



Performance Report for: <https://30fivebio.com/>

Report generated: Tue, Mar 12, 2024 9:58 PM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

E	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	40%	83%	3.3s	55ms	0.79

Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 7.39MB
High	Reduce initial server response time <small>FCP LCP</small>	Root document took 2.6s
Med	Avoid large layout shifts <small>CLS</small>	3 elements found
Med	Use explicit width and height on image elements <small>CLS</small>	13 images found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 278KB

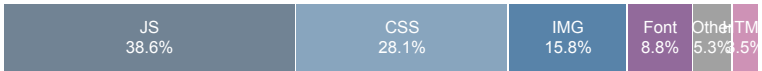
Page Details



Total Page Size - 7.13MB



Total Page Requests - 57



■ 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

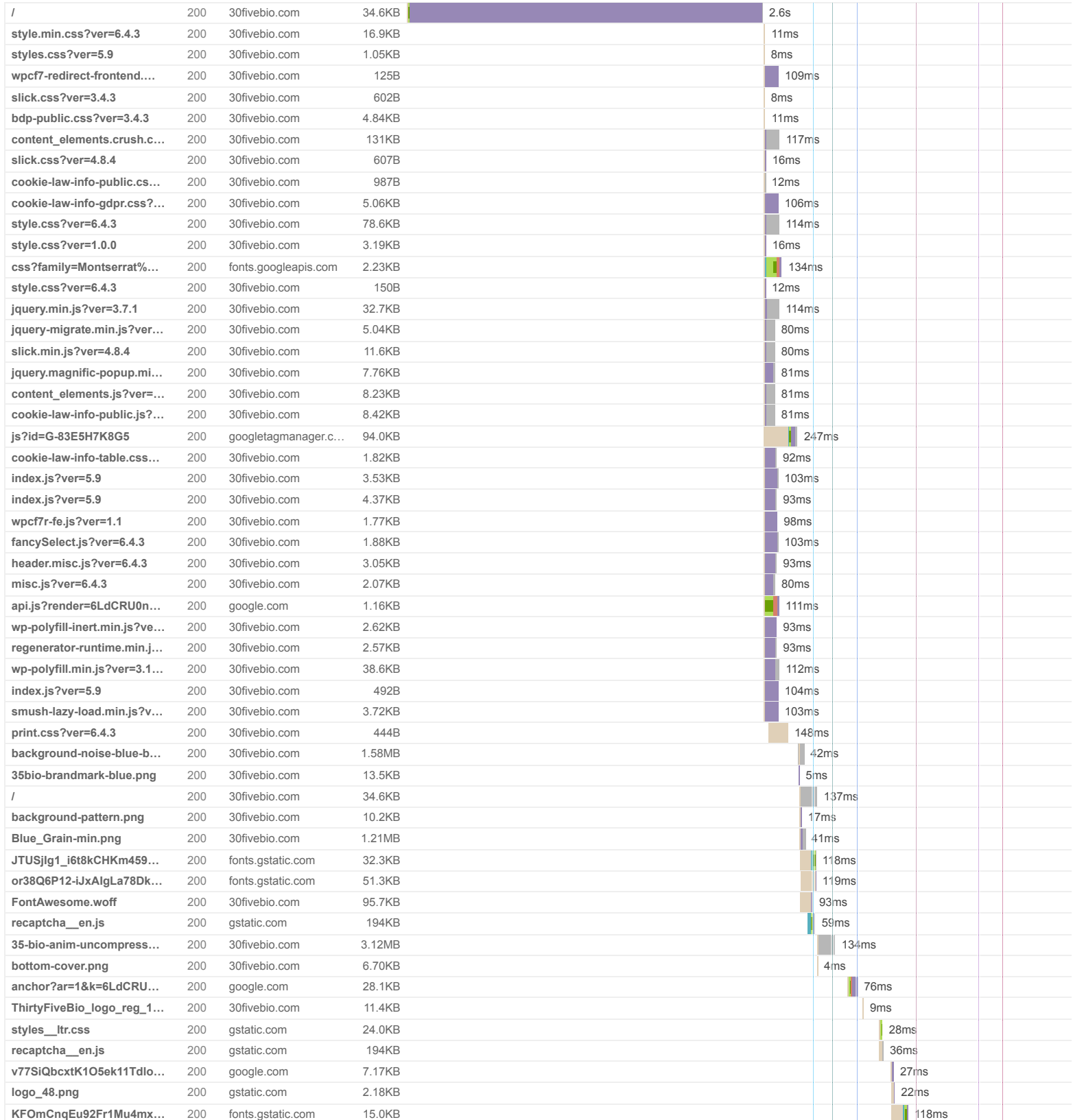


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

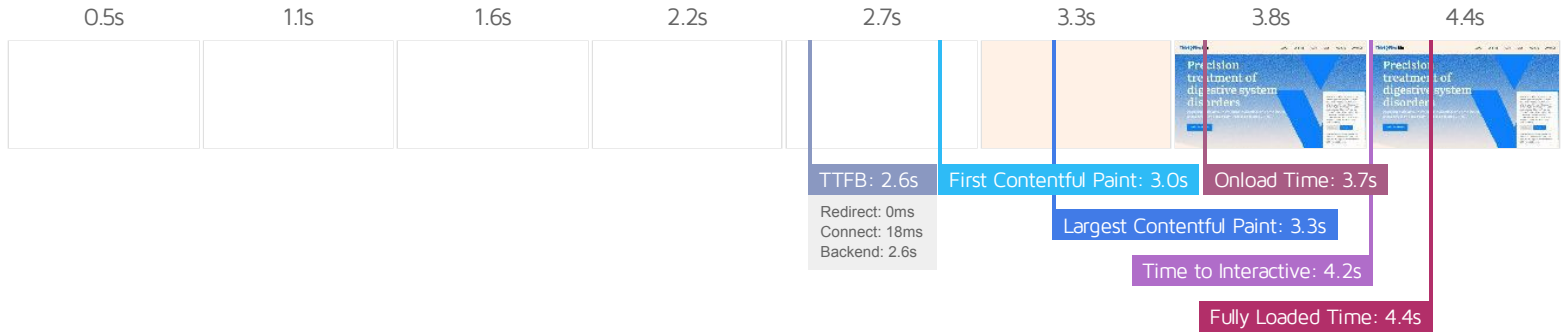
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Home - ThirtyFiveBio



KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB						118ms
webworker.js?hl=en&v=Q...	200	google.com	135B						23ms
cropped-site-icon-32x32....	200	30fivebio.com	517B						4ms
POST reload?k=6LdCRU0...	200	google.com	9.53KB						62ms

57 Requests 7.13MB (12.7MB Uncompressed) Fully Loaded 4.4s (Onload 3.7s)



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>Much longer than recommended</p> <p>3.0s</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>Longer than recommended</p> <p>4.2s</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>Much longer than recommended</p> <p>3.7s</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>55ms</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>Much longer than recommended</p> <p>3.3s</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>Much more than recommended</p> <p>0.79</p>

Browser Timings

Redirect	0ms	Connect	18ms	Backend	2.6s
TTFB	2.6s	First Paint	3.0s	DOM Int.	3.1s
DOM Loaded	3.1s	Onload	3.7s	Fully Loaded	4.4s

- [ext&ver=1.0.0](#) 2.23KB, 133ms
- <https://fonts.gstatic.com/s/literata/v35/or38Q6P12-iJxAlgLa78DkrbXsDgk0oVdaDlbJ5W.woff2> 51.4KB, 37ms
- https://fonts.gstatic.com/s/montserrat/v26/JTUSjlg1_i6t8kCHKm459Wlhyw.woff2 32.9KB, 36ms

Low **Avoid long main-thread tasks** TBT 4 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
https://30fivebio.com/	2.9s	82ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	4.0s	72ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	4.1s	70ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	3.6s	61ms

