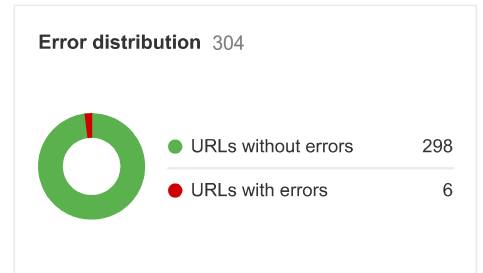
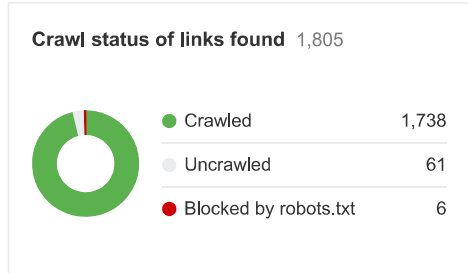
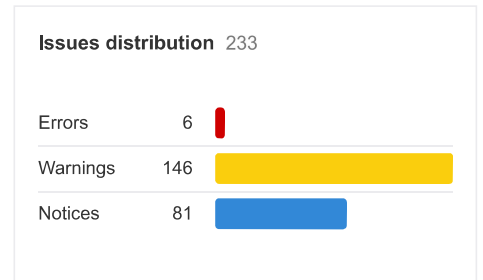
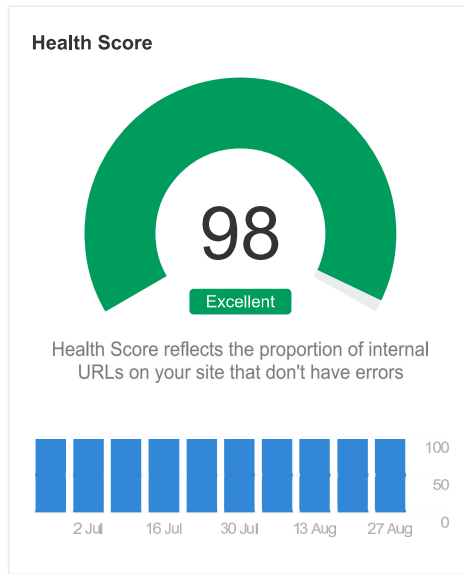
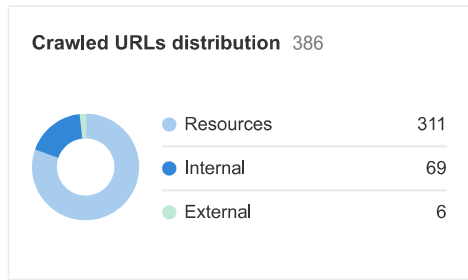


Overview [How to use](#)

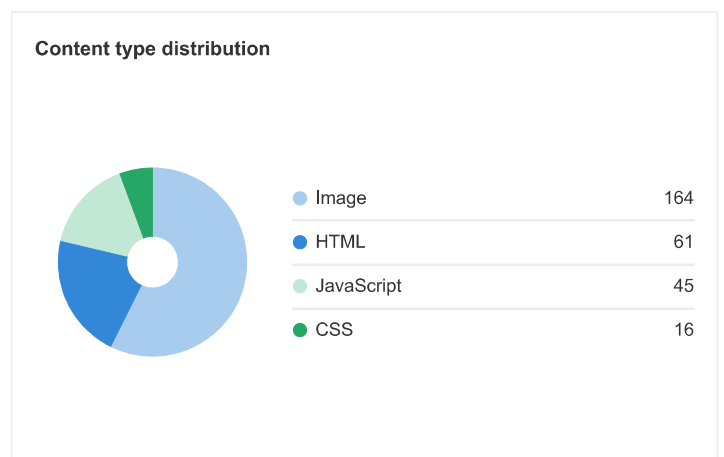
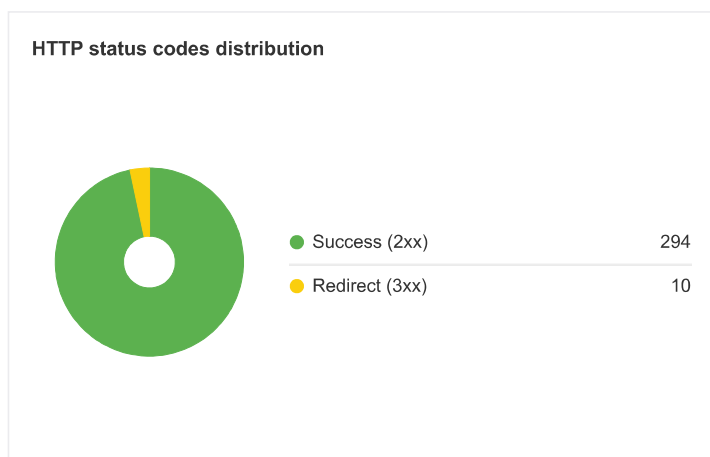


