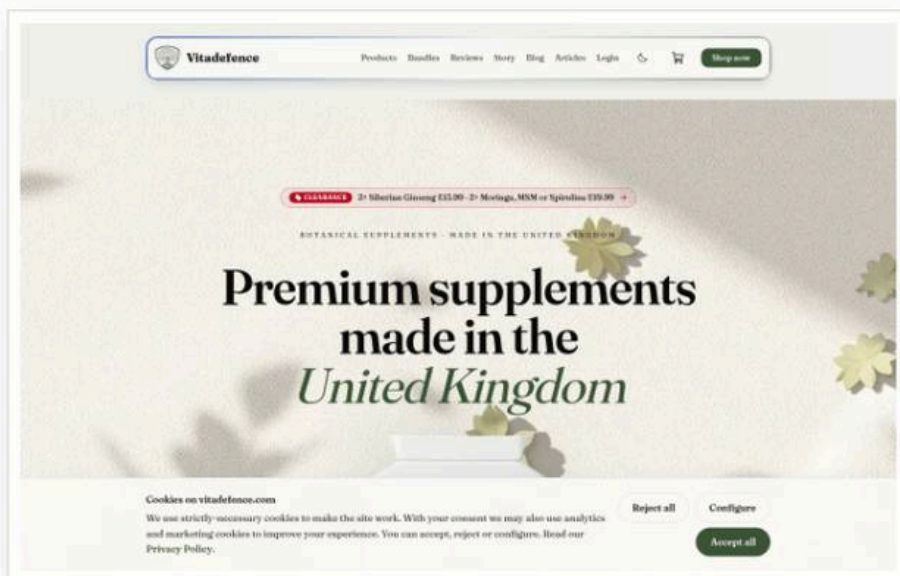




AUDITLODGE

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

30 August 2026 · report 20260830-130304-d0561a

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

AUDITLODGE

YOUR PACK · MEASURED ON YOUR SITE
VITADEFENCE.COM · 30 AUG 2026

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CSV · 143 ROWS

THE PACK

AUDITLODGE · YOUR PACK

The Keyword Sheet

keywords.csv (measured on vitadefence.com, 30 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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Download the spreadsheet - keywords.csv

143 search terms measured for your market; 121 of them sit at a difficulty of 30 or under - the ones within reach; the biggest is “whey protein” at 135,000 searches a month.

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 ... (94 months in the file)

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
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 ... (93 months in the file)
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 ... (93 months in the file)
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 ... (58 months in the file)
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 ... (94 months in the file)
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 ... (94 months in the file)
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 ... (94 months in the file)
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 ... (100 months in the file)

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	5	informational	260	2026-07:260 2026-06:210 2026-05:320 2026-04:210 2026-03:260 2026-02:210 ... (92 months in the file)
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 ... (93 months in the file)
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 ... (76 months in the file)
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 ... (51 months in the file)
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 ... (67 months in the file)
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 ... (100 months in the file)
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 ... (84 months in the file)

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 ... (102 months in the file)
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 ... (94 months in the file)
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 ... (72 months in the file)
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 ... (57 months in the file)
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 ... (81 months in the file)
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 ... (86 months in the file)
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 ... (93 months in the file)

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 ... (93 months in the file)
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 ... (84 months in the file)
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 ... (61 months in the file)
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 ... (62 months in the file)
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 ... (84 months in the file)
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 ... (93 months in the file)
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 ... (89 months in the file)

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 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 ... (93 months in the file)
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 ... (93 months in the file)
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 ... (57 months in the file)
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 ... (102 months in the file)
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 ... (17 months in the file)
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 ... (17 months in the file)
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 ... (93 months in the file)

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 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 ... (93 months in the file)
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 ... (84 months in the file)
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 ... (100 months in the file)
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 ... (72 months in the file)
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 ... (93 months in the file)
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 ... (84 months in the file)
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 ... (73 months in the file)

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 ... (100 months in the file)
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 ... (89 months in the file)
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 ... (100 months in the file)
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 ... (93 months in the file)
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 ... (73 months in the file)
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 ... (89 months in the file)
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 ... (93 months in the file)

Competition	Competition level	Cost-per-click	Keyword	Keyword difficulty	Main search intent	Monthly average search volume rate	Monthly trend
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 ... (84 months in the file)
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 ... (93 months in the file)
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 ... (84 months in the file)
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 ... (94 months in the file)
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 ... (94 months in the file)
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 ... (84 months in the file)
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 ... (93 months in the file)

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 ... (79 months in the file)
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 ... (93 months in the file)
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 ... (94 months in the file)

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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The Fix Plan

CSV · 2 ROWS

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, 30 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	—

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Download the spreadsheet - fix-plan.csv

2 faults recorded on your pages, each with its fix beside it - 2 warning. Work top to bottom.

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

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, 30 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	https://vitadefence.com
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.website/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

• 23 MORE ROWS IN THE FILE

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Download the spreadsheet - backlinks.csv

31 links pointing at your site from 31 different websites; 29 carry a spam score of 50 or more - those are the ones to disown; 19 pass authority on (follow links).

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&utm_campaign=Scamadviser.com
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.website/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/

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	sergechel.info	37	25 Mar 2026	no	yes	no	anchor	1	0	0	60	https://sergechel.info/list-c7fdb46a17676419e70b353b7e7798b7	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	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/adaptogens-in-psychedelics-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 saleold greenwichct.com	3	11 Aug 2026	no	yes	no	anchor	1	0	0	70	https://homesfor saleoldgreenwichct.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	fashionclothingnews.com	0	29 Aug 2026	no	yes	no	anchor	1	0	0	70	https://fashionclothingnews.com/all/3105/21.html	https://vitadefence.com/

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