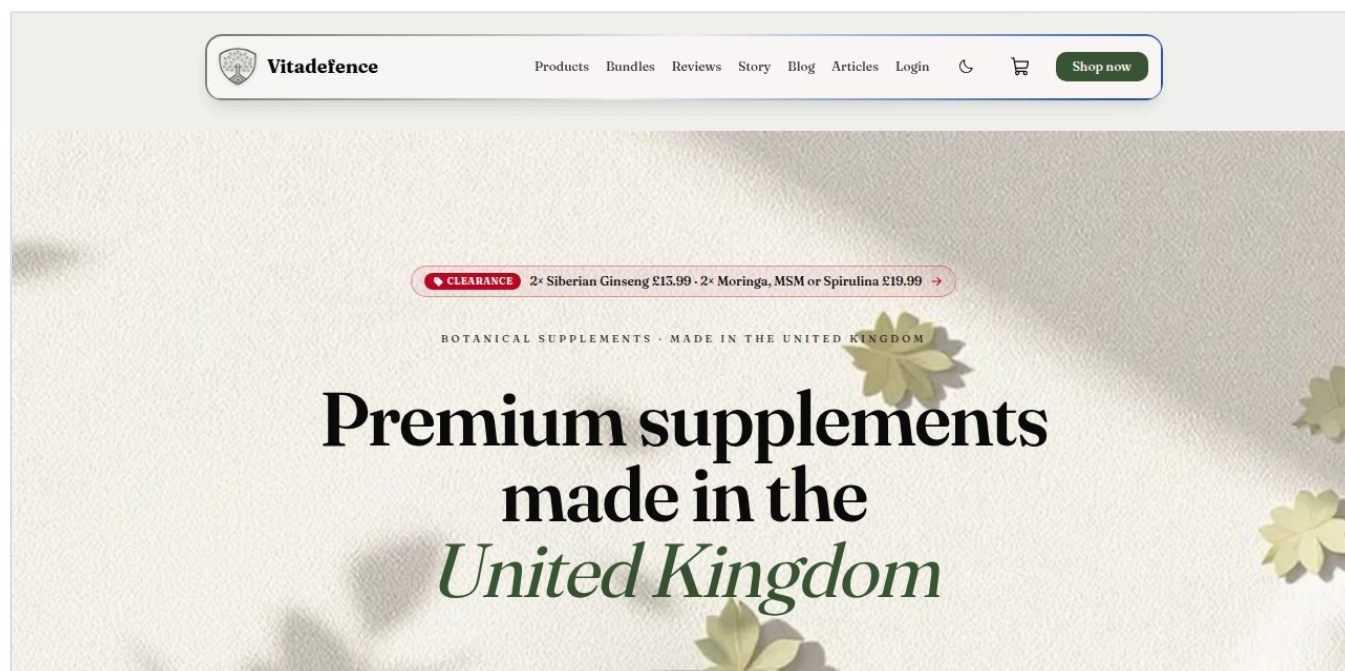




AI & International Visibility Pack

<https://vitadefence.com>

The checks the search audit does not cover · every finding with the finished file that fixes it



AUDITLODGE · <https://vitadefence.com>

Prepared 31 August 2026 at 12:10 · report 20260831-115419-15c4ba

Vitadefence Ltd, UK company 15979768

Every check in this document was run against the live site on the date above. Where a check found nothing, it says so — nothing here is estimated, and nothing is invented to fill a gap.

What this document is

6 check(s) produced a file for you.
6 finished file(s) in your pack, ready to install as they stand. 3 check(s) found nothing to fix. 1 check did not complete and claims nothing — see its pack.

6 FILES PRODUCED	3 NOTHING TO FIX	6/6 CRAWLERS IN	369/421 QUOTABLE
--	--	---------------------------------------	--

Your search audit measures what is already on your site. This second document is different: each of the checks below **produces a file** — a block of HTML, a robots rule, a text file, a piece of structured data — that you or your developer can put on the site as it stands. Nothing needs rewriting by hand.

Every one of them runs for every customer. If a check finds nothing to fix, its section still appears and says so plainly. A blank section would leave you wondering whether we looked.

