



Peak Vitality Network

DOSE-FORWARD WELLNESS

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Why dose *matters.*

A too-small dose is not a smaller benefit. **It is usually no benefit at all.** This is the single idea that explains most of what goes wrong in the supplement aisle.

The label tells you what is in the bottle. The dose tells you whether it will do anything.

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Know What You Take

Start with a bottle you have probably owned.

Pick up a turmeric supplement. The label says **500 mg turmeric root**. That sounds substantial, and it is a real number honestly printed.

But turmeric root is roughly **3% curcumin** by weight, and curcumin is the compound the research is about. So 500 mg of root delivers around **15 mg of curcumin**. The human trials that found anything used **500 to 2,000 mg of curcumin itself**.

The arithmetic

Fifteen milligrams against a studied five hundred. You are holding roughly **three percent of the amount that was tested** - and nothing on the label is untrue. That is what makes it hard to spot.

Now add the second problem: curcumin is **poorly absorbed on its own**. Trials pair it with black pepper extract or a fat, which can raise absorption substantially. Without that, some of the 15 mg never reaches your bloodstream at all.

What the label says

500 mg turmeric root. Accurate, verifiable, and printed in good faith.

What reaches you

Roughly 15 mg of curcumin, poorly absorbed, against a studied 500 to 2,000 mg.

This is not a scandal. It is the default. Most of the aisle works this way.

A threshold, not a slider.

Most people assume supplements work like volume: a bit gives you a bit, more gives you more. For some nutrients that is roughly true. For many of the interesting ones it is not.

Those work on a **threshold**. Below a certain amount, nothing measurable happens. Cross it, and you get the effect the research describes. There is no partial credit for getting close.

Why this is the whole ballgame

If an ingredient has a threshold and your product sits under it, you are not getting a weaker version of the benefit. **You are getting none of it, and paying for the privilege.**

Dietary nitrate from beetroot is the clearest example. Trials use a concentrated shot to raise plasma nitrite enough to affect blood flow. Split the same total across the day and you may cross no threshold at any point - the timing and the concentration are part of the mechanism, not details around it.

Fills a gap - a floor

You were short of something. Reach the floor and stop; more brings no extra benefit. Vitamin D, magnesium, B-12.

Flips a switch - a threshold

Nothing is low. You are trying to activate a pathway, and the dose **is** the mechanism. Curcumin, nitrate, resveratrol, NMN.

Knowing which of the two you are dealing with tells you whether the amount is negotiable.

The gap, in numbers.

Every row below is a real, commonly sold product form against the amount used in published human research. Nothing here is dishonest labelling. It is the difference between what is **in** a product and what was **tested**.

INGREDIENT	TYPICAL CAPSULE	STUDIED AMOUNT	GAP
Curcumin	500 mg turmeric root (~15 mg curcumin)	500-2,000 mg curcumin	~30x
Omega-3 EPA/DHA	300 mg per softgel	1,000-2,000 mg daily	3-6x
Magnesium	100 mg magnesium oxide, poorly absorbed	200-400 mg elemental	2-4x
CoQ10	30 mg	100-200 mg	3-6x
Resveratrol	50 mg blend, trans- amount unstated	150-500 mg trans-resveratrol	3-10x
Creatine	1-2 g in a blend	3-5 g daily	2-5x
Theanine	From 1 cup green tea (~25 mg)	100-200 mg	4-8x

What to take from the table

None of these products is fake. Every one of them may deliver **a fraction of what the research is describing** - and the marketing usually cites the research.

Amounts shown are ranges used in published human research, for context only. They are not recommendations.

Four places the number disappears.

Under-dosing is rarely a lie. It is usually a structure that makes the real amount hard to find.

1 • The proprietary blend

A blend lists a combined weight and hides the split. "Focus Blend 800 mg" could be 780 mg of the cheapest ingredient and 20 mg of the one you came for. **If the split is not shown, assume the interesting ingredient is last.**

2 • Whole herb instead of extract

500 mg of root is not 500 mg of active compound. Ashwagandha, turmeric, milk thistle and green tea are all sold both ways, at similar prices, with very different results.

3 • Compound weight instead of elemental

300 mg of magnesium oxide is not 300 mg of magnesium. The mineral is a fraction of the compound. The same applies to zinc, calcium and iron.

4 • The serving-size trick

The amount on the panel may assume four capsules. A 60-count bottle at four a day is a fifteen-day supply, not two months. **Always read the serving size before the amount.**

Each of these is legal, common, and checkable in about thirty seconds once you know to look.

The right amount, taken wrong.

Dose is necessary and not sufficient. Three things decide whether the amount on the label reaches the place it needs to be.

Form

Magnesium oxide and magnesium glycinate are both magnesium. One is poorly absorbed and often loosens the bowels; the other is absorbed well and is what sleep research tends to use. Same mineral, different outcome.

What you take it with

Omega-3, CoQ10, vitamin K2, D3 and resveratrol are fat-soluble. Taken on an empty stomach you absorb a fraction. A meal with some fat in it is part of the dose.

For how long

Some things work the same morning - caffeine, nitrate, hydration. Most do not. Omega-3 changes cell membranes over weeks. Collagen trials run eight to twelve. **Stopping at week three is the most common reason people conclude something did not work.**

The honest version

A studied dose, in the right form, with the right meal, for long enough. Miss any one of the four and the other three may not matter.

Four checks, about a minute.

You do not need to memorise amounts. You need four questions, and the willingness to put a bottle back.

1 • Is the amount actually stated?

Not the blend total - the amount of the specific ingredient. If it is not there, that is your answer.

2 • Is it the active, or the raw material?

Look for a standardised extract with a stated percentage, or an elemental amount for minerals. "Root powder" and "whole herb" are the words to notice.

3 • How does it compare to what was studied?

You will not know every number, and you do not have to. If a product cites research, the amount should be in the same neighbourhood as the research.

4 • What is the real serving size?

Divide the bottle count by capsules per serving. That is your true supply, and your true cost per day.

The uncomfortable conclusion

Run these four checks and a lot of the aisle stops being tempting. That is the point. **Buying nothing is a legitimate outcome** - and cheaper than buying something that cannot work.



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Every PVN Reserve product shows full Supplement Facts with every amount on the label, and every active ingredient is provided at or above the amount used in published research at label direction. No proprietary blends. You can run all four checks on our shelf in about a minute - and we would rather you did.

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