Low **Eliminate render-blocking resources** FCP LCP Potential savings of 28ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://30fivebio.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	17.2KB	303ms
https://30fivebio.com/wp-content/plugins/blog-designer-pack/assets/css/slick.css?ver=3.4.3	877B	151ms
https://30fivebio.com/wp-content/plugins/bold-page-builder/css/front_end/content_elements.crush.css?ver=4.8.4	131KB	1.1s
https://30fivebio.com/wp-content/themes/novalab/style.css?ver=6.4.3	78.7KB	454ms
https://fonts.googleapis.com/css?family=Montserrat%3A100%2C200%2C300%2C400%2C500%2C600%2C700%2C800%2C900%2C100italic%2C200italic%2C300italic%2C400italic%2C500italic%2C600italic%2C700italic%2C800italic%2C900italic%7CLiterata%3A100%2C200%2C300%2C400%2C500%2C600%2C700%2C800%2C900%2C100italic%2C200italic%2C300italic%2C400italic%2C500italic%2C600italic%2C700italic%2C800italic%2C900italic%7CMontserrat%3A100%2C200%2C300%2C400%2C500%2C600%2C700%2C800%2C900%2C100italic%2C200italic%2C300italic%2C400italic%2C500italic%2C600italic%2C700italic%2C800italic%2C900italic%7CMontserrat%3A100%2C200%2C300%2C400%2C500%2C600%2C700%2C800%2C900%2C100italic%2C200italic%2C300italic%2C400italic%2C500italic%2C600italic%2C700italic%2C800italic%2C900italic%7CMontserrat%3A600&subset=latin%2Clatin-ext&ver=1.0.0	2.23KB	861ms
https://30fivebio.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	32.9KB	151ms
https://30fivebio.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	5.32KB	151ms
https://30fivebio.com/wp-content/plugins/cookie-law-info/legacy/public/js/cookie-law-info-public.js?ver=3.2.0	8.61KB	151ms

Low **Ensure text remains visible during webfont load** FCP LCP 3 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
https://fonts.gstatic.com/s/montserrat/v26/JTUSjlg1_i6t8kCHKm459Wlhyw.woff2	36ms
https://fonts.gstatic.com/s/literata/v35/or38Q6P12-iJxAlgLa78DkrbXsDgk0oVdaDlbJ5W.woff2	37ms
https://30fivebio.com/wp-content/themes/novalab/fonts/FontAwesome/FontAwesome.woff	13ms

Low **Avoid an excessive DOM size** TBT 484 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		484
Maximum DOM Depth	GPR35 specialists 	24
Maximum Child Elements	Follow Us Sitemap About Science Team News Posters Contact Head Office Milton P... <div class="bt-site-footer">	23

Low Use video formats for animated content LCP Potential savings of 3.35MB

Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<ul style="list-style-type: none"> https://30fivebio.com/wp-content/uploads/2023/10/35-bio-anim-uncompressed.gif 	3.68MB	3.35MB

Low Properly size images Potential savings of 2.58MB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://30fivebio.com/wp-content/uploads/2023/10/35-bio-anim-uncompressed.gif	3.12MB	2.56MB
https://30fivebio.com/wp-content/themes/nowalab-child/assets/img/ThirtyFiveBio_logo_reg_100.png	11.4KB	10.2KB
https://30fivebio.com/wp-content/themes/nowalab-child/assets/img/bottom-cover.png	6.97KB	4.88KB

Low Reduce JavaScript execution time TBT 456ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
<ul style="list-style-type: none"> https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js 	400ms	354ms	6ms
<ul style="list-style-type: none"> https://30fivebio.com/ 	284ms	26ms	3ms
<ul style="list-style-type: none"> Unattributable 	251ms	0ms	0ms
<ul style="list-style-type: none"> https://30fivebio.com/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=3.15.5 	159ms	34ms	0ms
<ul style="list-style-type: none"> https://30fivebio.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 	50ms	28ms	1ms