1. The language block

If your site exists in more than one language, every version has to point at every other version — including itself — or Google ignores the lot. This is the single most common way a translated site loses its own translations.

not checked

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

2. The preferred-source button

Google lets a reader mark your site as a source they prefer. Once they do, your pages carry a badge in Top Stories — and in AI Overviews and AI Mode. The lever is two lines of HTML, and most sites do not have them.

What we found

Paste the script line in <head> and the div where the button should appear; it renders in the reader's own language automatically. Checked 1 page(s): <https://vitadefence.com>

NOT CHECKED - Google decides eligibility algorithmically and there is no way to apply. Whether this domain appears in the picker can only be seen in Google's own picker, by a person.

What	Detail
not-present	no preferred-sources button and no fallback link on this page

The file this produces

The button, ready to paste, in the reader's own language.

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 s  
ource</a>
```

Google's own badge artwork, all languages:

```
https://services.google.com/fh/files/helpcenter/google_preferred_source_badge_all_languages.z  
ip
```

Ships in your pack as `packs/02-preferred-sources/preferred-sources-button.html`

Where this file goes

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."

Their page: developers.google.com/search/docs/appearance/preferred-sources

3. Can the answer engines read you

The crawlers everybody blocks are the ones that train models. They are not the ones that decide whether an assistant can quote you. Those are different, they are named differently at

every vendor, and blocking them by accident is easy — Apple, for instance, follows your Googlebot rule when you have not named Apple.

What we found

Every crawler that decides whether an AI can quote you can already reach this site. Nothing to fix here.

Crawler	Vendor	What it decides	Can reach you
OAI-SearchBot	OpenAI	answer	YES
GPTBot	OpenAI	training	YES
ChatGPT-User	OpenAI	other	YES
Claude-SearchBot	Anthropic	answer	YES
Claude-User	Anthropic	answer	YES
ClaudeBot	Anthropic	training	YES
Googlebot	Google	answer	YES
PerplexityBot	Perplexity	answer	YES
Perplexity-User	Perplexity	other	YES
Applebot	Apple	answer	YES
Applebot-Extended	Apple	training	YES

Openly not checked, because we have not read those vendors' own pages: Google-Extended, meta-externalagent, Bingbot, CCBot, Amazonbot, Bytespider

Nothing to fix here. Every crawler that decides whether an assistant can quote you can already reach this site.

Ships in your pack as `packs/03-ai-crawlers/robots-block.txt` — empty — nothing to fix

4. The plain-text summary for machines

A short file at the root of the site that tells an assistant, in plain markdown, what the business is and which pages matter. Chrome now audits for it.

What we found

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

What	Detail
	3 list item(s) under 'What we sell' have no `[name](url)` link, which their spec requires
	5 list item(s) under 'Why a buyer might pick us' have no `[name](url)` link, which their spec requires
	3 list item(s) under 'Markets and websites' have no `[name](url)` link, which their spec requires
	5 list item(s) under 'Compliance' have no `[name](url)` link, which their spec requires
	2 list item(s) under 'Contact' have no `[name](url)` link, which their spec requires
	no rel="describedby" link pointing at the llms.txt - v2 of their spec added this and almost no tool emits it yet
	no rel="alternate" type="text/markdown" link to a markdown twin

The file this produces

The file itself, built from your own page titles and descriptions — not a sentence of it written by us — plus markdown copies of your main pages and the header line that points at them.

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 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)

```
la-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 an
```

Ships in your pack as `packs/04-llms-txt/llms.txt`

Where this file goes

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."  
Their page: llmstxt.org
```

5. What the site says about itself, in machine form

Structured data is how a business states its own name, phone, logo and profiles in a form a machine reads without guessing.

