

PUBLIC REPORT BY PROMTPRESS

Channel audit

FUNGILINE • MICRODOSING



@fungiline_microdosing

🍄 CATALOG: <https://myfungi.ru> Mikhail Vishnevsky's Mushroom Pharmacy We create innovative products based on scientific research and fungotherapy traditions Reviews <https://t.me/+Y3m0UN1iRtExNTBi> CHAT...

SUBS

33 367

-229 per month

ERR (% WHO SEE
POSTS)

7.0%

daily 1.9%

REACH/POST

1.9K

ad reach 649/24h

— CONTENTS · 2026

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it's calculated for.

 SUBS 33 367 —	 SUB REACH 5.63% avg % subs see post	 VIEWS/POST 1.9K median 1.8K · 15 days	 POSTS/WEEK 1.9 over period
 TREND 7D — no data for period	 REACTIONS/POST 13.0 total 52 reactions, 24 reposts, 6 comments	 POST LENGTH 666 chars median 642 · 15 days	 POSTS ANALYZED 4 15 days
 AD REACH 649 24h avg	 CHURN / MONTH -229 last month	 CITATIONS 581 citation index · 947 channels mentioned all time	 CHANNEL AGE 4 years 2 months created 30.04.2022

AI EDITOR SUMMARY

Channel «FUNGILINE · MICRODOSING» — 33 367 subs. Avg views per post: 1.9K people (6% of subs), reach is low — consider expanding audience. Publishes 2 posts/week (~0/day) — infrequent.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 4 posts in 15 days.
- 02 Dominant format — Photo (4/4 posts).
- 03 Avg post length — 666 chars (median 642).
- 04 Peak audience activity — Monday, 13:00 MSK.
- 05 Top posts get 1x more views than weakest (2.1K avg top vs 1.7K worst) — among 4 posts in 15 days. Analyze what top posts share: topic, format, time.

TOP 4 POSTS

Nº1 15.06 · 10:33 PHOTO Great news for our clients in Moscow, St. Petersburg, and Krasnodar! From June 10 to 23, FUNGILINE sales offices have a promo '3...	VIEWS 2 524 REPOSTS 5	REACTIONS 16 ER 7.6%
Nº2 25.06 · 08:06 PHOTO Yesterday the 1+1=3 promo on fizzy tabs started. We decided to remind you about the properties of each Sparkling product to make it easier for you to decide...	VIEWS 1 879 REPOSTS 9	REACTIONS 15 ER 5.6%
Nº3 24.06 · 10:49 PHOTO There are still two months of summer ahead. We want to live them to the fullest and stock up on impressions for the year ahead. And for that, you need a clear mind, energy, and...	VIEWS 1 784 REPOSTS 7	REACTIONS 13 ER 5.3%

Nº4 30.06 · 12:55 PHOTO What's the difference between Sparkling Red microdosing tablets and Red Micro capsules? As part of the 1+1=3 promo on fizzy tabs, we remind you about...	VIEWS	REACTIONS
	1 331	8
	REPOSTS	ER
	3	4.0%

