



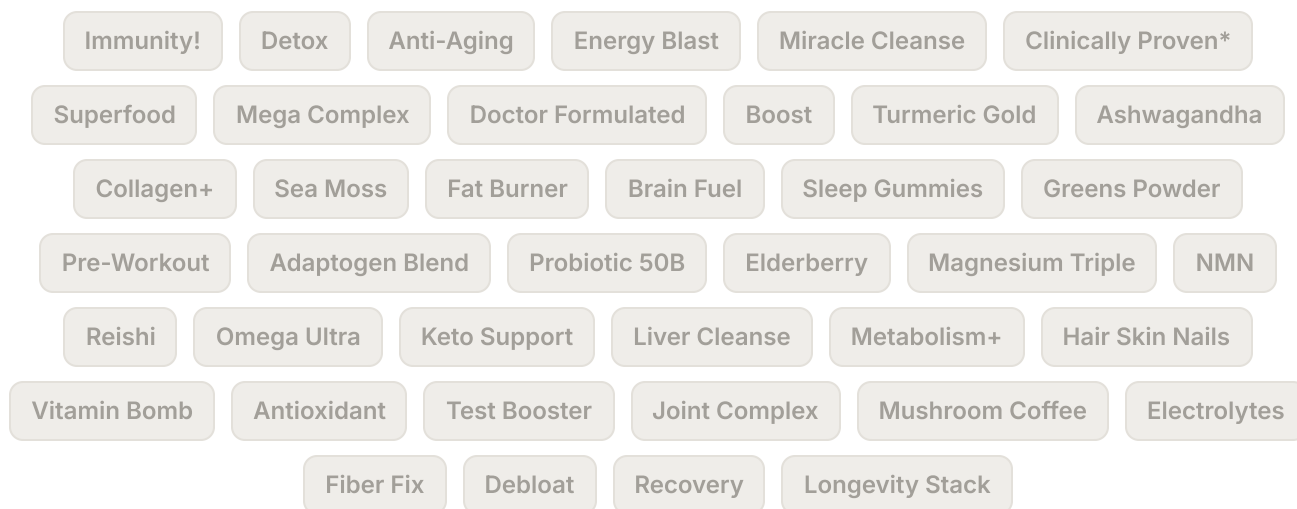
PEAK VITALITY NETWORK · THE PVN 4-TIER SYSTEM™

90,000+ products on the market. 4 jobs in your body.

The FDA estimates over 90,000 supplement products are on the market, sorted by what sells. Sort them instead by the one thing that matters, **the job each actually does inside you**, and the entire confusing market collapses into four groups. Underneath, your body only does two things with a supplement: **fill a gap** or **flip a switch**. This guide is those four groups, explained plainly, so you always know what to take and why.

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EVERYTHING YOU'VE EVER BEEN SOLD



Plant Vitality

Targeted

Essential

Functional Wellness

1

ACTIVATE

Plant Vitality

Active plant extracts, in meaningful amounts, that **switch on a pathway** your body wasn't already running.



Like the coffee that makes your morning click, but aimed at one thing and without the crash.

WHEN YOU REACH FOR IT

When you want to **hit a specific goal** - sharper focus, calmer stress, deeper sleep, steadier energy. This is the tier you add when you have a target in mind.

WHAT IT DOES INSIDE YOU

Plant compounds nudge a system into action - calming an overactive stress response, supporting focus, easing you toward sleep. They **do something** rather than just fill a shortfall.

WHAT LIVES HERE

Saffron

Berberine

5-HTP

Botanical extracts

IN PLAIN WORDS

Adaptogen - a plant that helps your body handle stress.

Standardized extract - the active part, measured so every dose is the same.

HOW TO TAKE IT

Timing Depends on the goal - calming plants in the evening, focus and energy plants in the morning. Each label tells you which.

With food Fine to take with or without a meal.

Stacking Pairs cleanly with your Essential base. Add one at a time so you can feel what each does.

2

RESTORE

Targeted

Purified single ingredients that **top up something your body makes less of** as the years go by.



Like topping up the oil in an engine that slowly burns through it.

WHEN YOU REACH FOR IT

When you want to **top up what declines with age** - the molecules that quietly decline decade after decade. This is the optimizer's and the longevity-minded tier.

WHAT IT DOES INSIDE YOU

Replaces a specific molecule your body once made in abundance and now makes less of, restoring a level back toward where it used to be.

WHAT LIVES HERE

NMN

Resveratrol

CoQ10

Creatine

Omega-3

IN PLAIN WORDS

Precursor - a raw material your body converts into something it needs.

Bioavailable - a form your body can actually absorb and use.

HOW TO TAKE IT

Timing Daily and consistent matters more than time of day. Omega-3 and CoQ10 absorb best with your largest meal.

With food Take the fat-soluble ones (Omega-3, CoQ10) with food; creatine any time.

Stacking These are long-game additions. Layer on top of Essential once your base is steady.

3

FILL

Essential

The vitamins and minerals that **close the everyday gaps** most diets leave open. The base layer for everyone.



