2026)

Friction rows (from your own crawl's fix plan)

| Page | Issue | Impact | Fix | Priority |
|--|----------------------|--|--|----------|
| https://vitadefence.com/account | Redirect chain | Every extra hop slows the path to purchase and leaks link equity | Point the first URL (and any internal links) directly at the final destination so there is at most one redirect. | High |
| https://vitadefence.com/daily | Thin content | Filtered from rankings; a landing visitor bounces | Either expand the page with genuinely useful content, noindex it, or consolidate it into a stronger page. If the content exists but is rendered by JavaScript, ensure it is server-rendered or pre-rendered. | High |
| https://vitadefence.com/terms | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/products/acai-berry-multi | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/products/bilberry-multi | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/blog/best-moringa-powder-guide | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/blog/probiotics-explained-how-gut-bacteria-influence-your-entire-body | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/blog/why-choose-vitadefence-psyllium-husk-multi-with-high-fibre-botanicals | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |

+ 1 MORE ROWS IN THE FILE

The seven-point page review — run it against the pages that take the money

Value-prop clarity in 5 seconds - Headline - CTA hierarchy (one primary, value-specific copy) - Visual hierarchy - Trust signals near CTAs - Objection handling - Friction points.

The verdict per page needs the page in front of you - the seven points above are the checklist to read it with.

The form check

- Field count vs the 3-5 ceiling; every REQUIRED field must justify a downstream use
- High-friction fields (phone, address) demand justification or move to step 2
- Inline validation on blur; specific error copy; never clear filled fields
- Button copy carries value ('Get my report' beats 'Submit')

Your live forms were not part of this run - walk each one against the four lines above.

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Friction rows (from your own crawl's fix plan)

| Page | Issue | Impact | Fix | Priority |
|---|----------------------|--|--|----------|
| https://vitadefence.com/accou
nt | Redirect chain | Every extra hop slows the path to purchase and leaks link equity | Point the first URL (and any internal links) directly at the final destination so there is at most one redirect. | High |
| https://vitadefence.com/daily | Thin content | Filtered from rankings; a landing visitor bounces | Either expand the page with genuinely useful content, noindex it, or consolidate it into a stronger page. If the content exists but is rendered by JavaScript, ensure it is server-rendered or pre-rendered. | High |
| https://vitadefence.com/terms | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/products/acai-berry-multi | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/products/bilberry-multi | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/blog/best-moringa-powder-guide | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/blog/probiotics-explained-how-gut-bacteria-influence-your-entire-body | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/blog/why-choose-vitadefence-psyllium-husk-multi-with-high-fibre-botanicals | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |
| https://vitadefence.com/blog/why-choose-vitadefence-rhubarb-multi-with-burdock-and-clove | Slow server response | Pages that lag read as a shaky shop at decision time | Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it. | Medium |

The seven-point page review — run it against the pages that take the money

Value-prop clarity in 5 seconds - Headline - CTA hierarchy (one primary, value-specific copy) - Visual hierarchy - Trust signals near CTAs - Objection handling - Friction points. The verdict per page needs the page in front of you - the seven

points above are the checklist to read it with.

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- High-friction fields (phone, address) demand justification or move to step 2
- Inline validation on blur; specific error copy; never clear filled fields
- Button copy carries value ('Get my report' beats 'Submit') Your live forms were not part of this run - walk each one against the four lines above.

The Site Structure Plan

The hub pages your winnable keywords justify, the spokes under each, and the structure faults from the fix plan.

Build the hubs, hang the spokes under them; the structure faults tell you what to move.

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ITEM 13 / 71

PLAN • HUBS AND SPOKES

The Site Structure Plan

The hub pages your winnable keywords justify, the spokes under each, the structure rules applied, and the structure faults from the fix plan.

THE PACK

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The structure that captures your easy wins

site-structure.md (measured on vitadefence.com, 31 August 2026)

Hub pages (each backed by 2+ winnable keywords from this run's data)

```

/pea-protein/    <- HUB (pea protein powder 18100/mo KD13 • pea protein vs whey 6600/mo KD7)
/pea-protein/vs-whey
/pea-protein/powder
/whey/          <- HUB (whey protein costco 9900/mo KD0 • whey or pea protein 6600/mo KD14 • whey protein walmart 1900/mo KD0 • whey protein gold standard 1300/mo KD8)
/whey/or-pea-protein
/whey/protein-costco
/whey/protein-walmart
/whey/protein-gold-standard

```

Standalone winnable pages: pea vs whey protein

The structure rules applied

- Flat beats deep: no /blog/category/post nesting unless the category itself should rank
- Every spoke links UP to its hub with a descriptive anchor; hubs link across, spokes never orphan
- URL construction: hyphens, short, human-readable, no dynamic ids

Structure faults from this run's own fix plan

- https://vitadefence.com/account sits behind a redirect chain — point internal links straight at the final URL
- https://vitadefence.com/daily is THIN — consolidate it INTO a hub rather than leaving an orphan

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Hub pages (each backed by 2+ winnable keywords from this run's data)

```

/pea-protein/    <- HUB (pea protein powder 18100/mo KD13 • pea protein vs whey 6600/mo KD7)
/pea-protein/vs-whey
/pea-protein/powder
/whey/          <- HUB (whey protein costco 9900/mo KD0 • whey or pea protein 6600/mo KD14 • whey protein walmart 1900/mo KD0 • whey protein gold standard 1300/mo KD8)
/whey/or-pea-protein
/whey/protein-costco
/whey/protein-walmart
/whey/protein-gold-standard

```

Standalone winnable pages: pea vs whey protein

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- Flat beats deep: no /blog/category/post nesting unless the category itself should rank
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- URL construction: hyphens, short, human-readable, no dynamic ids

Structure faults from this run's own fix plan

- <https://vitadefence.com/account> sits behind a redirect chain — point internal links straight at the final URL
- <https://vitadefence.com/daily> is THIN — consolidate it INTO a hub rather than leaving an orphan

The Page Plan

Every winnable keyword as a named page under its hub, with the searches a month and the difficulty beside it.

One page per keyword, written in the order of searches a month.

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PLAN • PAGE BY PAGE

The Page Plan

Every winnable keyword as a named page under its hub, with the searches a month and the difficulty beside it.

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The page plan that captures your search patterns

programmatic-plan.md (measured on vitadefence.com, 31 August 2026)

Keywords with difficulty 30 or under and real searches: **121** (the report's winnable table is the short list we lead with). Clusters of two or more sharing a head term: **23**.

/whey/ - one hub, 16 pages, 159,500 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|-----------------------------|----------------------------|---------|------------|---------------|
| /whey/protein | whey protein | 135,000 | 30 | transactional |
| /whey/protein-costco | whey protein costco | 9,900 | 0 | transactional |
| /whey/or-pea-protein | whey or pea protein | 6,600 | 14 | informational |
| /whey/vs-pea-protein | whey vs pea protein | 1,900 | 20 | informational |
| /whey/protein-walmart | whey protein walmart | 1,900 | 0 | transactional |
| /whey/protein-amazon | whey protein amazon | 1,600 | 22 | transactional |
| /whey/protein-gold-standard | whey protein gold standard | 1,300 | 8 | transactional |
| /whey/protein-price | whey protein price | 480 | 8 | commercial |

• 8 MORE ROWS IN THE FILE

/pea/ - one hub, 9 pages, 32,130 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|--------------------------------------|-------------------------------------|--------|------------|---------------|
| /pea/protein-powder | pea protein powder | 18,100 | 13 | transactional |
| /pea/protein-vs-whey | pea protein vs whey | 6,600 | 7 | informational |
| /pea/vs-whey-protein | pea vs whey protein | 6,600 | 6 | informational |
| /pea/protein-dangers | pea protein dangers | 480 | 21 | informational |
| /pea/protein-versus-whey-protein | pea protein versus whey protein | 90 | 6 | informational |
| /pea/protein-vs-rice-protein | pea protein vs rice protein | 90 | 0 | informational |
| /pea/protein-vs-whey-for-weight-loss | pea protein vs whey for weight loss | 90 | 1 | commercial |
| /pea/protein-vs-whey-reddit | pea protein vs whey reddit | 50 | 1 | informational |

• 1 MORE ROWS IN THE FILE

/is/ - one hub, 12 pages, 1,500 searches/mo combined

/cranberry/ - one hub, 10 pages, 970 searches/mo combined

/difference/ - one hub, 4 pages, 830 searches/mo combined

/spirulina/ - one hub, 4 pages, 660 searches/mo combined

/d/ - one hub, 3 pages, 410 searches/mo combined

/d-mannose/ - one hub, 3 pages, 410 searches/mo combined

The rules: subfolders, never subdomains - every page must add something beyond a swapped keyword (thin pages get filtered, see your fix plan) - quality over quantity: build only the pages above, they are backed by measured volume.

Write the body of each page for that page; one template with the keyword swapped in is exactly what gets filtered.

• 6 MORE TABLES IN THE FILE

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 14 / 71

The page plan that captures your search patterns - vitadefence.com

Keywords with difficulty 30 or under and real searches: **121** (the report's winnable table is the short list we lead with).
Clusters of two or more sharing a head term: **23**.

/whey/ - one hub, 16 pages, 159,500 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|--|---|---------|------------|---------------|
| /whey/protein | whey protein | 135,000 | 30 | transactional |
| /whey/protein-costco | whey protein costco | 9,900 | 0 | transactional |
| /whey/or-pea-protein | whey or pea protein | 6,600 | 14 | informational |
| /whey/vs-pea-protein | whey vs pea protein | 1,900 | 20 | informational |
| /whey/protein-walmart | whey protein walmart | 1,900 | 0 | transactional |
| /whey/protein-amazon | whey protein amazon | 1,600 | 22 | transactional |
| /whey/protein-gold-standard | whey protein gold standard | 1,300 | 8 | transactional |
| /whey/protein-price | whey protein price | 480 | 8 | commercial |
| /whey/protein-bag | whey protein bag | 480 | 0 | transactional |
| /whey/or-pea-protein-better | whey or pea protein better | 90 | 6 | informational |
| /whey/protein-vs-plant-protein-for-muscle-building | whey protein vs plant protein for muscle building | 90 | 0 | commercial |
| /whey/protein-vs-rice-protein | whey protein vs rice protein | 50 | 4 | informational |
| /whey/vs-pea-protein-taste | whey vs pea protein taste | 40 | 0 | commercial |
| /whey/vs-pea-protein-for-muscle-building | whey vs pea protein for muscle building | 30 | 7 | commercial |
| /whey/protein-vs-plant-protein-for-cholesterol | whey protein vs plant protein for cholesterol | 20 | 0 | commercial |
| /whey/vs-pea-protein-reddit | whey vs pea protein reddit | 20 | 7 | informational |

/pea/ - one hub, 9 pages, 32,130 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|---|--|--------|------------|---------------|
| /pea/protein-powder | pea protein powder | 18,100 | 13 | transactional |
| /pea/protein-vs-whey | pea protein vs whey | 6,600 | 7 | informational |
| /pea/vs-whey-protein | pea vs whey protein | 6,600 | 6 | informational |
| /pea/protein-dangers | pea protein dangers | 480 | 21 | informational |
| /pea/protein-versus-whey-protein | pea protein versus whey protein | 90 | 6 | informational |
| /pea/protein-vs-rice-protein | pea protein vs rice protein | 90 | 0 | informational |
| /pea/protein-vs-whey-for-weight-loss | pea protein vs whey for weight loss | 90 | 1 | commercial |
| /pea/protein-vs-whey-reddit | pea protein vs whey reddit | 50 | 1 | informational |
| /pea/protein-vs-whey-protein-absorption | pea protein vs whey protein absorption | 30 | 12 | informational |

/is/ - one hub, 12 pages, 1,500 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|--|---|--------|------------|---------------|
| /is/whey-or-pea-protein-better | is whey or pea protein better | 480 | 7 | informational |
| /is/pea-protein-better-than-whey | is pea protein better than whey | 480 | 7 | informational |
| /is/pea-protein-or-whey-protein-better | is pea protein or whey protein better | 110 | 6 | informational |
| /is/pea-protein-good-for-muscle-building | is pea protein good for muscle building | 110 | 10 | informational |
| /is/plant-protein-good-for-building-muscle | is plant protein good for building muscle | 70 | 13 | informational |
| /is/methylcobalamin-the-same-as-cyanocobalamin | is methylcobalamin the same as cyanocobalamin | 40 | 13 | informational |
| /is/mk-7-the-same-as-k2 | is mk-7 the same as k2 | 40 | 4 | commercial |
| /is/whey-or-pea-protein-better-for-women | is whey or pea protein better for women | 40 | 14 | commercial |
| /is/zinc-and-copper-good-for-you | is zinc and copper good for you | 40 | 19 | informational |
| /is/pea-protein-good-for-weight-loss | is pea protein good for weight loss | 40 | 6 | informational |
| /is/krill-the-same-as-shrimp | is krill the same as shrimp | 30 | 3 | informational |
| /is/plant-protein-good-for-weight-loss | is plant protein good for weight loss | 20 | 7 | informational |

