A FREE GUIDE • REAL SCIENCE. REAL RESULTS. REAL PEOPLE.

THE ABSORBING GAP

40+ YEARS OF SCIENCE

The Truth About Vitamins, Where Your Money Really Goes, and the Vitality Hack That Can Also Pay You

Stop paying for vitamins your body can't use. Learn what to look for, and how the products you already buy can start working for you.

INSIDE THIS GUIDE

1. **The 7 reasons your vitamins may not be working**
   And why the label doesn't tell the whole story.
2. **The 60-Second Bottle Test**
   Check every bottle in your cabinet, starting tonight.
3. **The Vitality Hack**
   Point the money you already spend at products that work.
4. **How great products can also pay you**
   No inventory. No commute. Be your own boss.

Read this in 10 minutes. Then pick one thing to change this week.

Educational information only. Not medical advice. See the important disclosures at the end of this guide.

INTRODUCTION

Stop Scrolling. Start Science.

Here's a simple, frustrating truth. A lot of the money you spend on vitamins may be doing very little for you.

Open your pantry or your bathroom cabinet right now. If you're like most people who care about their health, you'll find a graveyard in there. Half-empty bottles. A tub of powder that sounded great at the time. A pack of something a friend swore by.

You bought them for good reasons. More energy. Better sleep. Strong joints. A body that keeps up as you get older. Then you stopped taking them.

Why?

Because you never felt a difference.

That's not a lack of willpower. Many store-bought vitamins are built to be cheap, not to be absorbed. They're pressed into hard tablets with binders and fillers. Your body may use only a small part of what's printed on the label. The rest can pass right through you.

That space between what's on the label and what your body actually uses is **the absorbing gap.**

> ***The same gap that drains your wallet is the reason everyday people now get paid to share better products. Great products create even better opportunities. You'll see how in Chapter 5.***

This short guide does three things. It shows you the seven reasons store-bought supplements fall short. It explains absorption in plain English, so you can spot the difference yourself. And it shows you how to point the money you already spend at products that work, and how that one move can open a door you didn't know was there.

QUICK CHECK. Answer these honestly before you turn the page:

1. When was the last time a vitamin made you feel something?
2. How much do you spend each month on vitamins, powders, and boosters?
3. How much of it does your body actually use?
4. If half of it was wasted, what would you want to do about it?

CHAPTER 1

The Absorbing Gap

Why the label on the bottle and what happens in your body are two different stories

Most people read "1000mg of Vitamin C" or "100% Daily Value of Magnesium" and assume that's what their body gets.

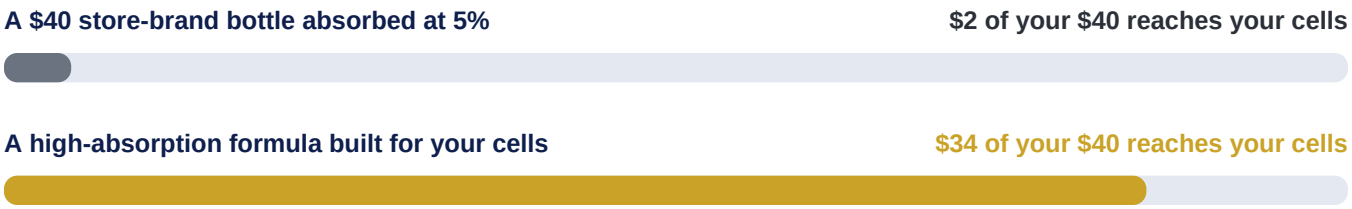
It isn't.

Here's a big word for a simple idea. **Bioavailability** is how much of a nutrient actually makes it into your bloodstream, where your body can use it. If a supplement has low bioavailability, the number on the label doesn't matter. Your cells never see it.

Many mass-market brands are in a race to the bottom on price. To keep shelf prices low, they use the cheapest raw materials they can find. Forms your body doesn't recognize well. Then they squeeze those powders into hard, dense tablets with high-pressure machines.

To keep those tablets from crumbling on the shelf, they add strong binders, glues, and coatings. Your stomach may not break them down in time. The tablet moves through, and a lot of what you paid for leaves the same way it came in.

The math is painfully simple:



Illustrative example. Absorption rates differ by product and by person.

Buy a $40 bottle your body absorbs at 5%, and you didn't save money. You paid $40 for about $2 worth of nutrition. The bargain bottle may be the most expensive thing in your cabinet.

True value isn't the lowest price on the shelf. It's nutrition that reaches your bloodstream. When you switch to high-absorption formulas, you stop paying for fillers and start paying for results you can feel.

> Notice something. A company that solves the absorption problem doesn't need to trick you into buying twice. You reorder because you feel it. Remember that word: **reorder.** It matters more than you think.

CHAPTER 2

The 7 Reasons Your Vitamins May Not Be Working

Here are the seven most common ways store-bought supplements let you down.

1 Cheap Raw Materials
Many brands use low-cost forms. Magnesium oxide, for example, can absorb at rates as low as 4%. Your body doesn't treat it like real food.