Like the vitamin D you run short on because you're indoors all day.

WHEN YOU REACH FOR IT

When you want to **cover the basics** first. If you're only going to take one thing, start here - this is the floor the other three build on.

WHAT IT DOES INSIDE YOU

Supplies nutrients your body needs but often doesn't get enough of from food alone, keeping everyday systems running the way they're supposed to.

WHAT LIVES HERE

Vitamin D3 + K2

Magnesium

B-Complex

Multivitamin

Core minerals

IN PLAIN WORDS

Micronutrient - a vitamin or mineral you need in small daily amounts.

RDA - the everyday amount recommended to avoid a shortfall.

HOW TO TAKE IT

Timing Morning with breakfast is easiest to remember. Magnesium can go in the evening - many find it settling before bed.

With food Take D3+K2 and multivitamins with a meal that has some fat for absorption.

Stacking This is your base. Everything else layers on top of it.

4

NOURISH

Functional Wellness

Proteins, fibers, and biotics that **raise the floor of your whole diet** - food-shaped nutrition, not a single active.



Like the parts of a good diet most people miss: protein, fiber, and biotics.

WHEN YOU REACH FOR IT

When you want to **build a foundation** - better daily nutrition, gut support, the structural building blocks a busy diet misses.

WHAT IT DOES INSIDE YOU

Feeds structure and the gut with bulk nutrition - the protein, fiber, and beneficial bacteria that support the body as a whole.

WHAT LIVES HERE

Greens Powder

Collagen

Probiotics

Fiber

Protein

IN PLAIN WORDS

Prebiotic / Probiotic - fiber that feeds good gut bacteria, and the bacteria themselves.

Whole-food nutrition - nutrients in the form food delivers them.

HOW TO TAKE IT

Timing Any time that fits your day - greens or protein in a morning shake, collagen in coffee, probiotics with a meal.

With food Probiotics do best with food; powders blend into whatever you're already drinking.

Stacking Combines with any tier. Think of it as upgrading the food you already eat.

Find your starting point

Start with what you want to support. Find it below, and you'll know the tier, a product to look at, and when to take it.

Calm & stress balance

Plant Vitality

Saffron

Evening

Focus & mental clarity

Targeted

Creatine / Omega-3

Morning

Restful sleep

Essential

Magnesium

Evening

Everyday energy & the basics

Essential

D3+K2 · B-Complex

Morning, w/ food

Healthy aging & the long game

Targeted

NMN · CoQ10

Daily, w/ meal

Heart & whole-body basics

Targeted

Omega-3

Largest meal

Gut & digestion

Functional

Probiotics · Fiber

With a meal

Daily nutrition & protein

Functional

Greens · Collagen

Anytime shake

Your first 30 days

You don't need all four at once. Build one layer at a time so you can feel what each does.

Week 1

Lay the floor

Start with your Essential base - the everyday gaps. One or two products, taken daily until it's a habit.

Essential

Week 2

Add one goal

Pick the single thing you most want to support from the table above, and add that one product. Just one, so you can tell it apart.

Plant Vitality

Week 3-4

Layer for the long game

Settled in? Add a Targeted molecule for healthy aging, or a Functional powder to raise your daily nutrition. No rush - one at a time.

Targeted

Functional

What actually makes a supplement work

Same ingredient, two different bottles, completely different results. Before you trust any supplement - ours or anyone else's - three things decide whether it does anything at all.

01

The right form

The same nutrient comes in versions your body absorbs well and versions it mostly passes through - magnesium **glycinate** over oxide, a **standardized** extract over raw powder. Look for the specific form named on the label.

02

A meaningful dose

An ingredient can sit on a label in an amount too small to matter - a sprinkle for the marketing, not the effect. Check that the amount is actually **shown**, and that it's enough to do the job.

03

Taken the right way

Some need fat to absorb, some work better at night, some build up over weeks. Even the best formula does nothing if it's taken wrong - so a good label tells you **when and how**.

None of this is exotic - it's just what separates a supplement that works from one that only sounds good. **It's why we care about form and dose, not just a long ingredient list.**

Two lines, one standard for honesty

This guide describes **PVN Reserve** - our flagship line, built around getting the form and dose right, with every amount shown on the label. It's the bar we hold everything to.

PVN Reserve

Every amount shown on the label - full disclosure, no proprietary blends. The four tiers in this guide.

PVN Select

Our value line - quality daily nutrition at an accessible price. We're upfront when a formula uses a blend or a lighter dose, so you choose with eyes open.

Same honesty either way: **what you read is what you get.** We're just getting started, and the best is yet to come - your feedback shapes what we build next.

Now you know what to take.

Shop the four tiers, by your goal, by the science, or grab a proven kit.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before beginning any supplement routine.

WHERE TO GO FROM HERE

Now put the four tiers to work.

Pick a goal and we will show you one clear pick per tier, plus the free foods and habits that come first. Nothing here needs a purchase to be useful.

[Free tools & guides →](#)

[Find your protocol →](#)

[Shop PVN Reserve →](#)

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◆ Know What You Take

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