/cranberry/ - one hub, 10 pages, 970 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|---|--|--------|------------|---------------|
| /cranberry/vs-d-mannose | cranberry vs d mannose | 260 | 0 | informational |
| /cranberry/vs-d-mannose | cranberry vs d-mannose | 260 | 0 | informational |
| /cranberry/pills-vs-d-mannose | cranberry pills vs d-mannose | 110 | 0 | informational |
| /cranberry/and-d-mannose-side-effects | cranberry and d mannose side effects | 70 | 1 | informational |
| /cranberry/d-mannose-side-effects | cranberry d mannose side effects | 70 | 1 | informational |
| /cranberry/with-d-mannose-side-effects | cranberry with d-mannose side effects | 70 | 2 | informational |
| /cranberry/with-d-mannose-benefits-female | cranberry with d-mannose benefits female | 40 | 14 | informational |
| /cranberry/d-mannose-benefits | cranberry d mannose benefits | 30 | 17 | informational |
| /cranberry/d'mannose-benefits | cranberry d'mannose benefits | 30 | 17 | commercial |
| /cranberry/d-mannose:-benefits | cranberry d-mannose: benefits | 30 | 17 | informational |

/difference/ - one hub, 4 pages, 830 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|--|---|--------|------------|---------------|
| /difference/between-whey-and-pea-protein | difference between whey and pea protein | 480 | 9 | informational |

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|--|---|--------|------------|---------------|
| /difference/between-whey-protein-and-pea-protein | difference between whey protein and pea protein | 170 | 9 | commercial |
| /difference/between-pea-and-whey-protein | difference between pea and whey protein | 140 | 9 | informational |
| /difference/between-k2-and-mk7 | difference between k2 and mk7 | 40 | 4 | informational |

/spirulina/ - one hub, 4 pages, 660 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|---|--|--------|------------|---------------|
| /spirulina/vs-chlorophyll | spirulina vs chlorophyll | 390 | 9 | informational |
| /spirulina/pill-vs-powder | spirulina pill vs powder | 140 | 10 | informational |
| /spirulina/vs-chlorella-which-is-better | spirulina vs chlorella which is better | 90 | 9 | informational |
| /spirulina/chlorophyll-benefits | spirulina chlorophyll benefits | 40 | 17 | informational |

/d/ - one hub, 3 pages, 410 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|-------------------------------------|------------------------------------|--------|------------|---------------|
| /d/mannose-vs-cranberry | d mannose vs cranberry | 260 | 5 | informational |
| /d/mannose-vs-cranberry-pills | d mannose vs cranberry pills | 110 | 2 | informational |
| /d/mannose-vs-cranberry-supplements | d mannose vs cranberry supplements | 40 | 5 | informational |

/d-mannose/ - one hub, 3 pages, 410 searches/mo combined

| Page (subfolder URL) | Keyword it answers | Vol/mo | Difficulty | Intent |
|-------------------------------------|------------------------------------|--------|------------|---------------|
| /d-mannose/vs-cranberry | d-mannose vs cranberry | 260 | 1 | informational |
| /d-mannose/vs-cranberry-pills | d-mannose vs cranberry pills | 110 | 2 | informational |
| /d-mannose/vs-cranberry-supplements | d-mannose vs cranberry supplements | 40 | 5 | informational |

The rules: subfolders, never subdomains - every page must add something beyond a swapped keyword (thin pages get filtered, see your fix plan) - quality over quantity: build only the pages above, they are backed by measured volume.

Write the body of each page for that page; one template with the keyword swapped in is exactly what gets filtered.

The Paid-Search Starter

Buying-intent keywords with a measured cost per click, the platform, and the account skeleton.

Start with the buying terms; the cost per click beside each tells you what a visit will cost.

AUDITLODGE

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ITEM 15 / 71

SHEET • MEASURED CPC

The Paid-Search Starter

Buying-intent keywords with a measured cost per click, the platform, and the account skeleton. Informational terms left out.

THE PACK

AUDITLODGE • YOUR PACK

The paid-search starter sheet

ads-starter.md (measured on vitadefence.com, 31 August 2026)

Buying-intent keywords with a MEASURED cost per click in your data: **24** (informational keywords excluded - ads on those burn budget).

| Keyword | Searches/mo | Measured CPC | Intent | Ad competition |
|----------------------------|-------------|--------------|---------------|----------------|
| whey protein | 135,000 | 1.03 | transactional | not measured |
| pea protein powder | 18,100 | 1.39 | transactional | not measured |
| whey protein costco | 9,900 | 0.26 | transactional | not measured |
| whey protein walmart | 1,900 | 0.11 | transactional | not measured |
| whey protein amazon | 1,600 | 1.06 | transactional | not measured |
| whey protein gold standard | 1,300 | 0.75 | transactional | not measured |
| whey protein price | 480 | 0.76 | commercial | not measured |
| whey protein bag | 480 | 0.46 | transactional | not measured |

• 12 MORE ROWS IN THE FILE

Platform: Google Ads - these are high-intent searches people already type.
Account skeleton, one variable per level:

Campaign: Search - vitadefence.com

Ad group: whey (keywords above starting 'whey')

Ads: three variants, each written against the page it lands on

Ad group: pea (keywords above starting 'pea')

Ads: three variants, each written against the page it lands on

Ad group: difference (keywords above starting 'difference')

Ads: three variants, each written against the page it lands on

Ad group: plant (keywords above starting 'plant')

Ads: three variants, each written against the page it lands on

Budget, target cost per sale and the landing pages are your decisions - this sheet does not invent money numbers. Your current conversion rate was not part of this run; read it off your analytics before you set a target.

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 15 / 71

The paid-search starter sheet - vitadefence.com

Buying-intent keywords with a MEASURED cost per click in your data: **24** (informational keywords excluded - ads on those burn budget).

| Keyword | Searches/mo | Measured CPC | Intent | Ad competition |
|----------------------|-------------|--------------|---------------|----------------|
| whey protein | 135,000 | 1.03 | transactional | not measured |
| pea protein powder | 18,100 | 1.39 | transactional | not measured |
| whey protein costco | 9,900 | 0.26 | transactional | not measured |
| whey protein walmart | 1,900 | 0.11 | transactional | not measured |

| Keyword | Searches/mo | Measured CPC | Intent | Ad competition |
|---|-------------|--------------|---------------|----------------|
| whey protein amazon | 1,600 | 1.06 | transactional | not measured |
| whey protein gold standard | 1,300 | 0.75 | transactional | not measured |
| whey protein price | 480 | 0.76 | commercial | not measured |
| whey protein bag | 480 | 0.46 | transactional | not measured |
| difference between whey protein and pea protein | 170 | 0.46 | commercial | MEDIUM |
| plant protein vs whey protein for weight loss | 170 | 1.78 | commercial | not measured |
| pea protein vs whey for weight loss | 90 | 1.05 | commercial | not measured |
| does whey or pea protein have more protein | 70 | 0.21 | commercial | not measured |
| biotin before and after nails | 50 | 3.32 | transactional | MEDIUM |
| arginine maca | 40 | 1.95 | transactional | HIGH |
| iron supplement that doesn't hurt stomach | 40 | 1.83 | commercial | HIGH |
| k2-mk4 benefits | 40 | 1.58 | commercial | HIGH |
| l arginine maca | 40 | 1.95 | transactional | HIGH |
| menaq7 vs mk7 | 40 | 2.85 | transactional | HIGH |
| whey vs pea protein for muscle building | 30 | 1.26 | commercial | not measured |
| whey protein vs plant protein for cholesterol | 20 | 8.33 | commercial | not measured |

Platform: Google Ads - these are high-intent searches people already type.

Account skeleton, one variable per level:

```
Campaign: Search - vitadefence.com
  Ad group: whey (keywords above starting 'whey')
    Ads: three variants, each written against the page it lands on
  Ad group: pea (keywords above starting 'pea')
    Ads: three variants, each written against the page it lands on
  Ad group: difference (keywords above starting 'difference')
    Ads: three variants, each written against the page it lands on
  Ad group: plant (keywords above starting 'plant')
    Ads: three variants, each written against the page it lands on
```

Budget, target cost per sale and the landing pages are your decisions - this sheet does not invent money numbers. Your current conversion rate was not part of this run; read it off your analytics before you set a target.

The Test Plan

One test per measured fault, one variable each: because the audit measured this, this fix should move that.

Run one test at a time; each names what to measure so you know whether the fix worked.

AL
AUDITLODGE

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The Test Plan

One test per measured fault, one variable each: because the audit measured this, we believe this fix will move that, for these visitors.

THE PACK

AUDITLODGE • YOUR PACK

The test plan built from your own measured faults

ab-test-plan.md (measured on vitadefence.com, 31 August 2026)

Each test below follows the one-variable rule: apply ONE fix, measure, then the next. The observation column is measured data from your audit, not opinion.

Test 1 - https://vitadefence.com/account

- **Because** the audit measured: Redirect chain
- **we believe** this change: Point the first URL (and any internal links) directly at the final destination so there is at most one redirect.
- **will cause:** page load time, then bounce rate on the landing page
- **for:** visitors landing on this page
- Baseline and sample size: read both off your analytics before you start, and decide the sample size first - no peeking.

Test 2 - https://vitadefence.com/daily

- **Because** the audit measured: Thin content
- **we believe** this change: Either expand the page with genuinely useful content, noindex it, or consolidate it into a stronger page. If the content exists but is rendered by JavaScript, ensure it is server-rendered or pre-rendered.
- **will cause:** organic entrances to the page, then time on page
- **for:** visitors landing on this page
- Baseline and sample size: read both off your analytics before you start, and decide the sample size first - no peeking.

Test 3 - https://vitadefence.com/terms (and 6 more pages with the same fault)

- **Because** the audit measured: Slow server response
- **we believe** this change: Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
- **will cause:** server response time, then checkout completion
- **for:** visitors landing on this page
- Baseline and sample size: read both off your analytics before you start, and decide the sample size first - no peeking.

6 further faults sit in your fix plan beyond these 3 - work the plan in its own order; this sheet holds the first tests, one variable at a time.

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 16 / 71

The test plan built from your own measured faults - vitadefence.com

Each test below follows the one-variable rule: apply ONE fix, measure, then the next. The observation column is measured data from your audit, not opinion.

Test 1 - https://vitadefence.com/account

- **Because** the audit measured: Redirect chain
- **we believe** this change: Point the first URL (and any internal links) directly at the final destination so there is at most one redirect.
- **will cause:** page load time, then bounce rate on the landing page
- **for:** visitors landing on this page

- Baseline and sample size: read both off your analytics before you start, and decide the sample size first - no peeking.

Test 2 - <https://vitadefence.com/daily>

- **Because** the audit measured: Thin content
- **we believe** this change: Either expand the page with genuinely useful content, noindex it, or consolidate it into a stronger page. If the content exists but is rendered by JavaScript, ensure it is server-rendered or pre-rendered.
- **will cause**: organic entrances to the page, then time on page
- **for**: visitors landing on this page
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Test 3 - <https://vitadefence.com/terms> (and 6 more pages with the same fault)

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- **we believe** this change: Investigate server/database time and caching for this route; serving cached or statically generated HTML usually fixes it.
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- Baseline and sample size: read both off your analytics before you start, and decide the sample size first - no peeking.

6 further faults sit in your fix plan beyond these 3 - work the plan in its own order; this sheet holds the first tests, one variable at a time.

Marketing Ideas Your Numbers Support

From a 139-idea library, only the ideas this run's measured data justifies, each with the data line that backs it.

Nothing generic: every idea carries the number that justifies it.

AUDITLODGE

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ITEM 17 / 71

SHEET • DATA-BACKED ONLY

Marketing Ideas Your Numbers Support

Only the ideas this run's measured data justifies - each with the data line that backs it.

THE PACK

AUDITLODGE • YOUR PACK

Marketing ideas your own numbers support

marketing-ideas.md (measured on vitadefence.com; 31 August 2026)

Only the ideas this run's measured data justifies. Ideas the data cannot back are left out on purpose.

- Content & SEO - glossary and guide pages**
 - The data line: 4 winnable informational questions in YOUR keyword data - the biggest: "whey or pea protein" at 6,600 searches/mo. Each becomes a plain-words guide page.
- Competitor - comparison and alternative pages**
 - The data line: The AI assistants cited 25 rival sites instead of you in YOUR ask-AI data (first three: us.vilgain.com, ypc.co.uk, usafitness.es). One honest "[rival] alternative" page per strong rival.
- Content formats - the yearly trend report**
 - The data line: 33 of your keywords are searched MORE than a year ago (measured off the monthly trend column) - a yearly 'state of the market' page turns that into citable content.
- A free tool**
 - The data line: Your buyers ask measurable questions (the keyword data above) - one small free calculator or checker on vitadefence.com that answers one of them earns links. Pick the question you get asked most.

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 17 / 71

Marketing ideas your own numbers support - vitadefence.com

Only the ideas this run's measured data justifies. Ideas the data cannot back are left out on purpose.

1. Content & SEO - glossary and guide pages

- The data line: 4 winnable informational questions in YOUR keyword data - the biggest: "whey or pea protein" at 6,600 searches/mo. Each becomes a plain-words guide page.

2. Competitor - comparison and alternative pages

- The data line: The AI assistants cited 25 rival sites instead of you in YOUR ask-AI data (first three: us.vilgain.com, ypc.co.uk, usafitness.es). One honest "[rival] alternative" page per strong rival.

3. Content formats - the yearly trend report

- The data line: 33 of your keywords are searched MORE than a year ago (measured off the monthly trend column) - a yearly 'state of the market' page turns that into citable content.

