



Performance Report for: <https://charmmtx.com/>

Report generated: Tue, Mar 12, 2024 4:16 AM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	63%	83%	3.0s	245ms	0

Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 10.9MB
High	Reduce initial server response time <small>FCP LCP</small>	Root document took 932ms
Med	Serve static assets with an efficient cache policy	Potential savings of 10.7MB
Med	Use a Content Delivery Network (CDN)	57 resources found
Low	Avoid an excessive DOM size <small>TBT</small>	858 elements

Page Details



Total Page Size - 10.8MB



Total Page Requests - 72



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 28 years experience in web technology.

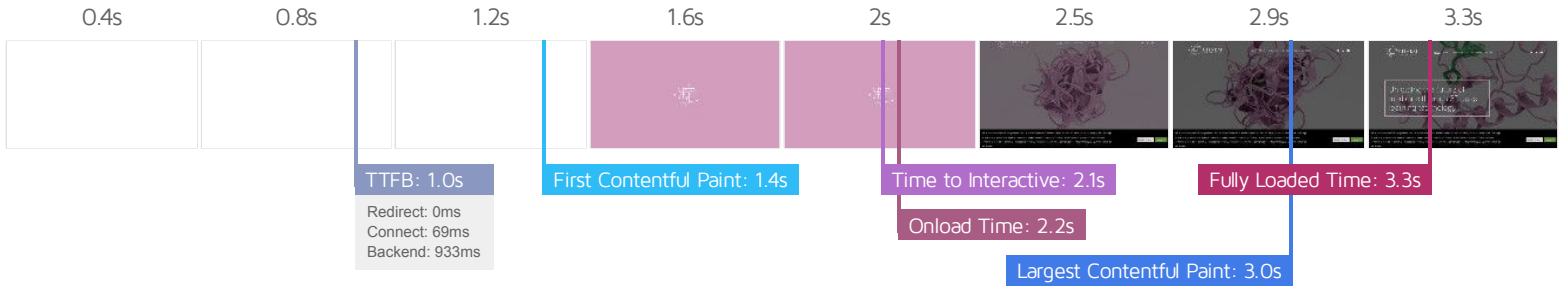
<https://carbon60.com/>

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 - CHARM Therapeutics



touchswipe.min.js?ver=1.0	200	charmtx.com	3.08KB	210ms			
select2.min.js?ver=4.0.1	200	charmtx.com	16.9KB	245ms			
smush-lazy-load.min.js?v...	200	charmtx.com	3.47KB	230ms			
js_composer_front.min.js...	200	charmtx.com	5.78KB	243ms			
CHARM_Logo_WHITE200...	200	charmtx.com	5.24KB	41ms			
LDI1apSCOBt_aeQQ7ftyd...	200	fonts.gstatic.com	10.4KB	190ms			
icomoon.woff?v=1.6	200	charmtx.com	11.6KB	276ms			
LDIqapSCOBt_aeQQ7ftyd...	200	fonts.gstatic.com	10.2KB	187ms			
LDIqapSCOBt_aeQQ7ftyd...	200	fonts.gstatic.com	10.5KB	184ms			
LDIqapSCOBt_aeQQ7ftyd...	200	fonts.gstatic.com	10.4KB	190ms			
memSYaGs126MiZpBA-U...	200	fonts.gstatic.com	18.3KB	187ms			
JTUHjlg1_i6t8kCHKm453...	200	fonts.gstatic.com	14.9KB	187ms			
memvYaGs126MiZpBA-U...	200	fonts.gstatic.com	47.1KB	147ms			
FINAL_CharmTx_texture....	206	charmtx.com	4.75MB	374ms			
CHARM-NODES-BW01-O...	(incomplete)	charmtx.com	5.00MB				>1.9s
fontawesome-webfont.wo...	200	charmtx.com	95.7KB	114ms			
MG_8781-1536x1024.jpg	200	charmtx.com	136KB			36ms	
cropped-CHARM_FAVICO...	200	charmtx.com	1.17KB			28ms	
logo-cookieeyes.svg	200	charmtx.com	1.02KB				31ms
72 Requests		10.8MB (12.7MB Uncompressed)		3.3s (Onload 2.2s)			



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>Longer than recommended</p> <p>1.4s</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>2.1s</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>3.0s</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>Longer than recommended</p> <p>245ms</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>3.0s</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</p>

Browser Timings

Redirect	0ms	Connect	69ms	Backend	933ms
TTFB	1.0s	First Paint	1.4s	DOM Int.	1.8s
DOM Loaded	1.8s	Onload	2.2s	Fully Loaded	3.3s

