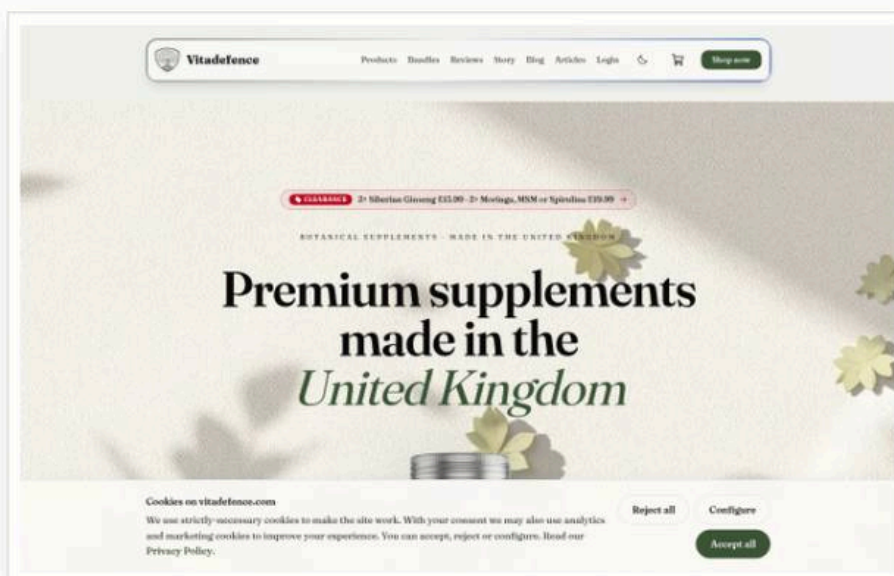




AUDITLODGE

The Working Sheets

The sheets you work from: your keywords, your fix plan and your backlinks - and the questions people put to the AI assistants when that sheet is in your pack - every row measured on your own site.



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.

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
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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

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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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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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

AUDITLODGE · YOUR PACK

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.

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CSV • 31 ROWS

The Backlinks Sheet

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

THE PACK

AUDITLODGE • YOUR PACK

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	getwebsiteworth.com	22	2 Jan 2026	no	yes	no	anchor	1	0	0	50	https://getwebsiteworth.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/adaptogen-history-lazarev-1947
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/
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/
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/
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/

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.

 AUDITLODGE

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

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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

AUDITLODGE · YOUR PACK

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...

AUDITLODGE · ONE AUDIT · EVERYTHING MEASURED, NOTHING ESTIMATED

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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...

Your homepage on audit day

vitadefence.com, photographed the day the audit ran - what a visitor saw while every sheet in this document was measured.