2 Heavy Binders and Fillers
Ingredients like dicalcium phosphate and stearic acid hold a tablet together. If it's too tough, it may not break down in your stomach in time.

3 Fighting Formulas
Some nutrients compete for the same path into your body. Toss them together in the wrong amounts and they get in each other's way.

4 Missing Helpers
Nutrients work in teams. Vitamin D works with magnesium and K2. Cheap formulas often leave the helpers out because they cost more.

5 Poor Delivery
Vitamins A, D, E, and K dissolve in fat, not water. A dry tablet with no fat to carry them can leave them stuck.

6 One Size Fits All
Your digestion at 55 isn't your digestion at 25. Stomach acid and enzymes can drop with age, so what worked once may stop working.

7 Weak Quality Control
Some brands outsource to the lowest bidder. Speed and volume come first. Freshness and potency can suffer along the way.

7 LEAKS.
1 GAP.
Fix the leaks and you close the gap.

Read that list one more time. Many of those seven are choices made to keep prices low, not to help your body. Now ask yourself: **what would it be worth to you to never make that mistake again?**

CHAPTER 3

The 60-Second Bottle Test

Grab any bottle from your cabinet. Check it against this list.

WHAT TO CHECK	RED FLAG	GREEN FLAG
The form	Names ending in "oxide" or "carbonate"	Forms like citrate, glycinate, or food-based sources
The "other ingredients"	A long list of binders, fillers, dyes, and coatings	A short, clean list you can pronounce
The helpers	One nutrient standing alone	Nutrients paired with their partners, like D with K2 and magnesium
The delivery	A hard, dry tablet holding fat-soluble vitamins (A, D, E, K)	Softgels, oils, liquids, or powders that dissolve easily
The proof	Big claims, trendy buzzwords, no science behind them	Real research behind the formula and a company that stands behind it
The track record	A new brand riding the latest trend	Decades of research and customers who reorder year after year

Now count the red flags on each bottle.

Three or more? You just found the gap. That bottle is probably costing you far more than it's giving you.

Mostly green? Good. Keep it. The goal isn't to throw everything out. The goal is to stop paying for things your body can't use.

> ***Here's the question to sit with: if most of what's in your cabinet earns a red flag, what has it really been doing for you?***

CHAPTER 4

The Vitality Hack

Point the money you already spend at products that actually work

Here's the good news. You don't need a bigger budget to get high-absorption products. You just need to move the money you're already spending.

Right now your money goes to giant companies that care about shelf space and ad budgets, not what happens inside your body. Shift that same spending toward products built around absorption science and three things happen at once.

You stop paying the middleman. Less retail markup. Less shelf-space fees. Fewer stops between the maker and your door.

You simplify. Instead of a cheap multivitamin, plus a separate energy drink, plus a joint cream that never fixed the root problem, you replace them with targeted products that deliver.

Your money goes into the ingredients. More of every dollar goes toward what's inside the product, not the marketing around it.

THE OLD WAY	THE VITALITY HACK
Your dollar goes to the store, then a distributor, then an ad agency, then a factory. A sliver is left for ingredients.	Your dollar goes to the maker, then premium ingredients, then your door.
Buy once. Feel nothing. Quit. Try something new next month.	Feel the difference. Reorder. Stay for years.
You're a customer. Nothing more.	You're a customer, and if you choose, a partner who earns when others make the switch too.

DO THE MATH. Write down what you spend in a typical month. Then circle anything you stopped taking or never felt. That's your gap, in dollars.

Vitamins and minerals	$ _____
Powders, shakes, and greens	$ _____
Energy drinks and boosters	$ _____
Joint, skin, and hair products	$ _____
Monthly total, times 12 = your yearly total	**$** _____

CHAPTER 5

Great Products Create Even Better Opportunities

Why the same science that fixes your cabinet can also fix your cash flow

Think about the last time something really worked for you. A pair of shoes that ended your back pain. A pillow that finally let you sleep through the night. What did you do? **You told people.** Nobody paid you. You just couldn't help yourself. That's what people do when something is real.

Now here's the question nobody asks: **what if you got paid for the sharing you were going to do anyway?**

Why most "opportunities" fail

You've probably been pitched before. Buy a pile of inventory. Sell to your friends. Hope they buy again. Most of those businesses fall apart for the same reason from Chapter 1: the products don't work, so nobody reorders. No reorders means no ongoing income. Just a garage full of boxes and a friend who stopped texting you back.

How this one is built differently

No inventory. No commute. No parties in your living room. You use the products yourself first, so you feel it. Then, when someone asks why you have more energy or how your sleep got better, you tell them the truth and hand them this guide. They decide for themselves. If they order, the company pays you a share, for as long as they keep ordering. **So the only question that matters is: do people keep ordering?** Customers who feel a difference stay. That's the whole business.

Retail profits
Earn when people you share with buy products.

Fast-start bonuses
Extra rewards for getting going early.

Team commissions
Earn as the people you help start helping others.

Ongoing income
Earn each month your customers keep reordering.