4. A free tool

- The data line: Your buyers ask measurable questions (the keyword data above) - one small free calculator or checker on vitadefence.com that answers one of them earns links. Pick the question you get asked most.

GROUP

The paste-ready files

10 pieces.

The Hreflang Block

The language and region tags for your pages, ready to paste into the head.

Paste into the head of every language version; search engines then serve the right one to each visitor.

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ITEM 18 / 71

HTML · PASTE-READY

The Hreflang Block

The language and region tags for your pages, ready to paste into the head, with the install note in the words of the company that published the specification.

THE PACK

AUDITLODGE · YOUR PACK

The Hreflang Block

hreflang-block.html (measured on vitadefence.com, 31 August 2026)

```
<!--
THE LANGUAGE BLOCK

THIS CHECK DID NOT RUN.

no version of the site could be read, so nothing is claimed

No result is claimed either way. This is NOT a clean pass and it is NOT
an empty finding - the check failed and the file exists to tell you so.
-->
```

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 18 / 71

Copy each block and paste it where the comment at the top of the block says. 1 file in this pack.

hreflang-block.html

```
<!--
THE LANGUAGE BLOCK

THIS CHECK DID NOT RUN.

no version of the site could be read, so nothing is claimed

No result is claimed either way. This is NOT a clean pass and it is NOT
an empty finding - the check failed and the file exists to tell you so.
-->
```

The Preferred-Source Button

The two lines that let a reader add your site as a preferred source in Google, and the plain link without the script.

Add the two lines; readers can then make you a preferred source with one click.

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ITEM 19 / 71

HTML • PASTE-READY

The Preferred-Source Button

The two lines that let a reader add your site as a preferred source in Google, and the plain link that does the same without the script.

THE PACK

AUDITLODGE • YOUR PACK

The Preferred-Source Button

preferred-sources-button.html (measured on vitadefence.com, 31 August 2026)

```

<!--
HOW TO INSTALL THIS FILE

In the words of the company that published the specification:

Google: "Embed an interactive button to your web pages, which lets readers seamlessly
add your site as a preferred source and returns them to your page. By adding only two
lines to your HTML, this option renders an automatically localized, Google-styled
button that supports device and language customization."

source: developers.google.com/search/docs/appearance/preferred-sources
-->

1. This line goes in the <head> of every page:

<script async src="https://news.google.com/swg/js/v1/publisher.js"></script>

2. This line goes wherever you want the button to appear:

<div google-add-preferred-source-btn></div>

3. If your site cannot run the script, this plain link does the
same job without it:

<a href="https://www.google.com/preferences/source?q=vitadefence.com">Add us as a preferred source</a>

Google's own badge artwork, all languages:
https://services.google.com/fh/files/helpcenter/google_preferred_source_badge_all_languages.zip

```

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 19 / 71

Copy each block and paste it where the comment at the top of the block says. 1 file in this pack.

preferred-sources-button.html

```

<!--
HOW TO INSTALL THIS FILE

In the words of the company that published the specification:

Google: "Embed an interactive button to your web pages, which lets readers seamlessly
add your site as a preferred source and returns them to your page. By adding only two
lines to your HTML, this option renders an automatically localized, Google-styled
button that supports device and language customization."

source: developers.google.com/search/docs/appearance/preferred-sources
-->

```

1. This line goes in the <head> of every page:

```
<script async src="https://news.google.com/swg/js/v1/publisher.js"></script>
```

2. This line goes wherever you want the button to appear:

```
<div google-add-preferred-source-btn></div>
```

3. If your site cannot run the script, this plain link does the same job without it:

```
<a>Add us as a preferred source</a>
```

Google's own badge artwork, all languages:

https://services.google.com/fh/files/helpcenter/google_preferred_source_badge_all_languages.zip

Can the Answer Engines Read You

Whether every crawler that decides if an AI can quote you can reach the site, and what this run found.

Any crawler marked blocked is an assistant that cannot quote you; open it in robots.txt.

The screenshot shows the AuditLodge interface. At the top, the logo 'AL AUDITLODGE' is on the left, and 'YOUR PACK • MEASURED ON YOUR SITE VITADEFENCE.COM • 31 AUG 2026' is on the right. Below the header, the item number 'ITEM 20 / 71' is on the left, and a 'CHECKED' status badge is on the right. The main title 'Can the Answer Engines Read You' is centered, with a subtitle 'Whether every crawler that decides if an AI can quote you can reach the site - and what this run found.' Below this, a 'THE PACK' section header is shown, followed by the title 'Can the Answer Engines Read You' and the file path 'robots-block.txt (measured on vitadefence.com, 31 August 2026)'. The content area displays a code block with the following text: '# CAN THE ANSWER ENGINES READ YOU', '#', '# We ran this check on your site and there was nothing to fix.', '#', '# every crawler that decides whether an AI can quote you can already reach this site.', '# Nothing to fix here.', '#', '# This file is deliberately empty rather than missing, so you can see that', and '# the check was run. Nothing has been invented to fill it.' At the bottom, the footer reads 'AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED' on the left and 'ITEM 20 / 71' on the right.

Copy each block and paste it where the comment at the top of the block says. 1 file in this pack.

robots-block.txt

```
# CAN THE ANSWER ENGINES READ YOU
#
# We ran this check on your site and there was nothing to fix.
#
# every crawler that decides whether an AI can quote you can already reach this site.
# Nothing to fix here.
#
# This file is deliberately empty rather than missing, so you can see that
# the check was run. Nothing has been invented to fill it.
```

The llms.txt File

The plain-text summary the answer engines read, a Markdown copy of your pages beside it, and the link header that points to them.

Save it at the root; the answer engines then get a clean summary of your site to read.


AUDITLODGE

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TXT

The llms.txt File

The plain-text summary the answer engines read, a Markdown copy of your pages beside it, and the link header that points to you.

THE PACK

AUDITLODGE • YOUR PACK

The llms.txt File

llms.txt (measured on vitadefence.com, 31 August 2026)

```

# HOW TO INSTALL THIS FILE
#
# In the words of the company that published the specification:
#
# llmstxt.org: "The file can be placed at the site root, or at any path within it,
# covering the pages under that path." The markdown copies go "at the same URL as the
# original page, either with .md appended (page.html.md) or with the extension replaced
# by .md (page.md)". The pointer "can be provided as HTML <link> elements, or as an HTTP
# Link: response header... and can be added in web server or CDN configuration without
# modifying any pages."
#
# source: llmstxt.org

# Vitadefence UK • Premium supplements • Made in the UK

> 63 premium supplements (mostly plant-based) • HPMC capsules • Made in the UK • GMP certified • FREE Royal Mail Tracked 48h delivery.

## Pages
- [Vitadefence UK • Premium supplements • Made in the UK](https://vitadefence.com/): 63 premium supplements (mostly plant-based) • HPMC capsules • Made in the UK • GMP
certified • FREE Royal Mail Tracked 48h delivery.
- [Articles - The Vitadefence Library • Vitadefence UK](https://vitadefence.com/articles): Plain-words deep-dives on every supplement we make. Origin, ingredients, why
this formula. Guides on acai, zinc, ashwagandha, spirulina, ginseng and more.
- [Acai Berry Tablets & Capsules - Amazon Fruit ](https://vitadefence.com/articles/acai-berry-multi): Acai berry tablets and capsules from the Amazon – a deep-purple
forest fruit and nine quiet partners in one daily vegan capsule. Read the story –
- [Acerola Cherry Capsules - Vitamin C | Vitadefence](https://vitadefence.com/articles/acerola-multi): Acerola cherry capsules – the West Indian cherry, naturally rich in
vitamin C, with quiet plant partners. Read the story –
- [African Mango Extract Capsules | Vitadefence](https://vitadefence.com/articles/african-mango): African mango (Irvingia gabonensis) seed extract capsules – the West
African forest seed in a daily vegan capsule. Read the story –
- [Aloe Vera Capsules & Tablets - Inner-Leaf | Vitadefence](https://vitadefence.com/articles/aloe-vera-multi): Aloe vera capsules and tablets – inner-leaf gel concentrate
with quiet plant partners for the daily ritual. Read the story –
- [Amino Acid Capsules - BCAAs & Glutamine | Vitadefence](https://vitadefence.com/articles/amino-acid-multi): An amino acid capsule with BCAAs, l-glutamine and the
supporting spine. The plain everyday amino blend, no scoop required. Read the story –
- [Apple Cider Vinegar Capsules - ACV | Vitadefence](https://vitadefence.com/articles/apple-cider-multi): Apple cider vinegar capsules – the kitchen-cupboard tradition
without the sting on the teeth. The morning ACV ritual, in a capsule. Read the story –
- [Apple Cider Vinegar: What It Is (The Honest Version) ](https://vitadefence.com/articles/apple-cider-vinegar): Apple cider vinegar explained honestly: what it is, what
'the mother' means, its long kitchen history - and a straight word on the claims we.
- [Artichoke Capsules - Cynarin, Black Garlic & Bitters ](https://vitadefence.com/articles/artichoke-multi): Artichoke leaf capsules with black aged garlic, beetroot,
burdock, turmeric and choline. The bitter principle, in one daily capsule. Read the full story.
- [Ashwagandha Capsules UK - KSM-66 & Cordyceps ](https://vitadefence.com/articles/ashwagandha-multi): Ashwagandha capsules and tablets – KSM-66 with cordyceps, ginseng,
maca, reishi and a B-vitamin spine. Ayurvedic rasayana, one daily. Read the story –
- [Bilberry Lutein & Zeaxanthin Capsules | Vitadefence](https://vitadefence.com/articles/bilberry-multi): Bilberry with lutein and zeaxanthin in vegan capsules – the dark
hedgerow berry and the macular pigments. Read the story –
- [Botanical Fibre - Quality Raw Materials | Vitadefence](https://vitadefence.com/articles/botanical-fibre-multi): A quiet daily fibre blend built on quality botanical raw
materials – soluble fibre and plant partners for the morning glass. Read the story –
- [Botanical Multi - Quality Raw Materials | Vitadefence](https://vitadefence.com/articles/botanical-multi): A daily botanical capsule built on quality raw materials, led
by aloe vera at 3,000mg with quiet plant partners. Read the story –
- [Chlorella vs Spirulina: What's the Difference? ](https://vitadefence.com/articles/chlorella-vs-spirulina): Chlorella vs spirulina explained simply: what each one is,
where it comes from, how they differ in nutrition, taste and form, and how to choose.
- [Collagen and Vitamin C: Why They Go Together | Vitadefence](https://vitadefence.com/articles/collagen-and-vitamin-c): Collagen and vitamin C explained: what collagen
is, marine vs bovine, and the one authorised claim that matters - vitamin C contributes to normal collagen.

```

• 9 MORE LINES IN THE FILE

 AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 21 / 71

Copy each block and paste it where the comment at the top of the block says. 2 files in this pack.

link-header.txt

TWO WAYS TO POINT AT THE FILES ABOVE - use either, not both.

1. As HTML, in the <head> of the page:

```
<link rel="describedby">
<link rel="alternate" type="text/markdown">
```

2. As an HTTP response header. llmstxt.org: the header form "also works for non-HTML resources, such as the markdown files themselves, and can be added in web server or CDN configuration without modifying any pages":

Link: <<https://vitadefence.com/index.html.md>>; rel="alternate"; type="text/markdown", <<https://vitadefence.com/llms.txt>>; rel="describedby"

llms.txt

```
# HOW TO INSTALL THIS FILE
#
# In the words of the company that published the specification:
#
# llmstxt.org: "The file can be placed at the site root, or at any path within it,
# covering the pages under that path." The markdown copies go "at the same URL as the
# original page, either with .md appended (page.html.md) or with the extension replaced
# by .md (page.md)". The pointer "can be provided as HTML <link> elements, or as an HTTP
# Link: response header... and can be added in web server or CDN configuration without
# modifying any pages."
#
# source: llmstxt.org

# Vitadefence UK · Premium supplements · Made in the UK

> 63 premium supplements (mostly plant-based) · HPMC capsules · Made in the UK · GMP certified
· FREE Royal Mail Tracked 48® delivery.

## Pages
- [Vitadefence UK · Premium supplements · Made in the UK](https://vitadefence.com/): 63 premium
supplements (mostly plant-based) · HPMC capsules · Made in the UK · GMP certified · FREE Royal
Mail Tracked 48® delivery.
- [Articles – The Vitadefence Library · Vitadefence UK](https://vitadefence.com/articles): Plain-words deep-dives on every supplement we make. Origin, ingredients, why this formula. Guides on acai, zinc, ashwagandha, spirulina, ginseng and more.
- [Acai Berry Tablets & Capsules – Amazon Fruit | ](https://vitadefence.com/articles/acai-berry-multi): Acai berry tablets and capsules from the Amazon – a deep-purple forest fruit and nine quiet partners in one daily vegan capsule. Read the story →
- [Acerola Cherry Capsules – Vitamin C | Vitadefence](https://vitadefence.com/articles/acerola-multi): Acerola cherry capsules – the West Indian cherry, naturally rich in vitamin C, with quiet plant partners. Read the story →
- [African Mango Extract Capsules | Vitadefence](https://vitadefence.com/articles/african-mango): African mango (Irvingia gabonensis) seed extract capsules – the West African forest seed in a daily vegan capsule. Read the story →
- [Aloe Vera Capsules & Tablets – Inner-Leaf | Vitadefence](https://vitadefence.com/articles/aloe-vera-multi): Aloe vera capsules and tablets – inner-leaf gel concentrate with quiet plant pa
```

rtners for the daily ritual. Read the story →

- [Amino Acid Capsules – BCAAs & Glutamine | Vitadefence](https://vitadefence.com/articles/amino-acid-multi): An amino acid capsule with BCAAs, l-glutamine and the supporting spine. The plain everyday amino blend, no scoop required. Read the story →

- [Apple Cider Vinegar Capsules – ACV | Vitadefence](https://vitadefence.com/articles/apple-cider-multi): Apple cider vinegar capsules – the kitchen-cupboard tradition without the sting on the teeth. The morning ACV ritual, in a capsule. Read the story →

- [Apple Cider Vinegar: What It Is (The Honest Version) |](https://vitadefence.com/articles/apple-cider-vinegar): Apple cider vinegar explained honestly: what it is, what 'the mother' means, its long kitchen history - and a straight word on the claims we.