|

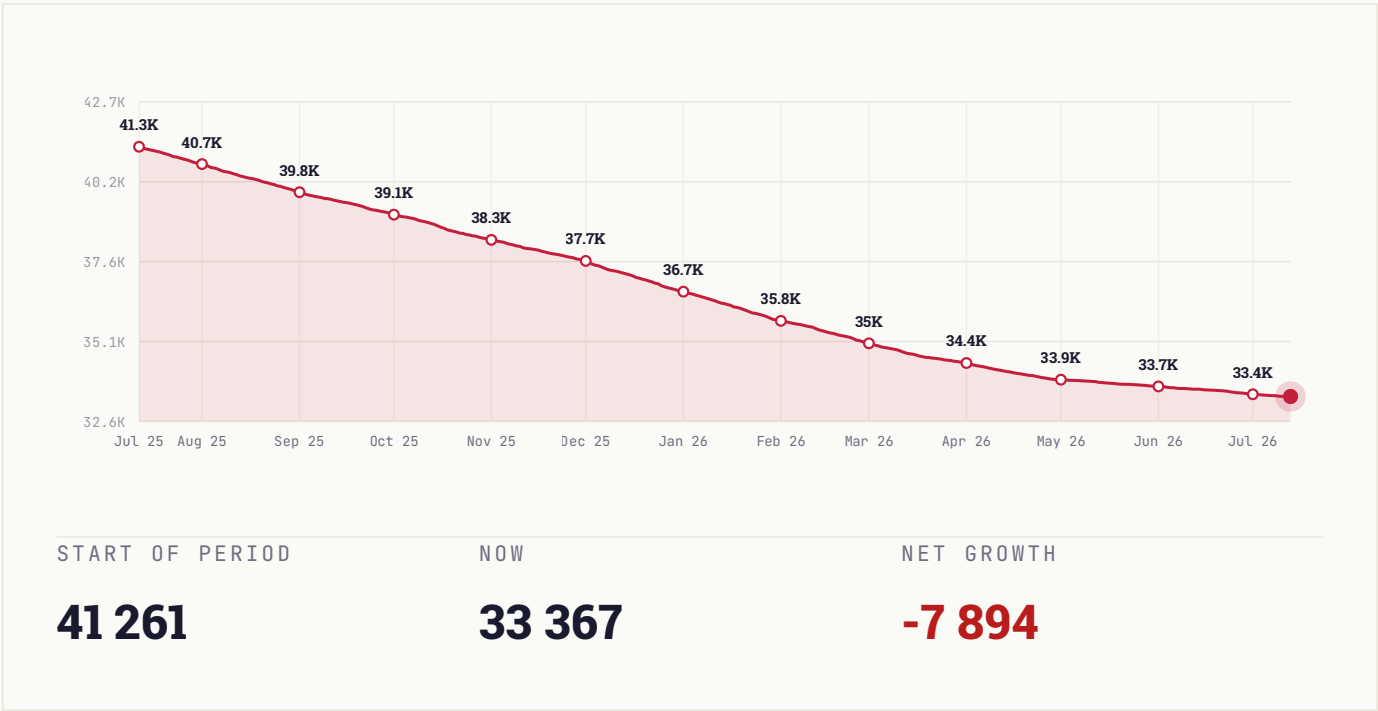
WORST 3

↓ 25.06 · 08:06 PHOTO Yesterday the 1+1=3 promo on fizzy tabs started. We decided to remind you about the properties of each Sparkling product to make it easier for you to decide...	VIEWS	REACTIONS
	1 879	15
	REPOSTS	ER
	9	5.6%
↓ 24.06 · 10:49 PHOTO There are still two months of summer ahead. We want to live them to the fullest and stock up on impressions for the year ahead. And for that, you need a clear mind, energy, and...	VIEWS	REACTIONS
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	1 331	8
	REPOSTS	ER
	3	4.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and which it lost subs.

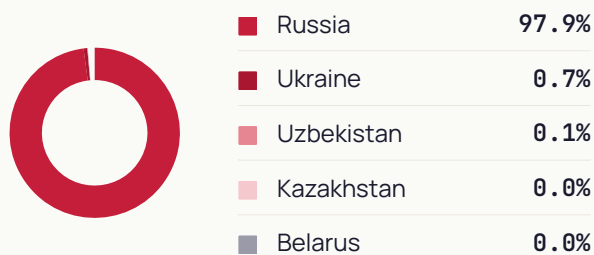


— SECTION 04 · MENTIONS

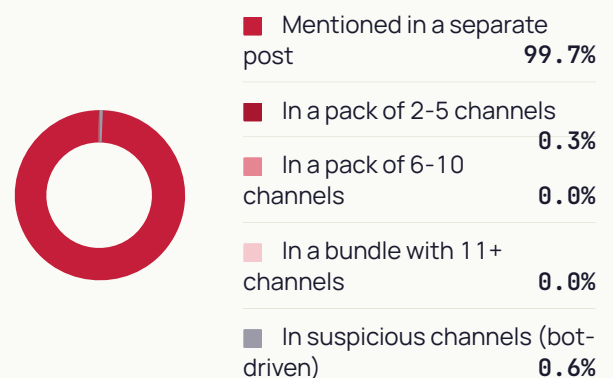
Who and how mentions the channel

Citation index **581** — channel popularity score based on mentions. Considers both count and weight: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **947** different channels.

