



PEAK VITALITY NETWORK · FREE GUIDE

Know What You *Take*.

The honest guide to reading a supplement label,
spotting under-dosed products, and building a routine
that actually works.

Why we wrote this: The supplement aisle is loud, confusing, and rarely honest about what actually works. This guide teaches you to shop smarter - even if you never buy a thing from us. That's the point.

A 10-MINUTE READ · NO HYPE · NO JARGON

01 The aisle is confusing on purpose

Walk into any supplement store and you'll find a thousand bottles making a thousand promises, most of them vague, many of them under-dosed, and almost none of them easy to compare.

That confusion isn't an accident. When you can't tell products apart, price and packaging win instead of quality. The fix isn't more willpower or more research time. It's a few simple things to look for - the same things a formulator would check in about ten seconds.

By the end of this guide you'll be able to pick up any bottle, read the back, and know in under a minute whether it's worth your money. Let's start where the truth lives: the label.

02 How to read a Supplement Facts panel

Everything that matters is on the back of the bottle, not the front. The front is marketing. The **Supplement Facts panel** is the contract. Here's how to read it:

Supplement Facts	
Serving Size 2 Capsules · 30 Servings	
Amount Per Serving	% DV
Magnesium (as glycinate)	200 mg
Vitamin D3	25 mcg
■ If you see "Proprietary Blend 500 mg" with no per-ingredient amounts - that's the doses being hidden.	

The three things to check every time:

- 1. The amount, not just the name.** "Contains magnesium" means nothing. **200 mg of magnesium glycinate** means something. If the amount isn't listed, assume it's too small to matter.
- 2. The form.** "Magnesium" can be cheap oxide (poorly absorbed) or glycinate (gentle, absorbable). The form in parentheses tells you the quality.
- 3. "Proprietary blend."** This is the single biggest tell. A blend lists a total weight but hides how much of each ingredient is inside - so a formula can put a pinch of the good stuff and a pile of filler, and you'd never know.

03 The 4 red flags of an under-dosed product

These are the tells that a product is designed to *look* impressive rather than *work*. Spot even one and put the bottle down.

- 1 Proprietary blends that hide amounts.** If you can't see how much of each active you're getting, you're not meant to. Real products disclose every dose.

2 "Fairy dusting." A trendy ingredient listed on the front, present in a dose far below what any study used. It's there for the label, not for you.

3 A giant ingredient list in a tiny capsule. "25 actives!" in a 600 mg capsule means each one is present in a sliver. More ingredients ≠ more benefit - usually the opposite.

4 Claims with no dose behind them. "Supports energy!" on a product with sub-clinical amounts is marketing. The dose has to match what was actually studied.

The green flag: every active ingredient, its exact amount, and its form - printed right on the label, in doses that match the research. That's a product that respects you.

04 Food and habits first

Here's the thing most supplement companies won't tell you: the biggest levers for your health are usually free.

Sleep, morning light, movement, protein, fiber, and whole foods do more for energy, focus, mood, and recovery than any capsule. Supplements are exactly that - a **supplement** to a solid foundation, not a replacement for one.

So before you buy anything, ask: **am I covering the free basics first?** A magnesium capsule won't fix sleep if you're on a screen until midnight. Fish oil won't fix a diet with no vegetables. Get the foundation in place, then use supplements to fill the specific gaps food and habits leave behind.

The order that actually works

1. Habits (sleep, light, movement) → **2. Food** (protein, fiber, whole foods) → **3. Supplements** (fill the remaining gaps, at real doses).

05 A simple way to organize what's out there

Not all supplements do the same kind of job. Sorting them into four plain groups makes the whole aisle less overwhelming - and tells you what each one is actually *for*.

● Plant Vitality

Active plant extracts in meaningful amounts - for goal-focused, potent botanical support.

● Targeted

Purified single ingredients (like creatine or a specific amino acid) - for a precise, well-studied effect.

● Essential

Everyday vitamins and minerals - to fill the common gaps in a normal diet.

● Functional Wellness

Proteins, fibers, and biotics - to support the structure and systems food is meant to feed.

When you know which group a product belongs to, you know what job it's doing - and whether you actually need it.

06 The smart-shopper checklist

Screenshot this page. Next time you're holding a bottle - in a store or online - run it through this list. If it can't pass, it doesn't earn your money.

- ✓ Every active ingredient shows an **exact amount** (not hidden in a "blend").
- ✓ The **form** of each ingredient is listed (e.g., magnesium *glycinate*, not just "magnesium").
- ✓ The doses are in line with what research actually used - not a token pinch.
- ✓ No trendy ingredient is "fairy dusted" on the front in a meaningless amount.
- ✓ It's made in a **cGMP-certified facility** and the label says so.
- ✓ The product is honest about what it is - no miracle claims, no cures.

- ✓ You actually have a **gap** this fills that food and habits don't already cover.

THAT'S THE WHOLE IDEA

This is how we built Peak Vitality Network.

Every product organized by what it's for, every dose on the label, and food-and-habits guidance given away for free. We started by curating the best of what's proven. Creating is what comes next.

This is the bar **PVN Reserve** is built to. **PVN Select** is our value line - we're upfront when a formula uses a blend or a lighter dose, so you can choose with eyes open.

Explore the shop →

WHERE TO GO FROM HERE

Read our labels the way you just learned to.

Every PVN Reserve product shows full Supplement Facts with every amount on the label. Check ours against whatever is in your cupboard.

Free tools & guides →

Smoothies, foods and daily habits, by goal

Find your protocol →

One clear pick per tier, for your goal

Shop PVN Reserve →

Full Supplement Facts, every amount disclosed

More in the PVN library: The Four Tiers Explained · Do Supplements Actually Work? · The 4-Move Shopping Guide · Capsule, Powder, Tincture or Tea. All free at peakvitalitynetwork.com

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