- [Artichoke Capsules – Cynarin, Black Garlic & Bitters |](https://vitadefence.com/articles/artichoke-multi): Artichoke leaf capsules with black aged garlic, beetroot, burdock, turmeric and choline. The bitter principle, in one daily capsule. Read the full story.

- [Ashwagandha Capsules UK – KSM-66 & Cordyceps |](https://vitadefence.com/articles/ashwagandha-multi): Ashwagandha capsules and tablets – KSM-66 with cordyceps, ginseng, maca, reishi and a B-vitamin spine. Ayurvedic rasayana, one daily. Read the story →

- [Bilberry Lutein & Zeaxanthin Capsules | Vitadefence](https://vitadefence.com/articles/bilberry-multi): Bilberry with lutein and zeaxanthin in vegan capsules – the dark hedgerow berry and the macular pigments. Read the story →

- [Botanical Fibre – Quality Raw Materials | Vitadefence](https://vitadefence.com/articles/botanical-fibre-multi): A quiet daily fibre blend built on quality botanical raw materials – soluble fibre and plant partners for the morning glass. Read the story →

- [Botanical Multi – Quality Raw Materials | Vitadefence](https://vitadefence.com/articles/botanical-multi): A daily botanical capsule built on quality raw materials, led by aloe vera at 3,000mg with quiet plant partners. Read the story →

- [Chlorella vs Spirulina: What's the Difference? |](https://vitadefence.com/articles/chlorella-vs-spirulina): Chlorella vs spirulina explained simply: what each one is, where it comes from, how they differ in nutrition, taste and form, and how to choose.

- [Collagen and Vitamin C: Why They Go Together | Vitadefence](https://vitadefence.com/articles/collagen-and-vitamin-c): Collagen and vitamin C explained: what collagen is, marine vs bovine, and the one authorised claim that matters - vitamin C contributes to normal collagen.

- [Collagen Multi – Orange Powder & Multivitamin |](https://vitadefence.com/articles/collagen-multi): Collagen multivitamin in an orange powder shake – 11g bovine collagen, glucosamine, chicory fibre and full vit/mineral premix. Read the story →

- [Cranberry Capsules with Live Cultures | Vitadefence](https://vitadefence.com/articles/cranberry-multi): Cranberry concentrate capsules with live cultures and vitamin C – the New England bog berry in a daily vegan capsule. Read the story →

- [Creatine Monohydrate Unflavoured – 500g UK | Vitadefence](https://vitadefence.com/articles/creatine-monohydrate): Pure unflavoured creatine monohydrate, 500g, 100 servings at 5g. Informed Manufacturer grade, no fillers. The most studied molecule in the gym.

- [Creatine Chocolate Recovery Shake | Vitadefence](https://vitadefence.com/articles/creatine-multi): Chocolate recovery shake with creatine, whey, BCAAs, glutamine, collagen and a full vitamin premix. One scoop after the session. Read the story →

- [Dandelion Root Capsules – Taraxacum | Vitadefence](https://vitadefence.com/articles/dandelion-multi): Dandelion root (Taraxacum officinale) with quiet plant partners – the lawn weed your grandmother brewed as tea. Read the story →

- [Digestive Enzyme Multi – turmeric, ACV & enzymes |](https://vitadefence.com/articles/digestive-enzyme-multi): Digestive enzyme capsules with turmeric, apple cider vinegar, fennel, peppermint, ginger and a six-enzyme blend. UK-made. Read the full story.

... 4 more lines - the whole file is in your pack

The Structured Data

The Organization and WebSite blocks built from your own site: name, url, logo, profiles, contact point; a LocalBusiness block only when your site states a postal address.

Paste the blocks into the head; machines then know your name, logo, contact and profiles.

AUDITLODGE

YOUR PACK • MEASURED ON YOUR SITE
 VITADEFENCE.COM • 31 AUG 2026

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JSON-LD

The Structured Data

The Organization and WebSite blocks built from your own site - name, url, logo, the social profiles, the contact point - and a LocalBusiness block only when the site states a postal address.

THE PACK

AUDITLODGE • YOUR PACK

The Structured Data

organization.jsonld (measured on vitadefence.com, 31 August 2026)

```

<script type="application/ld+json">
{
  "@context": "https://schema.org",
  "@type": "Organization",
  "name": "Vitadefence UK",
  "url": "https://vitadefence.com",
  "logo": "https://vitadefence.com/og-hero.jpg",
  "sameAs": [
    "https://facebook.com/vitadefence",
    "https://instagram.com/vitadefence",
    "https://tiktok.com/@vitadefence",
    "https://x.com/vitadefence",
    "https://youtube.com/@vitadefence"
  ],
  "contactPoint": [
    {
      "@type": "ContactPoint",
      "contactType": "customer service",
      "email": "info@vitadefence.com"
    }
  ],
  "description": "63 premium supplements (mostly plant-based) - HPMC capsules - Made in the UK - GMP certified - FREE Royal Mail Tracked 48h delivery."
}
</script>

```

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 22 / 71

Copy each block and paste it where the comment at the top of the block says. 2 files in this pack.

organization.jsonld

```

<script type="application/ld+json">
{
  "@context": "https://schema.org",
  "@type": "Organization",
  "name": "Vitadefence UK",
  "url": "https://vitadefence.com",
  "logo": "https://vitadefence.com/og-hero.jpg",
  "sameAs": [
    "https://facebook.com/vitadefence",
    "https://instagram.com/vitadefence",
    "https://tiktok.com/@vitadefence",

```

```
    "https://x.com/vitadefence",
    "https://youtube.com/@vitadefence"
  ],
  "contactPoint": [
    {
      "@type": "ContactPoint",
      "contactType": "customer service",
      "email": "info@vitadefence.com"
    }
  ],
  "description": "63 premium supplements (mostly plant-based) · HPMC capsules · Made in the UK  
· GMP certified · FREE Royal Mail Tracked 48® delivery."
}
</script>
```

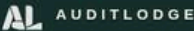
website.jsonld

```
<script type="application/ld+json">
{
  "@context": "https://schema.org",
  "@type": "WebSite",
  "name": "Vitadefence UK",
  "url": "https://vitadefence.com"
}
</script>
```

The Quotability Sheet

Page by page, how many paragraphs an answer engine can lift and quote whole, and how many open with a word that breaks the quote.

Rewrite the openings that break a quote; more paragraphs an engine can lift whole.



YOUR PACK • MEASURED ON YOUR SITE
VITADEFENCE.COM • 31 AUG 2026

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CSV - 10 ROWS

The Quotability Sheet

Page by page, how many paragraphs an answer engine can lift and quote whole, and how many open with a word that breaks the quote.

THE PACK

AUDITLODGE • YOUR PACK

The Quotability Sheet

quotability.csv (measured on vitadefence.com, 31 August 2026)

Relevant URL	Paragraphs	Liftable	Liftable ratio	Orphan openings
https://vitadefence.com/	98	—	1.0	0
https://vitadefence.com/articles	73	—	1.0	0
https://vitadefence.com/articles/acai-berry-multi	40	—	0.85	6
https://vitadefence.com/articles/acerola-multi	36	—	0.81	6
https://vitadefence.com/articles/african-mango	29	—	0.69	7
https://vitadefence.com/articles/aloe-vera-multi	36	—	0.86	3
https://vitadefence.com/articles/amino-acid-multi	33	—	0.7	9
https://vitadefence.com/articles/apple-cider-multi	30	—	0.87	3

2 MORE ROWS IN THE FILE

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

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Download the spreadsheet - quotability.csv

Relevant URL	Paragraphs	Liftable ratio	Orphan openings
https://vitadefence.com/	98	1.0	0
https://vitadefence.com/articles	73	1.0	0
https://vitadefence.com/articles/acai-berry-multi	40	0.85	6
https://vitadefence.com/articles/acerola-multi	36	0.81	6
https://vitadefence.com/articles/african-mango	29	0.69	7
https://vitadefence.com/articles/aloe-vera-multi	36	0.86	3
https://vitadefence.com/articles/amino-acid-multi	33	0.7	9
https://vitadefence.com/articles/apple-cider-multi	30	0.87	3

Relevant URL	Paragraphs	Liftable ratio	Orphan openings
https://vitadefence.com/articles/apple-cider-vinegar	13	0.92	1
https://vitadefence.com/articles/artichoke-multi	33	0.7	4

The Discovery Map

The sitemap.xml to save at the root, every URL the crawl found, and the HTML version to link from the footer.

Save the sitemap at the root and link the HTML version from the footer.

AUDITLODGE

YOUR PACK · MEASURED ON YOUR SITE
 VITADEFENCE.COM · 31 AUG 2026

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TXT

The Discovery Map

The sitemap.xml to save at the root - every URL the crawl found - and the HTML version to link from the footer.

THE PACK

AUDITLODGE · YOUR PACK

The Discovery Map

sitemap-and-links.txt (measured on vitadefence.com, 31 August 2026)

```

# HOW TO INSTALL THIS FILE
#
# In the words of the company that published the specification:
#
# sitemaps.org (protocol 0.9): a Sitemap must "Begin with an opening <urlset> tag and
# end with a closing </urlset> tag", "Specify the namespace (protocol standard) within
# the <urlset> tag", "Include a <url> entry for each URL, as a parent XML tag" and
# "Include a <loc> child entry for each <url> parent tag". "All other tags are
# optional." "The file itself must be UTF-8 encoded." "All URLs in a Sitemap must be
# from a single host." Save the file at your site root and link the HTML version from
# your footer.
#
# source: sitemaps.org/protocol.html

1. Save this as sitemap.xml at the root of your site:

<?xml version="1.0" encoding="UTF-8"?>
<urlset xmlns="http://www.sitemaps.org/schemas/sitemap/0.9">
  <url>
    <loc>https://vitadefence.com/</loc>
    <lastmod>2026-08-20T14:54:01.138Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/account</loc>
  </url>
  <url>
    <loc>https://vitadefence.com/articles</loc>
    <lastmod>2026-08-20T14:54:01.138Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/acai-berry-multi</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  <url>
  </url>
</urlset>

```

+ 2132 MORE LINES IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 24 / 71

Copy each block and paste it where the comment at the top of the block says. 1 file in this pack.

sitemap-and-links.txt

```

# HOW TO INSTALL THIS FILE
#
# In the words of the company that published the specification:
#
# sitemaps.org (protocol 0.9): a Sitemap must "Begin with an opening <urlset> tag and
# end with a closing </urlset> tag", "Specify the namespace (protocol standard) within
# the <urlset> tag", "Include a <url> entry for each URL, as a parent XML tag" and
# "Include a <loc> child entry for each <url> parent tag". "All other tags are
# optional." "The file itself must be UTF-8 encoded." "All URLs in a Sitemap must be

```

```
# from a single host." Save the file at your site root and link the HTML version from
# your footer.
#
# source: sitemaps.org/protocol.html
```

1. Save this as sitemap.xml at the root of your site:

```
<?xml version="1.0" encoding="UTF-8"?>
<urlset xmlns="http://www.sitemaps.org/schemas/sitemap/0.9">
  <url>
    <loc>https://vitadefence.com/</loc>
    <lastmod>2026-08-20T14:54:01.138Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/account</loc>
  </url>
  <url>
    <loc>https://vitadefence.com/articles</loc>
    <lastmod>2026-08-20T14:54:01.138Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/acai-berry-multi</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/african-mango</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/aloe-vera-multi</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  ... 2127 more lines - the whole file is in your pack
```

The Trust Signals

Which trust signals your pages do and do not carry, each with the tag it was read from.

Add the signals your pages lack; each row names the tag to add.