What we found

Built from 8 fact(s) this site states about itself. Nothing here was invented; anything Google's example wants that the site never says is listed under 'missing' for you to fill in. Validate with their Rich Results Test before shipping: search.google.com/test/rich-results

Google's own example also asks for these, and your site does not state them anywhere we can read — so they are left out rather than guessed at:

- a telephone number (no tel: link on the page)
- a postal address - their LocalBusiness example carries address as a PostalAddress with `streetAddress`, `addressLocality`, `addressRegion`, `postalCode` and `addressCountry`. This site does not state one anywhere we can read, so it is LEFT OUT rather than guessed
- opening hours and geo coordinates - same reason, left out

The file this produces

The blocks, built only from facts your site already states. Anything Google's own example asks for that your site never says is listed as missing rather than filled in — an invented address in structured data is a lie told in a format machines trust.

```

<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>

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

```

Ships in your pack as `packs/05-structured-data/organization.jsonld`

Where this file goes

In the words of the company that published the specification:

Google supports JSON-LD placed in a `<script type="application/ld+json">` tag - the blocks below already carry that tag, so each one is pasted into the page whole. Check the result with their own Rich Results Test before you ship it.

Their page: search.google.com/test/rich-results

6. Can a paragraph survive being quoted

An assistant answering a question lifts a passage out of a page. A paragraph that opens with *It*, *This* or *They* refers to something that lived in the paragraph before — lifted out, it means nothing.

What we found

369 of 421 paragraphs across 10 page(s) could be lifted out and quoted as they stand. 421 page(s) exist in the sitemap; 10 were read.

421 PARAGRAPHS READ	369 CAN BE QUOTED	10 PAGES SCORED
---	---	---------------------------------------

This is our own measure, not a published standard, and it is labelled that way wherever it appears.

The file this produces

A page-by-page list of the paragraphs that cannot survive being lifted, with the opening word that breaks each one.

```
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
"https://vitadefence.com/articles/apple-cider-vinegar",13,,0.92,1
"https://vitadefence.com/articles/artichoke-multi",33,,0.7,4
```

Ships in your pack as packs/06-quotability/quotability.csv

Where this file goes

In the words of the company that published the specification:

Nothing to install. This is a list of the paragraphs on your own pages that cannot survive being quoted, and the opening word that breaks each one, so they can be rewritten. It is our own measure, not a published standard.

7. The pages nothing links to

A page no link points at is a page a search engine may never find. This builds the three things that fix that: a complete sitemap file, an HTML page listing every address as a real link, and a footer block of the hub links.

What we found

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.

The file this produces

The finished sitemap.xml, the HTML sitemap page, and the footer block — built only from addresses your own site already has. No date is invented: a last-modified date appears only where your own existing sitemap already declared one.

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>
  <url>
    <loc>https://vitadefence.com/articles/amino-acid-multi</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/apple-cider-multi</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/apple-cider-vinegar</loc>
    <lastmod>2026-06-01T00:00:00.000Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/artichoke-multi</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/ashwagandha-multi</loc>
    <lastmod>2026-05-09T00:00:00.000Z</lastmod>
  </url>
  <url>
    <loc>https://vitadefence.com/articles/bilberry-multi</loc>
```

<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/botanical-fibre-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/botanical-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/chlorella-vs-spirulina</loc>
<lastmod>2026-06-01T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/collagen-and-vitamin-c</loc>
<lastmod>2026-06-01T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/collagen-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/cranberry-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/creatine-monohydrate</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/creatine-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/dandelion-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/digestive-enzyme-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/electrolyte-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/garcinia-cambogia-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>

```
</url>
<url>
<loc>https://vitadefence.com/articles/glucomannan-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/green-coffee-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/hemp-protein-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/herbal-multi</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/krill-oil-and-omega-3</loc>
<lastmod>2026-06-01T00:00:00.000Z</lastmod>
</url>
<url>
<loc>https://vitadefence.com/articles/krill-oil-antarctic</loc>
<lastmod>2026-05-09T00:00:00.000Z</lastmod>
</url>
<url>
<loc>h
```

Ships in your pack as `packs/07-discovery/sitemap-and-links.txt`

Where this file goes

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.

Their page: sitemaps.org/protocol.html

8. The trust signals a reader and a machine both look for

Eight mechanical, countable things a person can walk over to your page and check: a named author, a page about that author, a date a reader can see, links out to sources, concrete numbers, a way to make contact, an about page that answers, and a company identity.

What we found

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

What	Detail
author_page	the author is linked to a page about that author: found on 8 of the 10 page(s) read
date_visible	a publication or updated date a reader can see: found on 2 of the 10 page(s) read
outbound_citations	links to sources on other domains: found on 1 of the 10 page(s) read
date_visible	8 page(s) carry a date in the code that a reader never sees on the page
pages-unread	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>)

The file this produces

The list of which of the eight are missing, each with the tag or the text it was read from. No score is given — nobody publishes a formula for trust, so nobody can compute one honestly.