IMPACT AUDIT

Low

Avoid long main-thread tasks TBT

2 long tasks found

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

URL	START TIME	DURATION
https://charmtx.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	1.8s	295ms
https://charmtx.com/	1.2s	99ms

Low

Ensure text remains visible during webfont load FCP LCP

7 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/bajiamjuree/v11/LDI1apSCOBt_aeQQ7ftydoa8XsLL.woff2	54ms
https://fonts.gstatic.com/s/bajiamjuree/v11/LDIqapSCOBt_aeQQ7ftydoa0kePelJo0.woff2	51ms
https://fonts.gstatic.com/s/bajiamjuree/v11/LDIqapSCOBt_aeQQ7ftydoa09eDelJo0.woff2	49ms
https://fonts.gstatic.com/s/bajiamjuree/v11/LDIqapSCOBt_aeQQ7ftydoa05efelJo0.woff2	55ms
https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsiH0B4gaVI.woff2	52ms
https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w5aXo.woff2	52ms
https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	32ms

Low

Avoid chaining critical requests FCP LCP

54 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: 1.5s

INITIAL NAVIGATION



<https://charmtx.com/wp-content/themes/salient/css/build/header/header-layout-centered-menu.css?ver=16.1.3> 396B, 31ms

<https://charmtx.com/wp-content/themes/salient/css/build/elements/element-milestone.css?ver=16.1.3> 577B, 39ms

<https://charmtx.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1> 29.1KB, 90ms

https://charmtx.com/wp-content/plugins/irongforce/public/js/wp_ajax.js?ver=6.4.3 1.00KB, 66ms

https://charmtx.com/wp-content/plugins/js_composer_salient/assets/js/dist/js_composer_front_min.js?ver=7.1 5.82KB, 70ms

https://charmtx.com/wp-content/plugins/js_composer_salient/assets/lib/bower/animate-css/animate.min.css?ver=7.1 2.23KB, 29ms

<https://charmtx.com/wp-content/plugins/salient-core/js/third-party/touchswipe.min.js?ver=1.0> 3.13KB, 38ms

<https://charmtx.com/wp-content/themes/salient/css/salient-dynamic-styles.css?ver=88495> 23.3KB, 92ms

<https://charmtx.com/wp-content/themes/salient/js/build/third-party/waypoints.js?ver=4.0.2> 2.50KB, 45ms

<https://charmtx.com/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.20> 11.7KB, 40ms

<https://charmtx.com/wp-content/uploads/salient/menu-dynamic.css?ver=24113> 821B, 81ms

<https://charmtx.com/wp-content/themes/salient/css/build/elements/element-clients.css?ver=16.1.3> 983B, 39ms

<https://charmtx.com/wp-content/themes/salient/js/build/third-party/superfish.js?ver=1.5.8> 1.96KB, 42ms

<https://charmtx.com/wp-content/plugins/salient-portfolio/js/third-party/imagesLoaded.min.js?ver=4.1.4> 1.73KB, 45ms

<https://charmtx.com/wp-content/themes/salient/css/build/off-canvas/slide-out-right-material.css?ver=16.1.3> 1.10KB, 35ms

<https://charmtx.com/wp-content/themes/salient/js/build/third-party/transit.min.js?ver=0.9.9> 2.55KB, 44ms

<https://charmtx.com/wp-content/themes/salient/js/build/priority.js?ver=16.1.3> 730B, 38ms

<https://charmtx.com/wp-content/themes/salient/css/build/elements/element-wpb-column-border.css?ver=16.1.3> 1.18KB, 62ms

<https://charmtx.com/wp-content/themes/salient/css/build/plugins/select2.css?ver=4.0.1> 1.77KB, 65ms

<https://charmtx.com/wp-content/themes/salient/js/build/init.js?ver=16.1.3> 73.4KB, 81ms

<https://charmtx.com/wp-content/themes/salient-child/style.css?ver=16.1.3> 224B, 81ms

<https://charmtx.com/wp-content/themes/salient/css/build/elements/asset-reveal-animation.css?ver=16.1.3> 753B, 39ms

<https://charmtx.com/wp-content/themes/salient/css/build/elements/element-post-grid.css?ver=16.1.3> 5.19KB, 47ms

<https://charmtx.com/wp-content/themes/salient/css/build/off-canvas/slide-out-right-hover.css?ver=16.1.3> 1.41KB, 36ms

<https://charmtx.com/wp-content/themes/salient/css/build/style-non-critical.css?ver=16.1.3> 4.64KB, 32ms

<https://charmtx.com/wp-content/plugins/exactmetrics-premium/assets/js/frontend-gtag.min.js?ver=7.24.4> 3.01KB, 79ms

<https://charmtx.com/wp-content/themes/salient/js/build/third-party/jquery.easing.min.js?ver=1.3> 811B, 42ms