AUDITLODGE

YOUR PACK · MEASURED ON YOUR SITE
 VITADEFFENCE.COM · 31 AUG 2026

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THE PACK

AUDITLODGE · YOUR PACK

The Trust Signals

trust-signals.txt (measured on vitadefence.com, 31 August 2026)

```

# HOW TO INSTALL THIS FILE
#
# In the words of the company that published the specification:
#
# Nothing to install. This is a list of which trust signals your own pages do and do not
# carry, each with the tag or text it was read from, so a person can check every line.
# There is no published specification that defines a trust score, so no score is given
# and none should be accepted from anyone.

10 page(s) read. All 8 content signals were found. Every line carries the tag or text it was read from. No score is given, because no published specification defines one

- the author is linked to a page about that author: found on 8 of the 10 page(s) read
- a publication or updated date a reader can see: found on 2 of the 10 page(s) read
- links to sources on other domains: found on 1 of the 10 page(s) read
- a publication or updated date a reader can see: 8 page(s) carry a date in the code that a reader never sees on the page
- pages read: 1 page(s) in the sitemap could not be read: https://vitadefence.com/articles/amino-acid-multi (URLError: <urlopen error _ssl.c:1012: The handshake operation timed out>)

```

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 25 / 71

Copy each block and paste it where the comment at the top of the block says. 1 file in this pack.

trust-signals.txt

```

# HOW TO INSTALL THIS FILE
#
# In the words of the company that published the specification:
#
# Nothing to install. This is a list of which trust signals your own pages do and do not
# carry, each with the tag or text it was read from, so a person can check every line.
# There is no published specification that defines a trust score, so no score is given
# and none should be accepted from anyone.

10 page(s) read. All 8 content signals were found. Every line carries the tag or text it was re
ad from. No score is given, because no published specification defines one

- the author is linked to a page about that author: found on 8 of the 10 page(s) read
- a publication or updated date a reader can see: found on 2 of the 10 page(s) read
- links to sources on other domains: found on 1 of the 10 page(s) read
- a publication or updated date a reader can see: 8 page(s) carry a date in the code that a rea
der never sees on the page

```

- pages read: 1 page(s) in the sitemap could not be read: <https://vitadefence.com/articles/amin-o-acid-multi> (URLError: <urlopen error _ssl.c:1012: The handshake operation timed out>)

Which AI Engines Can Reach You

Every AI engine checked against the site, with the ones not checked named openly, and what this run found.

Any engine marked unreachable cannot cite you; the robots fix opens it.

The screenshot displays the AuditLodge web interface. At the top, a dark green header contains the 'AL AUDITLODGE' logo on the left and 'YOUR PACK · MEASURED ON YOUR SITE VITADEFENCE.COM · 31 AUG 2026' on the right. Below the header, a light beige background features the title 'Which AI Engines Can Reach You' and a subtitle 'Every engine checked against the site, with the ones not checked named openly, and what this run found.' A 'CHECKED' status badge is visible in the top right. The main content area is a white box with a dark green header 'THE PACK' and 'AUDITLODGE · YOUR PACK'. Inside, the title 'Which AI Engines Can Reach You' is followed by the filename 'per-engine.txt (measured on vitadefence.com, 31 August 2026)'. A code block contains the following text: '# WHICH AI ENGINES CAN ACTUALLY REACH YOU', '#', '# We ran this check on your site and there was nothing to fix.', '#', '# all 5 engine(s) checked can reach this site. Nothing to change. 6 item(s) are openly not checked. Nothing about them is claimed.', '#', '# This file is deliberately empty rather than missing, so you can see that the check was run. Nothing has been invented to fill it.' At the bottom of the interface, a footer reads 'AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED' and 'ITEM 26 / 71'.

Copy each block and paste it where the comment at the top of the block says. 1 file in this pack.

per-engine.txt

```
# WHICH AI ENGINES CAN ACTUALLY REACH YOU
#
# We ran this check on your site and there was nothing to fix.
#
# all 5 engine(s) checked can reach this site. Nothing to change. 6 item(s) are openly
# not checked. Nothing about them is claimed.
#
# This file is deliberately empty rather than missing, so you can see that
# the check was run. Nothing has been invented to fill it.
```

The Extra Machine-Readable Blocks

The extra machine-readable blocks a page qualifies for as an article, a product or an application.

Paste the block that fits the page type; articles and products then qualify for rich results.

AL AUDITLODGE YOUR PACK • MEASURED ON YOUR SITE VITADEFENCE.COM • 31 AUG 2026

ITEM 27 / 71 **JSON-LD**

The Extra Machine-Readable Blocks

The extra blocks a page qualifies for as an article, a product or an application - and what this run produced.

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The Extra Machine-Readable Blocks

extra-blocks.jsonld (measured on vitadefence.com, 31 August 2026)

```
<!--
THE EXTRA MACHINE-READABLE BLOCKS YOUR PAGES QUALIFY FOR

We ran this check on your site and there was nothing to fix.

no block was produced. Nothing on this page marks it as an article, a product or a
software application. Nothing was invented to make one. Check anything you publish
with Google's Rich Results Test: search.google.com/test/rich-results

This file is deliberately empty rather than missing, so you can see that
the check was run. Nothing has been invented to fill it.
-->
```

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED ITEM 27 / 71

Copy each block and paste it where the comment at the top of the block says. 1 file in this pack.

extra-blocks.jsonld

```
<!--
THE EXTRA MACHINE-READABLE BLOCKS YOUR PAGES QUALIFY FOR

We ran this check on your site and there was nothing to fix.

no block was produced. Nothing on this page marks it as an article, a product or a
software application. Nothing was invented to make one. Check anything you publish
with Google's Rich Results Test: search.google.com/test/rich-results

This file is deliberately empty rather than missing, so you can see that
the check was run. Nothing has been invented to fill it.
-->
```

GROUP

AI visibility & app stores

7 pieces.

AI keyword data · keywords search volume

How often people ask the AI assistants about the terms that matter to your business, month by month.

Shows which of your topics are already being asked in AI chat, where being named matters most.

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AI VISIBILITY · 20 ROWS

AI keyword data · keywords search volume

AI visibility: the answer measured for vitadefence.com, 20 rows, every column in plain words.

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AI keyword data · keywords search volume

Measured live (measured on vitadefence.com, 31 August 2026)

AI visibility

Keyword	AI search volume	AI monthly searches
what does ashwagandha do	136	3 values, 3 values, 3 values +9 more
multi collagen	88	3 values, 3 values, 3 values +9 more
multivitamins gummies	223	3 values, 3 values, 3 values +9 more
antarctic krill oil	16	3 values, 3 values, 3 values +9 more
how to use psyllium husk	16	3 values, 3 values, 3 values +9 more
krill oil from antarctica	0	3 values, 3 values, 3 values +9 more
hemp protein powder	27	3 values, 3 values, 3 values +9 more
rice protein	334	3 values, 3 values, 3 values +9 more

Keyword

Keyword received in a POST array

AI search volume

Aggregated AI search volume for mentions within this grouping

+ 12 MORE ROWS IN THE FILE

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How often people ask the AI assistants about the terms that matter to your business, month by month. Shows which of your topics are already being asked in AI chat, where being named matters most.

AI mentions · historical

How often your brand has been named in AI answers over the past months.

A trend line: are the assistants naming you more, or less, as time goes on.

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AI VISIBILITY · 13 ROWS

AI mentions · historical

AI visibility: the answer measured for vitadefence.com, 13 rows, every column in plain words.

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AI mentions · historical

Measured live (measured on vitadefence.com, 31 August 2026)

AI visibility

Year	Month	Total LLM mentions count	AI search volume
2026	8	0	0
2026	7	0	0
2026	6	0	0
2026	5	0	0
2026	4	0	0
2026	3	1	260
2026	2	0	0
2026	1	0	0

AI search volume Aggregated AI search volume for mentions within this grouping

+ 5 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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How often your brand has been named in AI answers over the past months. A trend line: are the assistants naming you more, or less, as time goes on.

AI mentions · search mentions

The AI answers in which your site was actually mentioned, with the question that produced each one.

Tells you exactly which questions already lead an assistant to you.

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AI VISIBILITY · 1 ROWS

AI mentions · search mentions

AI visibility: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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AI mentions · search mentions

Measured live (measured on vitadefence.com, 31 August 2026)

AI visibility

Target platform	Name of the AI model	Relevant question	Relevant answer in markdown format	Sources	AI search volume	Monthly searches
google	google_ai_overview	protein powders with stevia	Stevia-sweetened protein powder 'offers a natural, low-calorie, ...	9 values, 9 values, 9 values +11 more	260	3 values, 3 values, 3 values +9 more

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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The AI answers in which your site was actually mentioned, with the question that produced each one. Tells you exactly which questions already lead an assistant to you.

AI mentions · your site's numbers

A one-row summary of your AI visibility: how many answers name you and how prominently.

Your starting score, so the next audit can show whether it moved.

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AI VISIBILITY · 1 ROWS

AI mentions · your site's numbers

AI visibility: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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AI mentions · your site's numbers

Measured live (measured on vitadefence.com, 31 August 2026)

AI visibility

Location of the market index	Language code	Target platform	Total LLM mentions count	AI search volume
2826	en	google	1	260

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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A one-row summary of your AI visibility: how many answers name you and how prominently. Your starting score, so the next audit can show whether it moved.

AI mentions · the change month by month

Month-by-month change in how often AI answers mention you.

Shows the months you gained or lost ground in the assistants.

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AI VISIBILITY · 12 ROWS

AI mentions · the change month by month

AI visibility: the answer measured for vitadefence.com, 12 rows, every column in plain words.

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AI mentions · the change month by month

Measured live (measured on vitadefence.com, 31 August 2026)

AI visibility

Date	LLM mentions count delta	LLM mentions count delta
2025-09-01	0	0
2025-10-01	0	0
2025-11-01	0	0
2025-12-01	0	0
2026-01-01	0	0
2026-02-01	0	0
2026-03-01	1	260
2026-04-01	-1	-260

Date Date and time when the HTML page was scanned

• 4 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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Month-by-month change in how often AI answers mention you. Shows the months you gained or lost ground in the assistants.

AI mentions · month by month new lost

Each month, the mentions you newly gained and the ones that disappeared.

Where the gains came from and what fell away, so the losses can be chased.

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AI VISIBILITY · 12 ROWS

AI mentions · month by month new lost

AI visibility: the answer measured for vitadefence.com, 12 rows, every column in plain words.

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AI mentions · month by month new lost

Measured live (measured on vitadefence.com, 31 August 2026)

AI visibility

Date	New LLM mentions	Lost LLM mentions	AI_search_volume increment	AI_search_volume decrement
2025-09-01	0	0	0	0
2025-10-01	0	0	0	0
2025-11-01	0	0	0	0
2025-12-01	0	0	0	0
2026-01-01	0	0	0	0
2026-02-01	0	0	0	0
2026-03-01	1	0	260	0
2026-04-01	0	1	0	260

Date

Date and time when the HTML page was scanned

• 4 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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Each month, the mentions you newly gained and the ones that disappeared. Where the gains came from and what fell away, so the losses can be chased.

AI scraper

AI visibility: the answer for your site, exactly as measured.

Every column as returned by the measurement, nothing added.

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AI VISIBILITY · 1 ROWS

AI scraper

AI visibility: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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AI scraper

Measured live (measured on vitadefence.com, 31 August 2026)

AI visibility

Group rank in SERP	Absolute rank in SERP	Brand entities
1	1	5 values

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The answer measured for vitadefence.com on the day of the audit, in plain words.

GROUP

Backlinks

15 pieces.

Anchors

The words other sites use when they link to you.

If nobody links with your trade or town in the words, search engines are not being told what you do.

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BACKLINKS · 4 ROWS

Anchors

Backlinks: the answer measured for vitadefence.com, 4 rows, every column in plain words.

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Anchors

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Anchor text of the backlink	Average rank	Total number of backlinks	First seen	Backlinks spam score	Number of broken backlinks	Number of broken pages
High Quality Dofollow Backlinks DA 50 PA 40 Premium PBN Network ...	0	8	5 Aug 2026	63	0	0
defined as increasing non-specific stress resistance	0	1	18 Jun 2026	0	0	0
Visit the site	0	2	4 Aug 2025	25	0	0
vitadefence.com	0	25	17 Apr 2025	54	0	0

First seen Date and time when our crawler found the backlink for the first time · Backlinks spam score Average spam score of the backlinks pointing to the page

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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The words other sites use when they link to you. If nobody links with your trade or town in the words, search engines are not being told what you do.

Backlinks

Every link pointing at your site, one row each, with where it comes from and how strong it is.

The spam is named link by link, so it can be disowned instead of guessed at.

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BACKLINKS • 35 ROWS

Backlinks

Backlinks: the answer measured for vitadefence.com, 35 rows, every column in plain words.

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Backlinks

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Referring domain	URL from	URL from https	Referenced domain	URL to	URL to https	Tld from
fashionclothingnews.com	https://fashionclothingnews.com/all/3105/21.html	yes	vitadefence.com	https://vitadefence.com/	yes	com
uncledspizza.com	https://uncledspizza.com/all/3105/21.html	yes	vitadefence.com	https://vitadefence.com/	yes	com
quotesblom.com	https://quotesblom.com/all/3105/21.html	yes	vitadefence.com	https://vitadefence.com/	yes	com
theforbestimes.com	https://theforbestimes.com/all/3105/21.html	yes	vitadefence.com	https://vitadefence.com/	yes	com
bye.fyi	https://bye.fyi/report/75643	yes	vitadefence.com	https://vitadefence.com/	yes	fyi
www.betwinnemirror.com	https://www.betwinnemirror.com/all/3105/21.html	yes	vitadefence.com	https://vitadefence.com/	yes	com
buzzshrink.website	https://buzzshrink.website/share/75644	yes	vitadefence.com	https://vitadefence.com/	yes	website
betulcrime.com	https://betulcrime.com/all/3105/21.html	yes	vitadefence.com	https://vitadefence.com/	yes	com

URL from URL of the page where the backlink is found - URL from https Indicates whether the referring URL is secured with HTTPS - URL to URL the backlink is pointing to - URL to https Indicates if the URL the backlink is pointing to is secured with HTTPS - Tld from Top-level domain of the referring URL

• 27 MORE ROWS IN THE FILE

AUDITLODGE • ONE AUDIT • EVERYTHING MEASURED, NOTHING ESTIMATED

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Every link pointing at your site, one row each, with where it comes from and how strong it is. The spam is named link by link, so it can be disowned instead of guessed at.