```
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 r
eader never sees on the page
- pages read: 1 page(s) in the sitemap could not be read: https://vitadefence.com/articles/am
ino-acid-multi (URLError: <urlopen error _ssl.c:1012: The handshake operation timed out>)
```

Ships in your pack as packs/08-trust-signals/trust-signals.txt

Where this file goes

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.
```

9. Which AI engines can actually reach you

“AI” is not one thing. The same site can be readable by one engine and invisible to another, and the reason differs per vendor — blocking one company’s user-fetcher costs you nothing, blocking another’s may reduce your visibility, in that vendor’s own words.

What we found

All 5 engine(s) checked can reach this site. Nothing to change. 6 item(s) are openly not checked. Nothing about them is claimed.

Nothing to fix here. Every engine we check can reach your site.

Ships in your pack as `packs/09-per-engine/per-engine.txt` — empty — nothing to fix

10. The extra machine-readable blocks your pages qualify for

Beyond the block that describes the business itself, a page can declare what it IS — an article, a product with a price, a piece of software. Machines read those declarations directly instead of guessing.

What we found

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

Nothing to fix here. Nothing on the pages read marks them as an article, a product or a piece of software, so there is no extra block to add.

Ships in your pack as `packs/10-extra-blocks/extra-blocks.jsonld` — empty — nothing to fix

What is in your pack

Every file listed here is in the folder that came with this document. Files marked *empty* were produced by a check that found nothing to fix — the file is still there, and it says so inside.

File	What it is	Size
packs/01-hreflang/hreflang-block.html	The language block — did not run — see inside	259
packs/02-preferred-sources/preferred-sources-button.html	The preferred-source button	1,044
packs/03-ai-crawlers/robots-block.txt	Can the answer engines read you — <i>empty — nothing to fix</i>	346
packs/04-llms-txt/markdown/https-vitadefence-com-articles-md.md	markdown copy of https://vitadefence.com/articles.md	20,162
packs/04-llms-txt/markdown/https-vitadefence-com-articles-acai-berry-multi-md.md	markdown copy of https://vitadefence.com/articles/acai-berry-multi.md	10,960
packs/04-llms-txt/markdown/https-vitadefence-com-articles-acerola-multi-md.md	markdown copy of https://vitadefence.com/articles/acerola-multi.md	10,453
packs/04-llms-txt/markdown/https-vitadefence-com-articles-african-mango-md.md	markdown copy of https://vitadefence.com/articles/african-mango.md	7,193
packs/04-llms-txt/markdown/https-vitadefence-com-articles-aloe-vera-multi-md.md	markdown copy of https://vitadefence.com/articles/aloe-vera-multi.md	10,746
packs/04-llms-txt/markdown/https-vitadefence-com-articles-amino-acid-multi-md.md	markdown copy of https://vitadefence.com/articles/amino-acid-multi.md	9,846
packs/04-llms-txt/markdown/https-vitadefence-com-articles-apple-cider-multi-md.md	markdown copy of https://vitadefence.com/articles/apple-cider-multi.md	8,853
packs/04-llms-txt/markdown/https-vitadefence-com-articles-apple-cider-vinegar-md.md	markdown copy of https://vitadefence.com/articles/apple-cider-vinegar.md	2,049
packs/04-llms-txt/markdown/https-vitadefence-com-articles-artichoke-multi-md.md	markdown copy of https://vitadefence.com/articles/artichoke-multi.md	12,006
packs/04-llms-txt/markdown/https-vitadefence-com-articles-ashwagandha-multi-md.md	markdown copy of https://vitadefence.com/articles/ashwagandha-multi.md	12,430