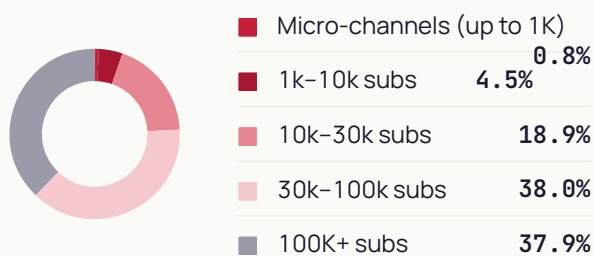
COUNTRIES MENTIONING



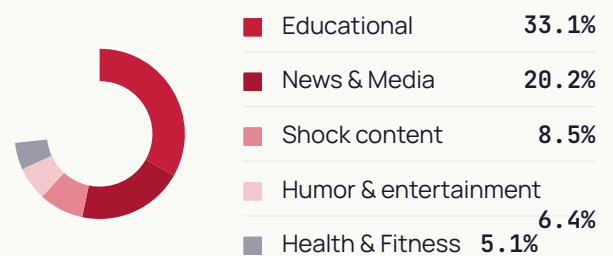
MENTION FORMAT



WHAT SIZE CHANNELS MENTION



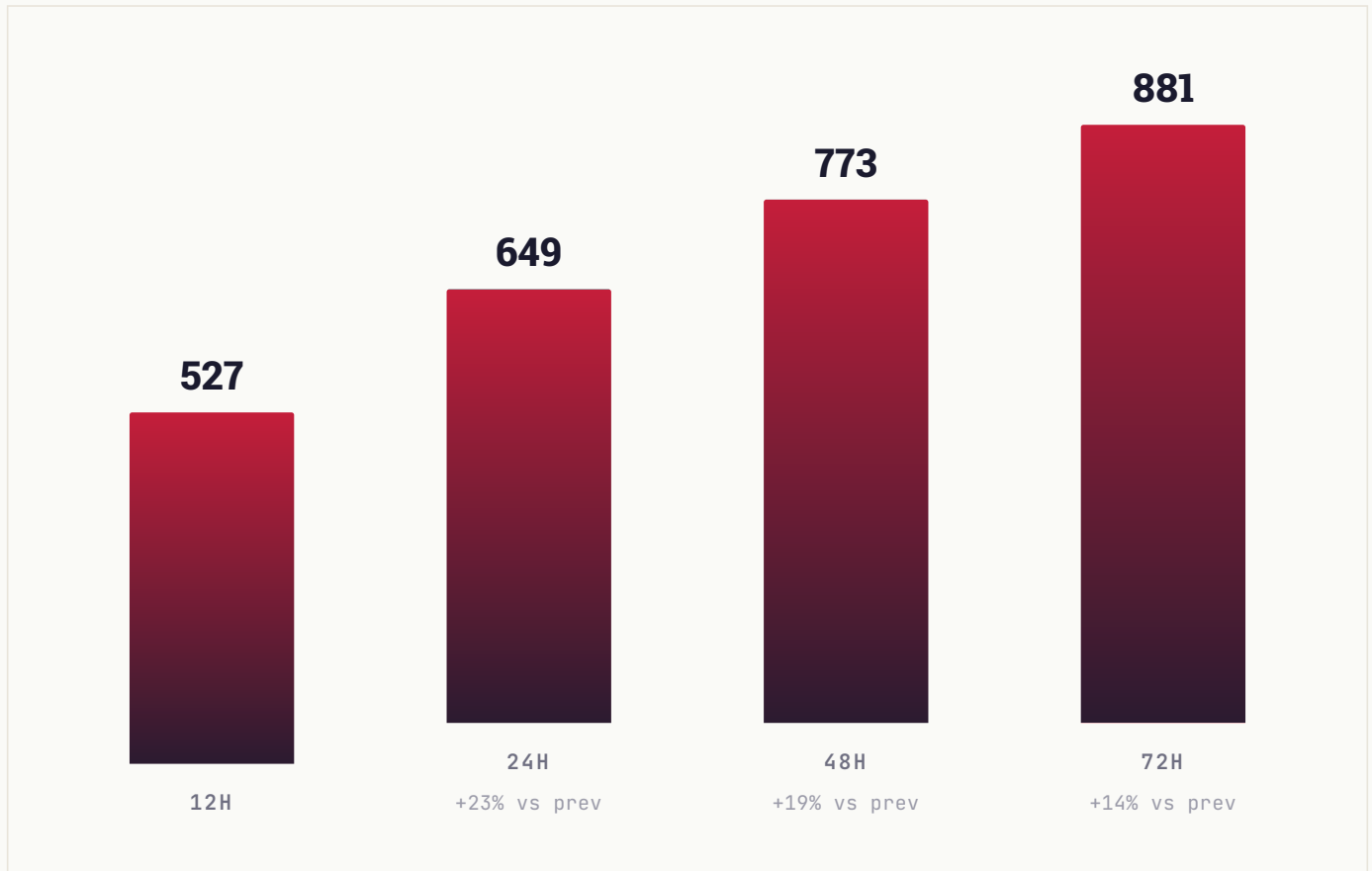
MENTIONED IN TOPICS



— SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post over time since publication. Helps estimate how long a placement stays effective.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
CI Test purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Faceplastic author	476.4K
BZ Stay healthy	447.3K
F• FUNGILINE • MICRODOSING YOU	33.4K

COMPARATIVE INSIGHT

Channel not yet outside top-97 of niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal: enter top-97 via systematic traffic and content work.

SECTION 07 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel. Gray band = 80% of niche channels (p10-p90). Black vertical = median. Red dot = your channel.



— SECTION 08 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit next month.

01**Post more often**

Now 1.9 posts/week. Active channels average 7-10.
Consistency is key to audience retention.

EFFECT

**Consistency
beats volume****02****Main post of the week — on Monday**

On this day at 1:00 PM MSK, audience is most active.

EFFECT

**Best window
for an
important post****03****Increase video posts share**

Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend bringing the share to 15-25%.

EFFECT

**Video retains
audience
better****04****ER below niche benchmark — rethink formats**

Current ER 5.63% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+1.4pp ER**05****Systematic traffic buying**

3 formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs**

★ NEXT STEPS

Want us to do it PromptPress?

This audit — what we can do in minutes using public data. Want to go further — run ads with us and hit your growth plan in a month.

01	Launch ads in Telegram	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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