<https://charmtx.com/wp-content/themes/salient/js/build/third-party/hoverintent.min.js?ver=1.9> 925B, 42ms

<https://charmtx.com/wp-content/themes/salient/css/build/plugins/magnific.css?ver=8.6.0> 1.87KB, 29ms

<https://charmtx.com/wp-content/themes/salient/js/build/third-party/magnific.js?ver=7.0.1> 7.06KB, 56ms

<https://charmtx.com/wp-content/themes/salient/js/build/third-party/jquery.mousewheel.min.js?ver=3.1.13> 1.10KB, 37ms

<https://charmtx.com/wp-content/themes/salient/css/build/elements/element-video-lightbox.css?ver=16.1.3> 1.87KB, 41ms

<https://charmtx.com/wp-content/themes/salient/css/font-awesome.min.css?ver=4.7.1> 7.09KB, 34ms

<https://charmtx.com/wp-content/themes/salient/css/fonts/fontawesome-webfont.woff?v=4.2> 95.8KB, 32ms

<https://charmtx.com/wp-content/themes/salient/css/build/style.css?ver=16.1.3> 28.0KB, 88ms

<https://charmtx.com/wp-content/themes/salient/css/fonts/icomoon.woff?v=1.6> 11.6KB, 140ms

<https://fonts.googleapis.com/css?family=Open+Sans%3A300%2C400%2C600%2C700&subset=latin%2Clatin-ext> 2.13KB, 78ms

<https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBBObj2OVTS-muw.woff2> 47.6KB, 32ms

<https://fonts.googleapis.com/css?family=Bai+Jamjuree%3A400%2C200%2C300%2C700%7COpen+Sans%3A300%7CMontserrat%3A700%7CVarela+Round%3A400%7CPlayfair+Display%3A400&subset=latin> 2.10KB, 78ms

<https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBBObj2OVZyOOSr4dVJWUgsiH0B4gaVI.woff2> 18.4KB, 52ms

https://fonts.gstatic.com/s/bajjamjuree/v11/LDIqapSCOBt_aeQQ7ftydoa0kePelJo0.woff2 10.3KB, 51ms

https://fonts.gstatic.com/s/bajjamjuree/v11/LDI1apSCOBt_aeQQ7ftydoa8XsLL.woff2 10.5KB, 54ms

https://fonts.gstatic.com/s/bajjamjuree/v11/LDIqapSCOBt_aeQQ7ftydoa05efelJo0.woff2 10.5KB, 55ms

https://fonts.gstatic.com/s/bajjamjuree/v11/LDIqapSCOBt_aeQQ7ftydoa09eDelJo0.woff2 10.6KB, 49ms

Low Properly size images Potential savings of 222KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://charmtx.com/wp-content/uploads/2022/05/MG_8781-1536x1024.jpg	136KB	107KB
https://charmtx.com/wp-content/uploads/2022/05/CHARM_Logo_Colour.png	64.3KB	63.3KB
https://charmtx.com/wp-content/uploads/2022/05/CHARM_Logo_Reverse.png	52.4KB	51.5KB

Low Reduce JavaScript execution time TBT 338ms 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
https://charmtx.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	403ms	181ms	1ms
Unattributable	383ms	16ms	0ms
https://charmtx.com/	292ms	25ms	5ms
https://charmtx.com/wp-content/themes/salient/js/build/init.js?ver=16.1.3	196ms	66ms	6ms
https://charmtx.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.20	102ms	16ms	4ms
https://charmtx.com/wp-content/plugins/wp-smush-pro/app/assets/js/smush-lazy-load.min.js?ver=3.15.5	62ms	12ms	0ms

Low Reduce unused CSS FCP LCP Potential savings of 51.9KB

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://charmtx.com/wp-content/themes/salient/css/build/style.css?ver=16.1.3	28.0KB	23.7KB
https://charmtx.com/wp-content/themes/salient/css/salient-dynamic-styles.css?ver=88495	23.3KB	16.5KB
https://charmtx.com/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.20	11.7KB	11.7KB

Low Serve images in next-gen formats Potential savings of 141KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://charmtx.com/wp-content/uploads/2022/05/MG_8781-1536x1024.jpg	136KB	65.2KB
https://charmtx.com/wp-content/uploads/2022/05/CHARM_Logo_Colour.png	64.3KB	37.7KB
https://charmtx.com/wp-content/uploads/2022/05/CHARM_Logo_Reverse.png	52.4KB	23.2KB
https://charmtx.com/wp-content/uploads/2022/05/CHARM_Logo_icon.png	30.8KB	15.1KB