Top Issues [?](#)

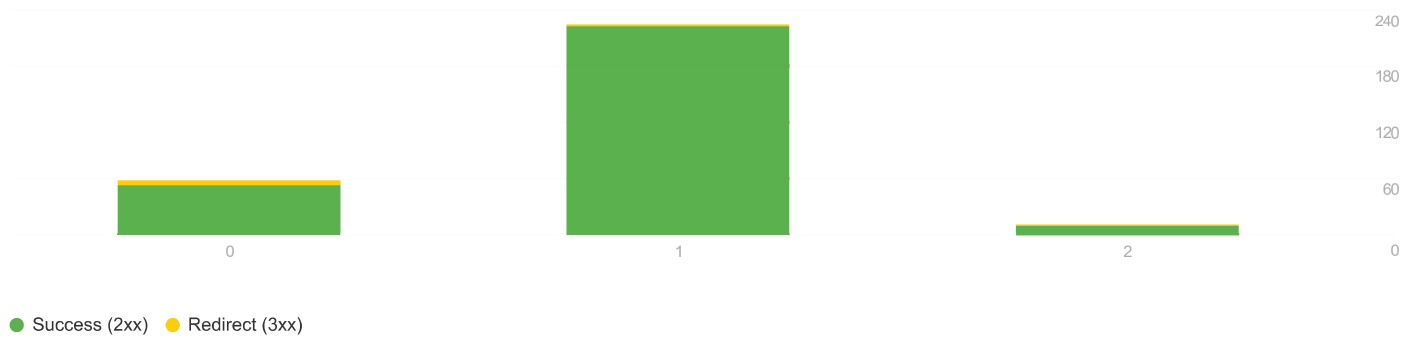
[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing
Orphan page (has no incoming internal links)	2	0	0	0	0	?
3XX redirect in sitemap	2	0	0	0	0	?
Noindex page in sitemap	2	0	0	0	0	?
Image file size too large	1	0	0	0	0	?
Missing alt text	61	0	0	0	0	?
Open Graph tags incomplete	26	0	0	0	0	?
Meta description too long	11	0	0	0	0	?
Meta description too short	9	0	0	0	0	?
3XX redirect	8	0	0	0	0	?
Meta description tag missing or empty	6	0	0	0	0	?

[View all issues](#)



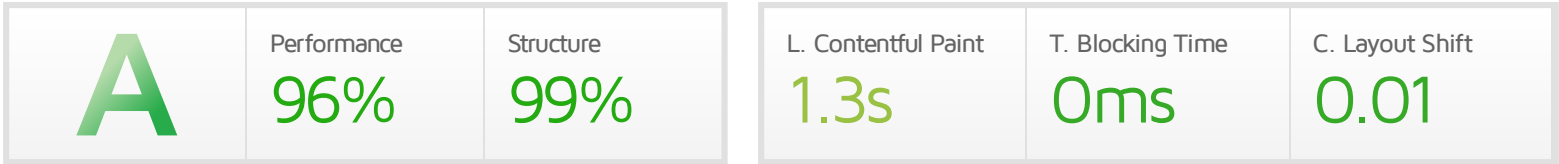
HTTP status codes by depth level





Performance Report for: <https://zingtruehealthclinic.com/male-health-bundle/>

Report generated: Fri, Sep 1, 2023 2:22 AM -0700
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4