Low Reduce unused CSS FCP LCP Potential savings of 267KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://30fivebio.com/wp-content/plugins/bold-page-builder/css/front_end/content_elements.crush.css?ver=4.8.4	131KB	130KB
https://30fivebio.com/wp-content/themes/nowalab/style.css?ver=6.4.3	78.7KB	75.6KB
select, input{font-family: "Montserrat",Arial,Helvetica,sans-serif;} ...	47.8KB	44.3KB
https://30fivebio.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	17.2KB	17.2KB

Low

Defer offscreen images

Potential savings of 1.01MB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://30fivebio.com/wp-content/uploads/2023/07/Blue_Grain-min.png	1.21MB	1.01MB

Low

Minify CSS FCP LCP

Potential savings of 30.7KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://30fivebio.com/wp-content/plugins/bold-page-builder/css/front_end/content_elements.crush.css?ver=4.8.4	131KB	19.2KB
https://30fivebio.com/wp-content/themes/novalab/style.css?ver=6.4.3	78.7KB	11.5KB

Low

Avoid non-composited animations CLS

4 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME
ABOUT SCIENCE TEAM NEWS POSTERS CONTACT <code><ul id="menu-main-menu" class="menu"></code>	
Unsupported CSS Property: visibility	visibility
Read More <code></code>	
Unsupported CSS Property: color	color
Reject All <code></code>	
Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color
Accept All <code></code>	
Unsupported CSS Property: background-color	background-color

Low

Minify JavaScript FCP LCP

Potential savings of 2.22KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://30fivebio.com/wp-content/plugins/bold-page-builder/content_elements_misc/js/content_elements.js?ver=4.8.4	8.43KB	2.22KB

Low

Reduce unused JavaScript LCP

Potential savings of 142KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB	99KB
https://www.googletagmanager.com/gtag/js?id=G-83E5H7K8G5	94.4KB	42.9KB

N/A **Largest Contentful Paint element** LCP

3,290 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Precision treatment of digestive system disorders Applying specialist knowledge...

```
<section data-parallax="0.6" data-parallax-offset="0" class="bt_bb_section bt_bb_color_scheme_1 bt_bb_layout_boxed_1200 bt_bb_full_scre..." style="background-image: url(&quot;https://30fivebio.com/wp-content/uploads/2023/07/ba...&quot;);">
```

PHASE	% OF LCP	TIMING
TTFB	79%	2.6s
Load Delay	8%	269ms
Load Time	1%	41ms
Render Delay	11%	375ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT

Potential savings of 58B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://30fivebio.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	58B <code>@babel/plugin-transform-classes</code>

N/A **Minimize main-thread work** TBT

Main-thread busy for 1.3s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Script Evaluation	522ms
Other	521ms
Style & Layout	159ms
Parse HTML & CSS	60ms
Rendering	24ms
Script Parsing & Compilation	20ms
Garbage Collection	16ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 33ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE CDN	417KB	33ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	390KB	33ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles_ltr.css	24.6KB	0ms
GOOGLE FONTS	117KB	0ms
• https://fonts.gstatic.com/s/literata/v35/or38Q6P12-iJxAlgLa78DkrbXsDgk0oVDaDibJ5W.woff2	51.4KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUSjlg1_i6t8kCHKm459Wlhyw.woff2	32.9KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOICnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
GOOGLE TAG MANAGER	94.4KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-83E5H7K8G5	94.4KB	0ms
OTHER GOOGLE APIS/SDKS	46.5KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LdCRU0nAAAAADdKjTg2G5k6UTpgDD4ld4c5DhiV&co=aHR0cHM6Ly8zMGZpdmViaW8uY29tOjQ0Mw..&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=ec8cdi56nszm	28.1KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LdCRU0nAAAAADdKjTg2G5k6UTpgDD4ld4c5DhiV	9.53KB	0ms
• https://www.google.com/js/bg/v77SiQbcxtK1O5ek11TdloiB5zZ00UAxE3PsP-319e4.js	7.57KB	0ms

N/A **User Timing marks and measures**

No user timings and/or marks found.