Backlinks

The total number of links pointing at your site, in one figure.

The size of your link profile at a glance, to set against rivals.

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BACKLINKS · 1 ROWS

Backlinks

Backlinks: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Backlinks

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Target	Total number of backlinks
vitadefence.com	36

Target Target domain in a POST array

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The total number of links pointing at your site, in one figure. The size of your link profile at a glance, to set against rivals.

New lost backlinks

How many links you gained and lost in the recent period.
A sudden loss is a warning; a sudden gain from junk sites is one too.

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BACKLINKS · 1 ROWS

New lost backlinks

Backlinks: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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New lost backlinks

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Target	Number of new backlinks	Number of lost backlinks
vitadefence.com	8	2

Target Target domain in a POST array

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How many links you gained and lost in the recent period. A sudden loss is a warning; a sudden gain from junk sites is one too.

New lost referring domains

How many separate websites started or stopped linking to you recently.

Domains matter more than raw links: one new site linking beats ten links from one.

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BACKLINKS · 1 ROWS

New lost referring domains

Backlinks: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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New lost referring domains

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Target	Number of new referring domains	Number of lost referring domains	New referring main domains	Lost referring main domains
vitadefence.com	16	2	8	1

Target Target domain in a POST array · New referring main domains Number of new referring main domains pointing to the target · Lost referring main domains Number of lost referring main domains pointing to the target

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How many separate websites started or stopped linking to you recently. Domains matter more than raw links: one new site linking beats ten links from one.

Pages summary

The pages of your site that carry links from outside, summarised.

Shows whether links land on your homepage only or spread across the pages that sell.

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BACKLINKS · 1 ROWS

Pages summary

Backlinks: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Pages summary

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Relevant URL	Average rank	Main domain rank	Total number of backlinks	First seen	Backlinks spam score	Number of broken backlinks
vitadefence.com	0	0	36	17 Apr 2025	54	0

First seen

Date and time when our crawler found the backlink for the first time

Backlinks spam score

Average spam score of the backlinks pointing to the page

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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The pages of your site that carry links from outside, summarised. Shows whether links land on your homepage only or spread across the pages that sell.

Ranks

Your site's overall authority rank, as one number.

The figure rivals are measured on too, the yardstick for the backlinks work.

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BACKLINKS · 1 ROWS

Ranks

Backlinks: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Ranks

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Target	Average rank
vitadefence.com	0

Target Target domain in a POST array

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Your site's overall authority rank, as one number. The figure rivals are measured on too, the yardstick for the backlinks work.

Referring domains

The number of distinct websites that link to you.

The single most-watched link figure; the fix plan's link steps move this.

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BACKLINKS · 1 ROWS

Referring domains

Backlinks: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Referring domains

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Target	Number of referring domains	Referring domains nofollow	Number of referring main domains	Referring main domains nofollow
vitadefence.com	33	12	31	12

Target Target domain in a POST array · **Referring domains nofollow** Number of domains pointing at least one nofollow link to the target · **Referring main domains nofollow** Number of main domains pointing at least one nofollow link to the

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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The number of distinct websites that link to you. The single most-watched link figure; the fix plan's link steps move this.

Spam score

How spammy your incoming links look, as a score.

A high score drags rankings down; the named spam links in the backlinks sheet are the cause.

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BACKLINKS · 1 ROWS

Spam score

Backlinks: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Spam score

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Target	Average spam score the target
vitadefence.com	54

Target Target domain in a POST array

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How spammy your incoming links look, as a score. A high score drags rankings down; the named spam links in the backlinks sheet are the cause.

Domain pages summary

The pages on your site with the most links from outside, summarised.

Tells you which pages already carry authority, the ones worth linking from internally.

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BACKLINKS · 3 ROWS

Domain pages summary

Backlinks: the answer measured for vitadefence.com, 3 rows, every column in plain words.

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Domain pages summary

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Relevant URL	Average rank	Total number of backlinks	First seen	Backlinks spam score	Number of broken backlinks	Number of broken pages
https://vitadefence.com/blog/adaptogen-history-lazarev-1947	0	1	18 Jun 2026	0	0	0
http://vitadefence.com/?utm_medium=Scamadviser.com&utm_campaign=...	0	2	4 Aug 2025	25	0	0
https://vitadefence.com/	0	33	17 Apr 2025	56	0	0

First seen Date and time when our crawler found the backlink for the first time · Backlinks spam score Average spam score of the backlinks pointing to the page

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The pages on your site with the most links from outside, summarised. Tells you which pages already carry authority, the ones worth linking from internally.

History

Your link profile month by month going back: links, domains and rank over time.

Shows whether the site has been growing or quietly bleeding links.

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History

BACKLINKS · 22 ROWS

Backlinks: the answer measured for vitadefence.com, 22 rows, every column in plain words.

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History

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Date	Average rank	Total number of backlinks	Number of new backlinks	Number of lost backlinks	Number of new referring domains	Number of lost referring domains
31 Oct 2024	0	2	2	0	2	0
30 Nov 2024	0	2	0	0	0	0
31 Dec 2024	0	5	3	0	3	0
31 Jan 2025	0	7	2	0	1	0
28 Feb 2025	0	8	2	1	1	1
31 Mar 2025	0	9	1	0	1	0
30 Apr 2025	0	13	5	1	5	0
31 May 2025	0	14	3	2	3	1

Date

Date and time when the HTML page was scanned.

→ 14 MORE ROWS IN THE FILE

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Your link profile month by month going back: links, domains and rank over time. Shows whether the site has been growing or quietly bleeding links.

Referring domains

The websites that link to you, one row each, with their strength.
Who vouches for you today: the strong ones to keep, the junk to disown.

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BACKLINKS · 31 ROWS

Referring domains

Backlinks: the answer measured for vitadefence.com, 31 rows, every column in plain words.

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Referring domains

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Domain in SERP	Average rank	Total number of backlinks	First seen	Backlinks spam score	Number of broken backlinks	Number of broken pages
fashionclothingnews.com	0	1	29 Aug 2026	70	0	0
uncledspizza.com	0	1	25 Aug 2026	60	0	0
quotesblom.com	0	1	25 Aug 2026	60	0	0
theforbestimes.com	0	1	24 Aug 2026	60	0	0
betwinmirror.com	0	1	18 Aug 2026	70	0	0
betulcrime.com	0	1	13 Aug 2026	60	0	0
homesforsaleoldgreenwichct.com	0	1	11 Aug 2026	70	0	0
ggmap.us.com	0	1	5 Aug 2026	60	0	0

First seen

Date and time when our crawler found the backlink for the first time

Backlinks spam score

Average spam score of the backlinks pointing to the page

+ 23 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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The websites that link to you, one row each, with their strength. Who vouches for you today: the strong ones to keep, the junk to disown.

Referring networks

The networks and hosts behind the sites linking to you.

Many links from one network is a pattern search engines discount; this shows if you have one.

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BACKLINKS · 16 ROWS

Referring networks

Backlinks: the answer measured for vitadefence.com; 16 rows, every column in plain words.

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Referring networks

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Network address	Average rank	Total number of backlinks	First seen	Number of broken backlinks	Number of broken pages	Number of referring domains
172.67.156.33	0	1	29 Aug 2026	0	0	1
104.21.88.65	0	1	25 Aug 2026	0	0	1
104.21.14.53	0	1	25 Aug 2026	0	0	1
104.21.67.41	0	1	24 Aug 2026	0	0	1
172.67.172.111	0	1	18 Aug 2026	0	0	1
172.67.192.162	0	1	13 Aug 2026	0	0	1
104.21.27.145	0	1	11 Aug 2026	0	0	1
104.21.93.158	0	1	5 Aug 2026	0	0	1

Network address

Address of the referring subnetwork or IP

First seen

Date and time when our crawler found the backlink for the first time

• 8 MORE ROWS IN THE FILE

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The networks and hosts behind the sites linking to you. Many links from one network is a pattern search engines discount; this shows if you have one.

Month by month new lost summary

New and lost links and domains, month by month.

The rhythm of your link building, and the months something went wrong.

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Month by month new lost summary

BACKLINKS · 23 ROWS

Backlinks: the answer measured for vitadefence.com, 23 rows, every column in plain words.

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Month by month new lost summary

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Date	Number of new backlinks	Number of lost backlinks	Number of new referring domains	Number of lost referring domains	New referring main domains	Lost referring main domains
31 Oct 2024	2	0	2	0	2	0
30 Nov 2024	0	0	0	0	0	0
31 Dec 2024	1	0	1	0	1	0
31 Jan 2025	3	0	3	0	3	0
28 Feb 2025	2	1	1	1	1	1
31 Mar 2025	0	0	0	0	0	0
30 Apr 2025	5	1	5	0	5	0
31 May 2025	3	0	3	0	3	0

Date

Date and time when the HTML page was scanned ·

New referring main domains

Number of new referring main domains pointing to the target ·

Lost referring main domains

Number of lost referring main domains pointing to the target

15 MORE ROWS IN THE FILE

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New and lost links and domains, month by month. The rhythm of your link building, and the months something went wrong.

Month by month summary

Your total links, domains and rank, month by month.

The long view of authority, to set the target for the next audit.

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BACKLINKS · 23 ROWS

Month by month summary

Backlinks: the answer measured for vitadefence.com, 23 rows, every column in plain words.

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Month by month summary

Measured live (measured on vitadefence.com, 31 August 2026)

Backlinks

Date	Average rank	Total number of backlinks	Backlinks nofollow	Average number of referring pages	Referring pages nofollow	Number of referring domains
31 Oct 2024	0	2	0	2	0	2
30 Nov 2024	0	2	0	2	0	2
31 Dec 2024	0	3	0	3	0	3
31 Jan 2025	0	6	0	6	0	6
28 Feb 2025	0	7	0	7	0	6
31 Mar 2025	0	7	0	7	0	6
30 Apr 2025	0	11	1	11	1	11
31 May 2025	0	14	1	14	1	14

Date

Date and time when the HTML page was scanned

Backlinks nofollow

Number of nofollow backlinks for the given date

Referring pages nofollow

Number of referring pages pointing at least one nofollow link to the

15 MORE ROWS IN THE FILE

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Your total links, domains and rank, month by month. The long view of authority, to set the target for the next audit.

GROUP

Business listings & content

1 piece.

Content analysis · Search

Web pages across the internet that mention your brand or your key terms.

Where you are being talked about, and by whom, beyond your own site.

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CONTENT ANALYSIS · 100 ROWS

Content analysis · Search

Content analysis: the answer measured for vitadefence.com, 100 rows, every column in plain words.

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Content analysis · Search

Measured live (measured on vitadefence.com, 31 August 2026)

Content analysis

Domain rank Backlink rank of the target domain · Fetch time Date and time when a resource was fetched

→ 92 MORE ROWS IN THE FILE

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Web pages across the internet that mention your brand or your key terms. Where you are being talked about, and by whom, beyond your own site.

GROUP

Search intelligence

15 pieces.

Keyword difficulty

How hard each of your keywords is to rank for, scored.

Tells you which searches are winnable now and which need years of authority.

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SEARCH INTELLIGENCE • 20 ROWS

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Keyword difficulty

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Keyword difficulty
antarctic krill oil	4
benefits of cranberry tablets	9
chlorella and spirulina	10
chlorella and spirulina benefits	22
chlorella vs spirulina	8
creatine monohydrate uk	7
hemp protein powder	19
how to use psyllium husk	0

Keyword

Keyword received in a POST array •

Keyword difficulty

Difficulty of ranking in the first top-10 organic results for a

+ 12 MORE ROWS IN THE FILE

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How hard each of your keywords is to rank for, scored. Tells you which searches are winnable now and which need years of authority.

Search volume

How many people search each of your keywords a month.

The demand behind every term, so effort goes where the searches are.

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SEARCH INTELLIGENCE • 20 ROWS

Search volume

Search intelligence: the answer measured for vitadefence.com, 20 rows, every column in plain words.

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Search volume

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Monthly average search volume rate
I glutamine supplement	37
creatine monohydrate uk	74
chlorella vs spirulina	37
spirulina and chlorella benefits	74
spirulina and chlorella	74
moringa oleifera supplements	—
monohydrate	224
chlorella and spirulina benefits	74

Keyword Keyword received in a POST array

+ 12 MORE ROWS IN THE FILE

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How many people search each of your keywords a month. The demand behind every term, so effort goes where the searches are.

Traffic estimation

An estimate of the visits your site gets from search a month.
Your starting traffic figure, to measure the audit's fixes against.

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SEARCH INTELLIGENCE • 1 ROWS

Traffic estimation

Search intelligence: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Traffic estimation

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Target	Estimated traffic volume	Count	Estimated traffic volume	Count
vitadefence.com	114.19	210	0	0

Target Target domain in a POST array • Count Total count of organic SERPs that contain the domain • Count Total count of organic SERPs that contain the domain

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ITEM 53 / 71

An estimate of the visits your site gets from search a month. Your starting traffic figure, to measure the audit's fixes against.