Top Issues

IMPACT	AUDIT	
Low	Use a Content Delivery Network (CDN)	6 resources found
Low	Avoid an excessive DOM size <small>TBT</small>	524 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.12MB
Low	Properly size images	Potential savings of 116KB
Low	Avoid long main-thread tasks <small>TBT</small>	1 long task found

Page Details



Total Page Size - 1.12MB



Total Page Requests - 17



Legend: HTML, JS, CSS, IMG, Video, Font, Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

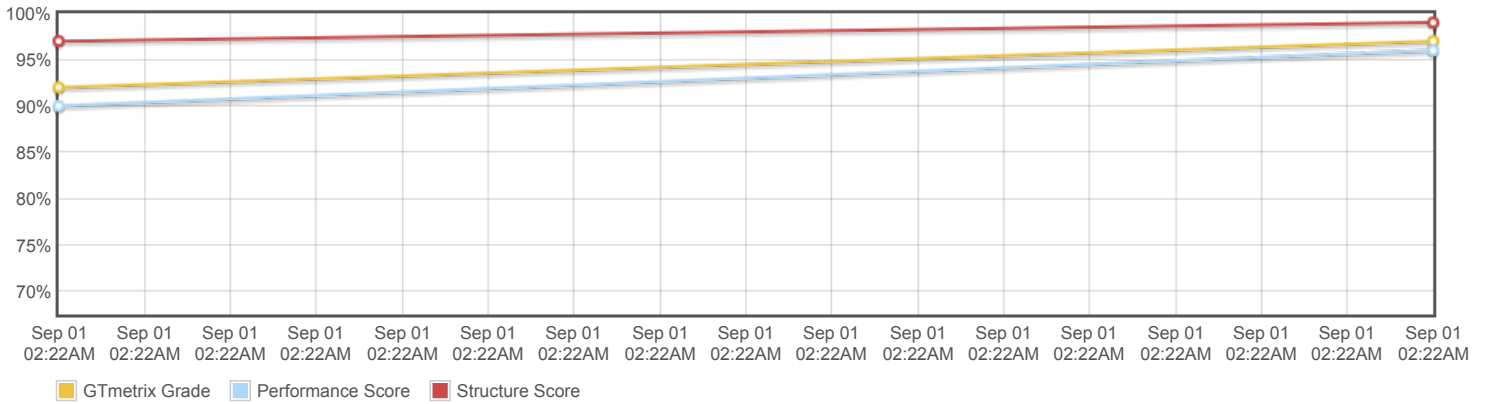
About GTmetrix



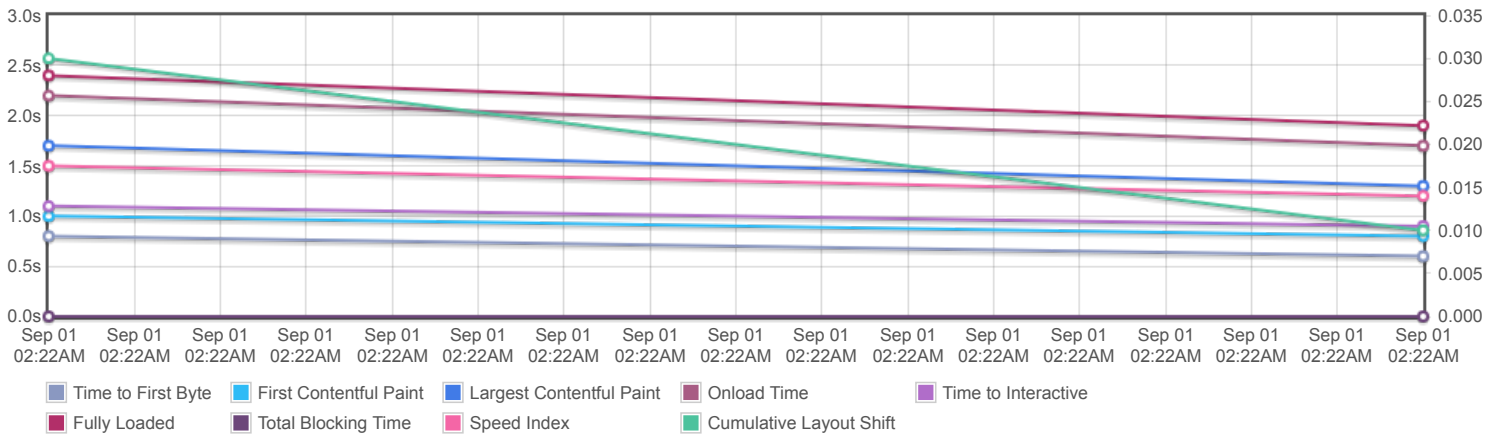
GTmetrix is developed by the good folks at Carbon60, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