Low Defer offscreen images Potential savings of 36.0KB

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://charmtx.com/wp-content/uploads/2022/05/CHARM_Logo_icon.png	30.8KB	30.8KB
https://charmtx.com/wp-content/uploads/2022/05/CHARM_Logo_WHITE200NEW.png	5.24KB	5.24KB

LOW **Avoid non-composited animations** CLS 3 animated elements found

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

ELEMENT	NAME
body.home > div#slide-out-widget-area > div.inner-wrap > div.bottom-meta-wrap <div class="bottom-meta-wrap">	
Unsupported CSS Property: color	color
Close Menu 	
Unsupported CSS Property: right	right
Unsupported CSS Property: color	color
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: line-height	line-height
Unsupported CSS Property: top	top
::before <::before>	
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: line-height	line-height
Unsupported CSS Property: line-height	line-height
Unsupported CSS Property: line-height	line-height

LOW **Minify JavaScript** FCP LCP Potential savings of 2.66KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://charmtx.com/wp-content/plugins/webtoffee-gdpr-cookie-consent/public/js/cookie-law-info-public.js?ver=2.3.9	11.5KB	2.66KB

LOW **Reduce unused JavaScript** LCP Potential savings of 232KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://charmtx.com/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.20	99KB	96.6KB
https://charmtx.com/wp-content/themes/salient/js/build/init.js?ver=16.1.3	73.4KB	54.7KB
https://charmtx.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.20	58.3KB	40.8KB
https://www.googletagmanager.com/gtag/js?id=G-V0H9VYV1R3	80.6KB	39.6KB

N/A **Largest Contentful Paint element** LCP 2,990 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Unfolding the future of medicine through 3D deep learning technology

<h1>

PHASE	% OF LCP	TIMING
TTFB	34%	1.0s
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	66%	2.0s

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 0 ms

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://charmtx.com/wp-content/themes/salient/css/build/style.css?ver=16.1.3	28.0KB	343ms
https://charmtx.com/wp-content/themes/salient/css/build/elements/element-video-lightbox.css?ver=16.1.3	1.87KB	172ms
https://fonts.googleapis.com/css?family=Open+Sans%3A300%2C400%2C600%2C700&subset=latin%2Clatin-ext	2.13KB	775ms
https://charmtx.com/wp-content/themes/salient/css/build/skin-material.css?ver=16.1.3	8.44KB	172ms
https://charmtx.com/wp-content/themes/salient/css/salient-dynamic-styles.css?ver=88495	23.3KB	343ms
https://fonts.googleapis.com/css?family=Bai+Jamjuree%3A400%2C200%2C300%2C700%7COpen+Sans%3A300%7CMontserrat%3A700%7CVarela+Round%3A400%7CPlayfair+Display%3A400&subset=latin&ver=6.4.3	2.10KB	151ms
https://charmtx.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	29.1KB	172ms
https://charmtx.com/wp-content/plugins/webtoffee-gdpr-cookie-consent/public/js/cookie-law-info-public.js?ver=2.3.9	11.5KB	172ms

N/A **Avoid large layout shifts** CLS 5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Technology <li id="menu-item-7186" class="menu-item menu-item-type-post_type menu-item-object-page nectar-regular-me...">	0.00
Contact <li id="menu-item-7291" class="menu-item menu-item-type-post_type menu-item-object-page nectar-regular-me...">	0.00
About <li id="menu-item-6886" class="menu-item menu-item-type-post_type menu-item-object-page nectar-regular-me...">	0.00
Home <li id="menu-item-6628" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-home cu...">	0.00
Careers <li id="menu-item-7061" class="menu-item menu-item-type-post_type menu-item-object-page nectar-regular-me...">	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 1.6s

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

CATEGORY	TIME SPENT
Other	662ms
Style & Layout	404ms
Script Evaluation	365ms
Parse HTML & CSS	57ms
Rendering	50ms
Script Parsing & Compilation	32ms
Garbage Collection	7ms

N/A **Reduce the impact of third-party code** TBT Total size was 208KB

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 FONTS	127KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsiH0B4gaVI.woff2	18.4KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w5aXo.woff2	15.0KB	0ms
• https://fonts.gstatic.com/s/bajjamjuree/v11/LDlqapSCOBt_aeQQ7ftydoa09eDelJo0.woff2	10.6KB	0ms
• https://fonts.gstatic.com/s/bajjamjuree/v11/LDlqapSCOBt_aeQQ7ftydoa05efelJo0.woff2	10.5KB	0ms
• Other resources	25.0KB	0ms
GOOGLE TAG MANAGER	80.6KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-V0H9VYV1R3	80.6KB	0ms
CLEARBITSCRIPTS.COM	0B	0ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Nothing to do here, good job!

N/A

User Timing marks and measures

No user timings and/or marks found.