Categories for keywords

The category each of your keywords belongs to.

Groups your searches by topic, which is how the site structure plan is drawn.

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SEARCH INTELLIGENCE · 20 ROWS

Categories for keywords

Search intelligence: the answer measured for vitadefence.com, 20 rows, every column in plain words.

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Categories for keywords

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Product and service categories
what does ashwagandha do	10507, 10091, 10011
multi collagen	10358, 10061, 10047 +3 more
multivitamins gummies	12923, 11772, 10089 +3 more
antarctic krill oil	10316, 10049, 10005
how to use psyllium husk	10457, 10085, 10011 +2 more
krill oil from antarctica	10316, 10049, 10005 +3 more
hemp protein powder	12925, 11772, 10089 +2 more
rice protein	12428, 11188, 13460 +5 more

Keyword

Keyword received in a POST array

+ 12 MORE ROWS IN THE FILE

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The category each of your keywords belongs to. Groups your searches by topic, which is how the site structure plan is drawn.

Sites that rank for the same searches as you

The sites that rank for the same searches as you, with how much they overlap.

Your real search rivals, often not the ones you think of.

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SEARCH INTELLIGENCE · 100 ROWS

Sites that rank for the same searches as you

Search intelligence: the answer measured for vitadefence.com, 100 rows, every column in plain words.

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Sites that rank for the same searches as you

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Domain in SERP	Avg position	Sum position	Number of intersecting keywords	Pos 1	Pos 2 3	Pos 4 10
vitadefence.com	53.89	11316	210	0	0	0
youtube.com	20.44	3925	192	497276	979388	7457347
amazon.co.uk	9.26	1593	172	700594	1051572	2033402
facebook.com	36.9	6089	165	391315	2180979	7220191
hollandandbarrett.com	13.87	2191	158	9834	15136	39930
boots.com	12.88	1881	146	80261	96845	138854
ebay.co.uk	24.62	3176	129	112702	348976	1672258
webmd.com	10.6	1335	126	17147	47801	159008

Avg position

Average position of the product in Amazon SERP

Sum position

Sum of all product positions in Amazon SERP

Pos 1

Number of organic SERPs where the domain ranks #1

Pos 2 3

Number of organic SERPs where the domain ranks #2-3

Pos 4 10

Number of organic SERPs where the domain ranks #4-10

92 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 55 / 71

The sites that rank for the same searches as you, with how much they overlap. Your real search rivals, often not the ones you think of.

Historical keyword data

Search volume for your keywords going back month by month.
Shows the seasons of your trade: when demand rises and when it falls.

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SEARCH INTELLIGENCE · 20 ROWS

Historical keyword data

Search intelligence: the answer measured for vitadefence.com, 20 rows, every column in plain words.

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Historical keyword data

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Monthly searches
antarctic krill oil	3 values, 3 values, 3 values +56 more
benefits of cranberry tablets	3 values, 3 values, 3 values +54 more
chlorella and spirulina	3 values, 3 values, 3 values +56 more
chlorella and spirulina benefits	3 values, 3 values, 3 values +56 more
chlorella vs spirulina	3 values, 3 values, 3 values +57 more
creatine monohydrate uk	3 values, 3 values, 3 values +56 more
hemp protein powder	3 values, 3 values, 3 values +32 more
how to use psyllium husk	3 values, 3 values, 3 values +57 more

Keyword Keyword received in a POST array

+ 12 MORE ROWS IN THE FILE

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ITEM 56 / 71

Search volume for your keywords going back month by month. Shows the seasons of your trade: when demand rises and when it falls.

Historical serps

Who ranked for your main searches in earlier months.

Shows whether the top spots are stable or churning; churn means a way in.

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SEARCH INTELLIGENCE · 9 ROWS

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Historical serps

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Se domain	Check URL	Datetime	Item types	Se results count	Items count
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&h...	25 May 2026	ai_overview, organic, people_also_ask + 4 more	126	112
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&h...	14 Jul 2026	ai_overview, people_also_ask, organic + 2 more	127	111
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&h...	26 Aug 2026	ai_overview, people_also_ask, organic + 2 more	130	111
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&n...	8 Sep 2025	featured_snippet, people_also_ask, discussions_and_forums + 3 more	35400000	102
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&h...	24 Oct 2025	featured_snippet, people_also_ask, discussions_and_forums + 2 more	34900000	102
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&h...	4 Dec 2025	ai_overview, organic, people_also_ask + 4 more	35800000	112
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&h...	14 Jan 2026	ai_overview, organic, people_also_ask + 4 more	33400000	112
what does ashwagandha do	google.com	https://www.google.com/search?q=what%20does%20ashwagandha%20do&h...	26 Feb 2026	ai_overview, organic, people_also_ask + 3 more	31500000	112

Keyword

Keyword received in a POST array ·

Se domain

Search engine domain in a POST array ·

Check URL

Direct URL to search engine results ·

Datetime

Date and time when the result was received ·

Item types

Types of search results in SERP ·

Se results count

Total number of results in SERP ·

Items count

The number of results returned in the

1 MORE ROWS IN THE FILE

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ITEM 57 / 71

Who ranked for your main searches in earlier months. Shows whether the top spots are stable or churning; churn means a way in.

Keyword ideas

Seven hundred related searches around your market, with volume and difficulty.

The long list to mine for pages worth writing.

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SEARCH INTELLIGENCE · 700 ROWS

Keyword ideas

Search intelligence: the answer measured for vitadefence.com, 700 rows, every column in plain words.

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Keyword ideas

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Last updated time	Competition	Competition level	Cost-per-click	Monthly average search volume rate	Low top of page bid
psyllium husk	19 Aug 2026	1	HIGH	1.09	74000	0.29
ashwagandha benefits	26 Aug 2026	1	HIGH	1.24	49500	0.14
creatine benefits	27 Aug 2026	1	HIGH	1.25	40500	0.3
moringa benefits	20 Aug 2026	1	HIGH	0.61	14800	0.06
collagen supplements	18 Aug 2026	1	HIGH	2.98	74000	0.95
creatine gummies	26 Aug 2026	1	HIGH	2.31	22200	0.72
creatine powder	20 Aug 2026	1	HIGH	2.13	8100	0.63
moringa powder	19 Aug 2026	1	HIGH	0.68	12100	0.2

Keyword Keyword received in a POST array · **Last updated time** Date and time when the dataset was updated · **Low top of page bid** Minimum bid for the ad to be displayed at the top of the first page

→ 692 MORE ROWS IN THE FILE

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Seven hundred related searches around your market, with volume and difficulty. The long list to mine for pages worth writing.

Keyword overview

Volume, difficulty, cost per click and intent for each of your keywords in one row.

The full profile of each term, so the page plan can choose well.

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SEARCH INTELLIGENCE · 20 ROWS

Keyword overview

Search intelligence: the answer measured for vitadefence.com, 20 rows, every column in plain words.

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Keyword overview

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Include Google search partners	Last updated time	Competition	Competition level	Cost-per-click	Monthly average search volume rate
antarctic krill oil	no	19 Aug 2026	1	HIGH	1.18	1600
benefits of cranberry tablets	no	26 Aug 2026	1	HIGH	1.13	590
chlorella and spirulina	no	24 Aug 2026	1	HIGH	1.97	590
chlorella and spirulina benefits	no	19 Aug 2026	1	HIGH	1.77	720
chlorella vs spirulina	no	25 Aug 2026	1	HIGH	2.03	480
creatine monohydrate uk	no	21 Aug 2026	1	HIGH	2.99	590
hemp protein powder	no	20 Aug 2026	1	HIGH	1.36	1300
how to use psyllium husk	no	23 Aug 2026	0.2	LOW	0.69	1600

Keyword

Keyword received in a POST array · Last updated time Date and time when the dataset was updated

12 MORE ROWS IN THE FILE

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Volume, difficulty, cost per click and intent for each of your keywords in one row. The full profile of each term, so the page plan can choose well.

Keyword suggestions

Longer searches that contain your keywords, with their numbers.

The specific questions people type, often easier to win than the short term.

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SEARCH INTELLIGENCE · 47 ROWS

Keyword suggestions

Search intelligence: the answer measured for vitadefence.com, 47 rows, every column in plain words.

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Keyword suggestions

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Last updated time	Competition	Competition level	Cost-per-click	Monthly average search volume	Low top of page bid
what does ashwagandha do	24 Aug 2026	0.38	MEDIUM	1.4	8100	0.03
ashwagandha what does it do	27 Aug 2026	0.38	MEDIUM	1.4	8100	0.03
what does ashwagandha do for women	24 Aug 2026	0.65	MEDIUM	1.12	1000	0.1
what does ashwagandha do for men	27 Aug 2026	0.45	MEDIUM	1.5	1000	0.05
what does ashwagandha do for the body	20 Aug 2026	0.54	MEDIUM	1.07	70	0.1
what does ashwagandha gummies do	26 Aug 2026	0.15	LOW	—	50	—
what does ashwagandha and lion's mane do	25 Aug 2026	0.26	LOW	1.24	40	—
what does ashwagandha do for weight loss	19 Aug 2026	0.63	MEDIUM	5.98	30	—

Keyword Keyword received in a POST array · **Last updated time** Date and time when the dataset was updated · **Low top of page bid** Minimum bid for the ad to be displayed at the top of the first page

• 39 MORE ROWS IN THE FILE

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Longer searches that contain your keywords, with their numbers. The specific questions people type, often easier to win than the short term.

Keywords for site

The searches your site already ranks for, with position and volume.

What you already win: protect these before chasing new ones.

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SEARCH INTELLIGENCE · 100 ROWS

Keywords for site

Search intelligence: the answer measured for vitadefence.com, 100 rows, every column in plain words.

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Keywords for site

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Last updated time	Competition	Competition level	Cost-per-click	Monthly average search volume rate	Low top of page bid
perimenopause supplements	18 Aug 2026	1	HIGH	1.99	6600	0.52
coconut aminos	26 Aug 2026	1	HIGH	0.44	5400	0.14
nrmn supplement uk	20 Aug 2026	1	HIGH	3.74	14800	1.1
ni supplements	25 Aug 2026	1	HIGH	1.36	6600	1.11
alpha lipoic acid benefits	22 Aug 2026	1	HIGH	1.45	1900	0.23
calcium supplements	26 Aug 2026	0.73	HIGH	1.67	8100	0.42
vitamins-minerals	20 Aug 2026	0.76	HIGH	2.08	2400	1
feroglobin capsules	23 Aug 2026	1	HIGH	1.14	2400	0.41

Keyword

Keyword received in a POST array ·

Last updated time

Date and time when the dataset was updated ·

Low top of page bid

Minimum bid for the ad to be displayed at the top of the first page

+ 92 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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The searches your site already ranks for, with position and volume. What you already win: protect these before chasing new ones.

Relevant pages

Your pages that rank for the most searches.

The pages doing the work today, where an improvement pays fastest.

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SEARCH INTELLIGENCE · 61 ROWS

Relevant pages

Search intelligence: the answer measured for vitadefence.com, 61 rows, every column in plain words.

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Relevant pages

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Page address	Pos 1	Pos 2 3	Pos 4 10	Pos 11 20	Pos 21 30	Pos 31 40
https://vitadefence.com/products/creatine-monohydrate	0	0	0	0	0	3
https://vitadefence.com/blog/spirulina-vs-chlorella-which-green-...	0	0	0	0	0	2
https://vitadefence.com/reviews	0	0	0	2	3	6
https://vitadefence.com/blog/best-supplements-urinary-health-cra...	0	0	0	0	0	0
https://vitadefence.com/products/l-glutamine	0	0	0	0	0	0
https://vitadefence.com/blog/msm-vs-glucosamine-vs-collagen-join...	0	0	0	0	1	4
https://vitadefence.com/products/whey-protein-multi	0	0	0	0	1	3
https://vitadefence.com/products/maca-root-multi	0	0	0	0	0	0

Page address

Absolute URL of the relevant page

Pos 1

Number of organic SERPs where the domain ranks #1

Pos 2 3

Number of organic SERPs where the domain ranks #2-3

Pos 4 10

Number of organic SERPs where the domain ranks #4-10

Pos 11 20

Number of organic SERPs where the domain ranks #11-20

Pos 21 30

Number of organic SERPs where the domain ranks #21-30

Pos 31 40

Number of organic SERPs where the domain ranks #31-40

53 MORE ROWS IN THE FILE

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Your pages that rank for the most searches. The pages doing the work today, where an improvement pays fastest.

Search intent

Whether each keyword is a buying search, a question or a brand lookup.

Tells you which terms bring buyers and which bring readers.

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SEARCH INTELLIGENCE · 20 ROWS

Search intent

Search intelligence: the answer measured for vitadefence.com, 20 rows, every column in plain words.

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Search intent

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Keyword	Search intent name	Search intent probability
what does ashwagandha do	informational	1
multi collagen	informational	0.52
multivitamins gummies	informational	0.62
antarctic krill oil	informational	0.6
how to use psyllium husk	informational	1
krill oil from antarctica	informational	0.61
hemp protein powder	informational	0.43
rice protein	informational	0.99

Keyword

Keyword received in a POST array

+ 12 MORE ROWS IN THE FILE

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Whether each keyword is a buying search, a question or a brand lookup. Tells you which terms bring buyers and which bring readers.

Google results competitors

The sites that appear most across your searches' results pages.
The rivals who dominate your results pages, ranked by how often they show.