File	What it is	Size
packs/04-llms-txt/markdown/https-vita-defence-com-articles-bilberry-multi-md.md	markdown copy of https://vitadefence.com/articles/bilberry-multi.md	11,282
packs/04-llms-txt/markdown/https-vita-defence-com-articles-botanical-fibre-multi-md.md	markdown copy of https://vitadefence.com/articles/botanical-fibre-multi.md	11,345
packs/04-llms-txt/markdown/https-vita-defence-com-articles-botanical-multi-md.md	markdown copy of https://vitadefence.com/articles/botanical-multi.md	12,442
packs/04-llms-txt/markdown/https-vita-defence-com-articles-chlorella-vs-spirulina-md.md	markdown copy of https://vitadefence.com/articles/chlorella-vs-spirulina.md	3,541
packs/04-llms-txt/markdown/https-vita-defence-com-articles-collagen-and-vitamin-c-md.md	markdown copy of https://vitadefence.com/articles/collagen-and-vitamin-c.md	2,230
packs/04-llms-txt/markdown/https-vita-defence-com-articles-collagen-multi-md.md	markdown copy of https://vitadefence.com/articles/collagen-multi.md	8,142
packs/04-llms-txt/markdown/https-vita-defence-com-articles-cranberry-multi-md.md	markdown copy of https://vitadefence.com/articles/cranberry-multi.md	8,929
packs/04-llms-txt/markdown/https-vita-defence-com-articles-creatine-monohydrate-md.md	markdown copy of https://vitadefence.com/articles/creatine-monohydrate.md	8,538
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packs/04-llms-txt/markdown/https-vita-defence-com-articles-dandelion-multi-md.md	markdown copy of https://vitadefence.com/articles/dandelion-multi.md	9,395
packs/04-llms-txt/markdown/https-vita-defence-com-articles-digestive-enzyme-multi-md.md	markdown copy of https://vitadefence.com/articles/digestive-enzyme-multi.md	10,343
packs/04-llms-txt/markdown/https-vita-defence-com-articles-electrolyte-multi-md.md	markdown copy of https://vitadefence.com/articles/electrolyte-multi.md	9,279
packs/04-llms-txt/markdown/https-vita-defence-com-articles-garcinia-cambogia-multi-md.md	markdown copy of https://vitadefence.com/articles/garcinia-cambogia-multi.md	11,221

File	What it is	Size
packs/04-llms-txt/markdown/https-vitadefence-com-articles-glucomannan-multi-md.md	markdown copy of https://vitadefence.com/articles/glucomannan-multi.md	11,329
packs/04-llms-txt/markdown/https-vitadefence-com-index-html-md.md	markdown copy of https://vitadefence.com/index.html .md	19,702
packs/04-llms-txt/link-header.txt	the two ways to point at the files above	621
packs/04-llms-txt/llms.txt	The plain-text summary for machines	7,046
packs/05-structured-data/organization.jsonld	Organization structured data	741
packs/05-structured-data/website.jsonld	WebSite structured data	171
packs/06-quotability/quotability.csv	Can a paragraph survive being quoted	960
packs/07-discovery/sitemap-and-links.txt	The pages nothing links to	127,132
packs/08-trust-signals/trust-signals.txt	The trust signals a reader and a machine both look for	1,119
packs/09-per-engine/per-engine.txt	Which AI engines can actually reach you — <i>empty</i> — <i>nothing to fix</i>	378
packs/10-extra-blocks/extra-blocks.jsonld	The extra machine-readable blocks your pages qualify for — <i>empty</i> — <i>nothing to fix</i>	495

Also in your box

These came with your search audit and are in the same folder.

File	Size
report-v2.pdf	1,407,202
fix-plan.csv	2,148
meta-descriptions.csv	48

How this was measured

9 of 10 checks ran against the live site. Every rule applied comes from the vendor's own published documentation (Google, OpenAI, Anthropic, Perplexity, Apple, llmstxt.org); the one exception is the last check, which is our own measure and is labelled as such. Did not complete: hreflang.