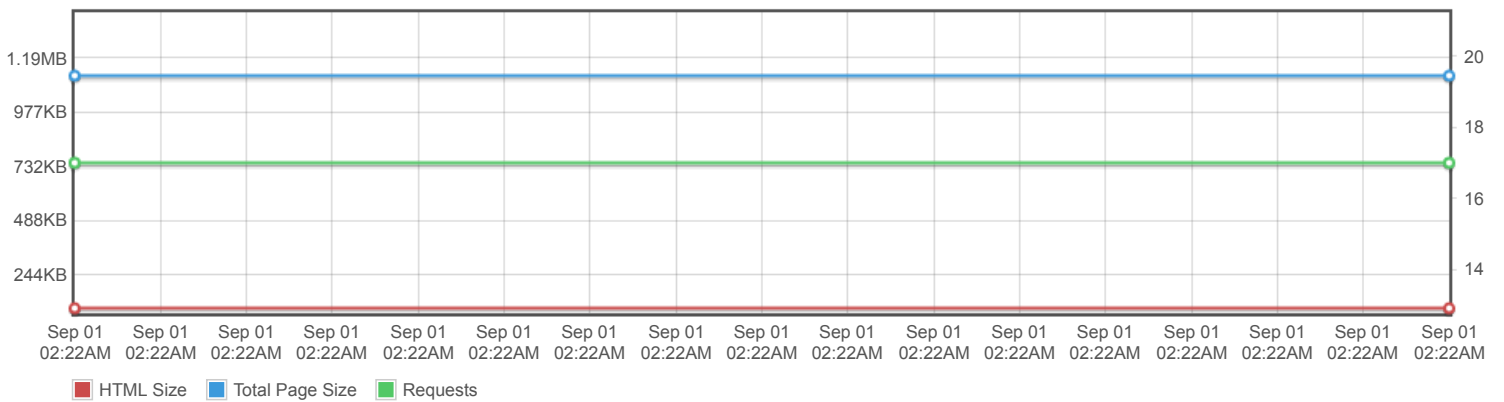
Page scores



Page metrics

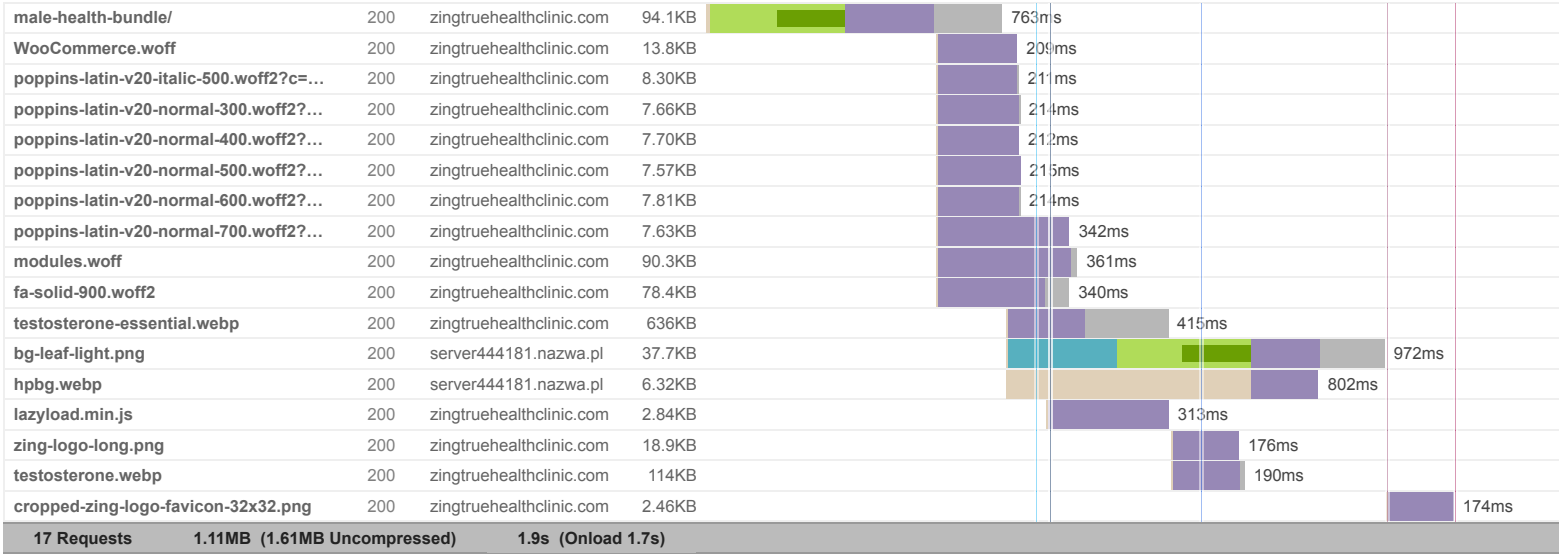


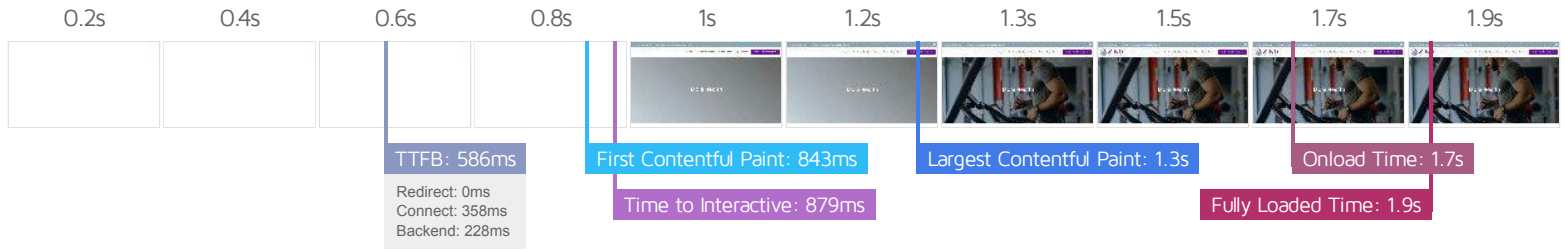
Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Male Health Bundle - ZING True Health Clinic





Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>842ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>878ms</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>1.1s</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>0ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>OK, but consider improvement</p> <p>1.3s</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0.01</p>

Browser Timings

Redirect	0ms	Connect	358ms	Backend	228ms
TTFB	586ms	First Paint	843ms	DOM Int.	878ms
DOM Loaded	879ms	Onload	1.7s	Fully Loaded	1.9s

IMPACT	AUDIT	
Low	Use a Content Delivery Network (CDN)	6 resources found
Low	Avoid an excessive DOM size <small>TBT</small>	524 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.12MB
Low	Properly size images	Potential savings of 116KB
Low	Avoid long main-thread tasks <small>TBT</small>	1 long task found
Low	Reduce JavaScript execution time <small>TBT</small>	21ms spent executing JavaScript
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 50.8KB
Low	Serve images in next-gen formats	Potential savings of 28.5KB
Low	Reduce initial server response time <small>FCP LCP</small>	Root document took 228ms
Low	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 167B
Low	Avoid chaining critical requests <small>FCP LCP</small>	
N/A	Largest Contentful Paint element <small>LCP</small>	1 element found
N/A	Avoid large layout shifts <small>CLS</small>	5 elements found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 271ms
N/A	User Timing marks and measures	
N/A	Reduce the impact of third-party code <small>TBT</small>	