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SEARCH INTELLIGENCE · 100 ROWS

Google results competitors

Search intelligence: the answer measured for vitadefence.com, 100 rows, every column in plain words.

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Google results competitors

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Domain in SERP	Avg position	Median position	The item's rating	Estimated traffic volume	Keywords count	SERP visibility rate
www.youtube.com	15.94	12	1513	394.98	18	2.45
www.webmd.com	8.77	6	1186	755.84	13	6.25
www.healthline.com	9.62	8	1175	1177.03	13	5.05
www.amazon.co.uk	12.77	10	1134	1683.24	13	4.75
www.facebook.com	40.78	39	1066	174.89	18	1.35
www.weightworld.uk	13.83	8	1034	689.09	12	3.9
www.hollandandbarrett.com	11.27	6	976	794.18	11	5
www.boots.com	5.4	2	946	2172.85	10	7

Avg position Average position of the product in Amazon SERP · **Median position** The median position of the domain for the specified keywords · **Keywords count** The number of specified keywords the domain has positions for in SERPs

92 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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The sites that appear most across your searches' results pages. The rivals who dominate your results pages, ranked by how often they show.

Subdomains

The subdomains of your site and what each ranks for.

Shows whether a blog or shop subdomain is splitting your authority.

AL

AUDITLODGE

YOUR PACK · MEASURED ON YOUR SITE
VITADEFFENCE.COM · 31 AUG 2026

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SEARCH INTELLIGENCE · 1 ROWS

Subdomains

Search intelligence: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Subdomains

Measured live (measured on vitadefence.com, 31 August 2026)

Search intelligence

Returned subdomain	Pos 1	Pos 2 3	Pos 4 10	Pos 11 20	Pos 21 30	Pos 31 40
vitadefence.com	0	0	0	3	12	25

Pos 1

Number of organic SERPs where the domain ranks #1

Pos 2 3

Number of organic SERPs where the domain ranks #2-3

Pos 4 10

Number of organic SERPs where the domain ranks #4-10

Pos 11 20

Number of organic SERPs where the domain ranks #11-20

Pos 21 30

Number of organic SERPs where the domain ranks #21-30

Pos 31 40

Number of organic SERPs where the domain ranks #31-40

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ITEM 65 / 71

The subdomains of your site and what each ranks for. Shows whether a blog or shop subdomain is splitting your authority.

GROUP

Domain & keyword data

2 pieces.

Real click data data · search volume

Search volume for your keywords measured from real user click data.

A second opinion on demand, from what people actually do rather than what is estimated.

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KEYWORD DATA · 20 ROWS

Real click data data · search volume

Keyword data: the answer measured for vitadefence.com, 20 rows, every column in plain words.

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Real click data data · search volume

Measured live (measured on vitadefence.com, 31 August 2026)

Keyword data

Keyword	Monthly average search volume rate	Monthly searches
multi collagen	475	3 values, 3 values, 3 values +9 more
chlorella and spirulina benefits	79	3 values, 3 values, 3 values +9 more
antarctic krill oil	317	3 values, 3 values, 3 values +9 more
hemp protein powder	792	3 values, 3 values, 3 values +9 more
siberian ginseng	792	3 values, 3 values, 3 values +9 more
what does ashwagandha do	2853	3 values, 3 values, 3 values +9 more
vitazade	237	3 values, 3 values, 3 values +9 more
spirulina and chlorella	237	3 values, 3 values, 3 values +9 more

Keyword

Keyword received in a POST array

+ 12 MORE ROWS IN THE FILE

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ITEM 66 / 71

Search volume for your keywords measured from real user click data. A second opinion on demand, from what people actually do rather than what is estimated.

Interest in your terms over time

Search interest for your terms broken down by region and time.

Shows the where and the when of demand for your trade.

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KEYWORD DATA · 1 ROWS

Interest in your terms over time

Keyword data: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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Interest in your terms over time

Measured live (measured on vitadefence.com, 31 August 2026)

Keyword data

Position	Keywords	Data	Averages
1	what does ashwagandha do, multi collagen, multivitamins gummies +2 more	4 values, 4 values, 4 values +50 more	2, 5, 3 +2 more

Position The alignment of the element in SERP · **Data** Contains the same parameters that you specified in the POST request

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ITEM 67 / 71

Search interest for your terms broken down by region and time. Shows the where and the when of demand for your trade.

GROUP

Shopping, on-page & Google results

4 pieces.

One page measured live

A single page of your site measured live: load, size, words, links.

The page's vital signs, taken on the spot.

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ON-PAGE · 1 ROWS

One page measured live

On-page: the answer measured for vitadefence.com, 1 rows, every column in plain words.

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One page measured live

Measured live (measured on vitadefence.com, 31 August 2026)

On-page

Resource type	General status code	Relevant URL	Title	Code page	Follow	Description
html	200	https://vitadefence.com/	Vitadefence UK · Premium supplements · Made in the UK	65001	yes	63 premium supplements (mostly plant-based) · HPMC capsules · Ma...

Resource type Type of the returned resource · Title Title of the result in SERP · Follow Indicates whether a page's "meta robots" allows crawlers to follow · Description Description of the results element in SERP

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A single page of your site measured live: load, size, words, links. The page’s vital signs, taken on the spot.

Live · advanced

The first page of Google for your main search, every element included.

What a customer sees, the ads, the map pack, the questions, and where you sit.

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YOUR PACK · MEASURED ON YOUR SITE
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GOOGLE RESULTS · 11 ROWS

Live · advanced

Google results: the answer measured for vitadefence.com, 11 rows, every column in plain words.

THE PACK

AUDITLODGE · YOUR PACK

Live · advanced

Measured live (measured on vitadefence.com, 31 August 2026)

Google results

Group rank in SERP	Absolute rank in SERP	Search results page number	Position	Domain in SERP	Title	Relevant URL
1	1	1	left	health.clevelandclinic.org	Ashwagandha: Uses and Side Effects - Cleveland Clinic Health	https://health.clevelandclinic.org/what-is-ashwagandha
1	2	1	left	—	—	—
2	3	1	left	patient.info	Ashwagandha: Benefits, Uses, and Side Effects - Patient	https://patient.info/features/diet-and-nutrition/ashwagandha
3	4	1	left	www.webmd.com	Ashwagandha Benefits - WebMD	https://www.webmd.com/vitamins-and-supplements/ashwagandha
4	5	1	left	myhealthpedia.com	Ashwagandha: 20 Benefits, Side Effects, Dosage	https://myhealthpedia.com/ashwagandha-health-benefits-side-effe...
5	6	1	left	www.hollandandbarrett.com	What is Ashwagandha? Ashwagandha Benefits & Uses H&B	https://www.hollandandbarrett.com/the-health-hub/vitamins-and-su...
6	7	1	left	www.health.com	What Happens to Your Body When You Take Ashwagandha ...	https://www.health.com/what-happens-when-you-take-ashwagandha-11...
7	8	1	left	www.healthline.com	Proven Health Benefits of Ashwagandha	https://www.healthline.com/nutrition/ashwagandha

Position

The alignment of the element in SERP

Title

Title of the result in SERP

3 MORE ROWS IN THE FILE

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

ITEM 69 / 71

The first page of Google for your main search, every element included. What a customer sees, the ads, the map pack, the questions, and where you sit.

Live · regular

The first page of Google for your main search, the ten organic results.

The ten sites you must beat, in order.

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YOUR PACK · MEASURED ON YOUR SITE
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GOOGLE RESULTS · 10 ROWS

Live · regular

Google results: the answer measured for vitadefence.com, 10 rows, every column in plain words.

THE PACK

AUDITLODGE · YOUR PACK

Live · regular

Measured live (measured on vitadefence.com, 31 August 2026)

Google results

Group rank in SERP	Absolute rank in SERP	Search results page number	Domain in SERP	Title	Description	Relevant URL
1	1	1	esiteacher.org	Do vs. Does: How to Use Do and Does in English - ESL Teachers	Jan 14, 2026 · Master the grammar rules for do and does. Learn t...	https://esiteacher.org/do-vs-does/
2	2	1	www.merriam-webster.com	DOES Definition & Meaning - Merriam-Webster	10 hours ago · The meaning of DOES is present tense third-person...	https://www.merriam-webster.com/dictionary/does
3	3	1	dictionary.cambridge.org	DOES English meaning - Cambridge Dictionary	DOES definition: 1. he/she/it form of do 2. he/she/it form of do...	https://dictionary.cambridge.org/dictionary/english/does
4	4	1	proofed.com	Grammar: When to Use Do, Does, and Did - Proofed	Aug 12, 2022 · We've put together a guide to help you use do, do...	https://proofed.com/writing-tips/grammar-when-to-use-do-does-and...
5	5	1	wiserread.com	Do VS Does Rules, Examples, Comparison Chart & Exercises	Jul 26, 2026 · Master 'Do vs Does' with this easy guide! Learn t...	https://wiserread.com/do-vs-does/
6	6	1	www.dictionary.com	DOES Definition & Meaning Dictionary.com	DOES definition: a plural of doe. See examples of does used in a...	https://www.dictionary.com/browse/does
7	7	1	dictionary.cambridge.org	DOES definition in the Cambridge English Dictionary	DOES meaning: 1. he/she/it form of do 2. he/she/it form of do 3....	https://dictionary.cambridge.org/us/dictionary/english/does
8	8	1	does.dc.gov	does	The Department of Employment Services (DOES) mission is to conne...	https://does.dc.gov/

Title

Title of the result in SERP

Description

Description of the results element in SERP

2 MORE ROWS IN THE FILE

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ITEM 70 / 71

The first page of Google for your main search, the ten organic results. The ten sites you must beat, in order.

Task post

A results page captured as a posted task, with the full detail.

Kept beside the live one so nothing returned is lost.

AL

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Task post

Google results: the answer measured for vitadefence.com, 12 rows, every column in plain words.

THE PACK

AUDITLODGE · YOUR PACK

Task post

Measured live (measured on vitadefence.com, 31 August 2026)

Google results

Group rank in SERP	Absolute rank in SERP	Search results page number	Position	Domain in SERP	Title	Relevant URL
1	1	1	left	—	—	—
1	2	1	left	ods.od.nih.gov	Ashwagandha: Is it helpful for stress, anxiety, or sleep?	https://ods.od.nih.gov/factsheets/Ashwagandha-HealthProfessional...
1	3	1	left	—	—	—
2	4	1	left	www.health.harvard.edu	Ashwagandha: Benefits, side effects, and safety concerns	https://www.health.harvard.edu/medications-and-treatments/ashwag...
3	5	1	left	www.boots.com	Ashwagandha benefits: what can it actually do?	https://www.boots.com/healthhub/vitamins-supplements/ashwagandha...
4	6	1	left	www.healthline.com	Health Benefits of Ashwagandha, Based on Research	https://www.healthline.com/nutrition/ashwagandha
5	7	1	left	health.clevelandclinic.org	Ashwagandha: Uses and Side Effects	https://health.clevelandclinic.org/what-is-ashwagandha
6	8	1	left	www.hollandandbarrett.com	What is Ashwagandha? Benefits & Uses	https://www.hollandandbarrett.com/the-health-hub/vitamins-and-su...

Position

The alignment of the element in SERP

Title

Title of the result in SERP

4 MORE ROWS IN THE FILE

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A results page captured as a posted task, with the full detail. Kept beside the live one so nothing returned is lost.

PART 4

Your four downloads

One paid audit of vitadefence.com, delivered as four PDFs. They were attached to the same email as this one.

FOUR FILES

What each one holds

The report - the audit itself: every fault found on vitadefence.com, and the fix for it.

The book - this file: your to-do list and every section of your pack, one piece per page.

The course - the chapters built from your own results, in your own numbers.

The working sheets - your keyword sheet, your fix plan, your backlinks sheet and the file you hand to an AI.

PART 5

Give this to your AI

The agent file that tells an AI what was measured and which file in your pack holds each fix. Every paste block is already printed in parts 2 and 3 of this book, so none of it is repeated here.

```
---
name: vitadefence-com-site
description: >-
  Everything measured on vitadefence.com in its own audit, and the finished files that came
  with it. Use this whenever a question is about vitadefence.com - what is wrong with it, what
  has already been written for it, and the order to apply the fixes.
---

# vitadefence.com - what its audit found

This file was written from the audit of vitadefence.com itself. Every line below is what was
measured on that site, not general advice.

## Use this first

When someone asks about vitadefence.com, read this file before answering. It says which checks ran,
what each one found, and which file in this pack already contains the fix. If a check is listed under
not completed, say so - do not fill the gap with a guess.

## What was found, and the file that fixes it

### How the site is discovered

423 address(es) found across 25 page(s) read. 421 are already in the site's own sitemap, 2 are not,
and 1 sitemap entry/entries could not be read.

Finished file in this pack:

- `packs/07-discovery/sitemap-and-links.txt` (127132 bytes)

### Trust signals

10 page(s) read. All 8 content signals were found. Every line carries the tag or text it was read
from. No score is given, because no published specification defines one

Finished file in this pack:

- `packs/08-trust-signals/trust-signals.txt` (1119 bytes)

### The llms.txt file and the markdown twins

built from 25 of this site's own pages, using their real titles and descriptions - no sentence here
was written by us

Finished files in this pack:

... 66 more lines - the whole file is in your pack
```