Some people are happy just being customers. Wonderful. Some want to cover their own monthly order. Some want to replace a car payment. A few build something much bigger. Getting started can cost as little as $49. Your results depend on the work you put in, and nothing is guaranteed, but the door is the same for everyone.

So here's the honest question: **if your household is going to switch anyway, would you rather be the person who was told about it, or the person who told others?**

THE BIGGER PICTURE

What Most People Miss

When people look at the wellness world, they get distracted by internet trends, exotic ingredients, and celebrity endorsements. They miss the single best sign that a company can be trusted: **customers who stay.**

Anyone can get you to buy one bottle. Flashy ads do it every day. But if the product doesn't work, you never buy it again. Staying power can't be faked. It has to be earned, month after month, by results people can feel.

That's why you should look at the track record.

40+ years of science and innovation	**$4.5T** global wellness industry	**$49** as little as it can cost to start	**0** inventory to carry

Health and wellness is a huge, fast-growing industry. And in a crowded market, trends come and go. What lasts is real science, quality you can feel, and a company that's been doing it right for decades.

A company doesn't survive more than forty years by fooling people. It lasts because the products do what they promise. For you, that track record is the foundation under both decisions in this guide. It's why the products are worth switching to. And it's why the opportunity is worth a serious look.

One more thing. Before you join anything, read the company's official income disclosure. A smart decision is an informed one.

> ***Real science. Real products. Real people. Real results. That's what to look for, in a bottle and in a business.***

YOUR ACTION PLAN

Your First 7 Days

Small steps. Big difference. Do one a day.

DAY 1

Empty the cabinet

Pull out every bottle, tub, and packet. Put them on the counter. Seeing it all in one place is the wake-up call.

DAY 2

Run the Bottle Test

Check each one against the Chapter 3 list. Count the red flags. Set aside anything with three or more.

DAY 3

Do the math

Fill in the worksheet in Chapter 4. Know your monthly and yearly number.

DAY 4

Pick your first swap

Choose the one product you'd most like to feel working. Start with that one.

DAY 5

Ask your questions

Message the person who shared this guide. Ask what to swap first and what you'd pay.

DAY 6

Start your swap

Make the switch and use it every day, the way it's meant to be used.

DAY 7

Notice and decide

Write down how you feel. Give it 30 days. Then decide whether to stay a customer or take a look at Door Two.

> ***Every big change starts with one small choice. You already made yours by reading this far. Keep going. Your body, and your budget, will thank you.***

YOUR NEXT STEP

Two Doors. Same Key.

You have a choice to make.

You can keep spending your hard-earned money on store-brand supplements, hoping this time will be different, while knowing deep down your body isn't using them.

Or you can make the Vitality Hack.

You can join the families who pointed their everyday spending at high-absorption products that work. And if it makes sense for you, you can walk through the second door too: the one where the products you already use start paying you back.

DOOR ONE: CUSTOMER	DOOR TWO: PARTNER
Switch what you buy. Give it 30 days and notice how you feel. Stop paying for what your body can't use. For most people, that's plenty.	Do everything in Door One. Then share this guide with the people who ask why you feel better. Earn when they order. No inventory, no commute, be your own boss.
Risk: Low. You're buying products you'd buy anyway. Ask about the return policy before you order.	**Risk:** Low. No inventory to carry. Results depend on your effort, and nothing is guaranteed.

Either way, your next step is the same. Reach out to the person who shared this guide with you. They're not a salesperson. They're someone who made the switch, felt it, and decided the honest thing to do was tell people.

YOUR NEXT STEP

Message the person who sent you this guide and say:

"Tell me more."

Ask for your free 15-minute cabinet check. No pitch. You'll look at what you're buying now, find the gaps, and map out what to swap first. Want to hear about the business side? Just ask. If you don't, it won't come up.

P.S. Want to see how the business side works? Watch the training at **myuplineacademy.com**. Do it today, while it's on your mind.

ABOUT

About This Guide

The Absorbing Gap is a free educational guide. It was shared with you by an independent member of a team of wellness advocates who use and share high-absorption products, and who help others do the same.

About the company behind the products. For more than 40 years, the company has focused on science-backed, high-absorption nutrition and on making products people feel and reorder. Ask the person who shared this guide for details about the company, the products, and how it all works.

IMPORTANT DISCLOSURES

Health. The information in this guide is for education only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease. Talk to your doctor before starting any supplement, especially if you are pregnant, nursing, taking medication, or managing a health condition. Individual results vary.

Income. Any mention of earning potential describes what is possible, not what is typical. Most people who take part in a referral or direct-selling program earn little or no income, and some may lose money. Results depend on individual effort, skill, time invested, and market conditions. No income is guaranteed. Before joining any program, review the company's official income disclosure statement.

Independence. The person who shared this guide is an independent representative and is not an employee or agent of the manufacturer. Startup costs, including the "as little as $49" figure, vary by program and location and are subject to change.

Illustrations and figures. The $40 bottle and the 5% and 85% absorption comparisons are illustrative examples only. Actual absorption varies by product, formula, and person. Company and industry figures, such as 40+ years and the $4.5 trillion wellness market, come from publicly available information and may change.