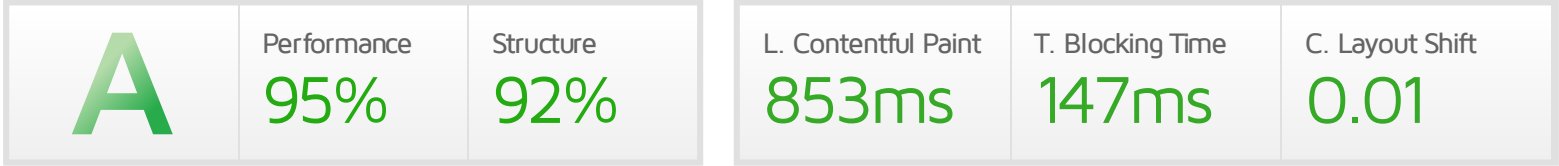


Performance Report for: http://foliumscience.com/

Report generated: Sun, Mar 10, 2024 6:13 PM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



Top Issues

Med	Use explicit width and height on image elements <small>CLS</small>	1 image found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 248KB
Med-Low	Lazy load third-party resources with facades <small>TBT</small>	1 facade alternative available
Low	Avoid an excessive DOM size <small>TBT</small>	879 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 2.55MB

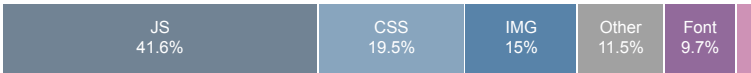
Page Details



Total Page Size - 2.63MB



Total Page Requests - 113



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.



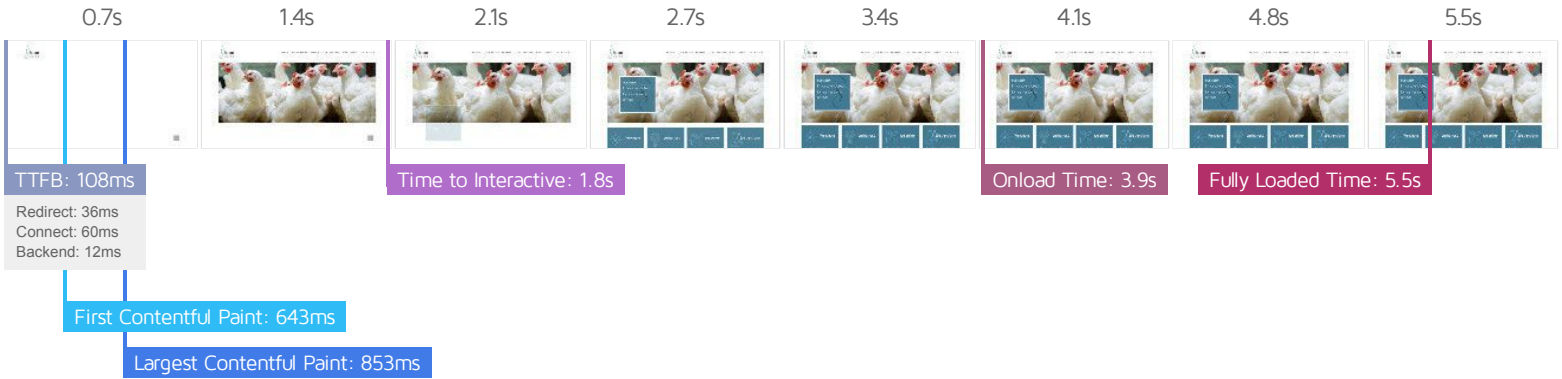
<https://carbon60.com/>

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 - Folium Science

Resource	Size	Response Time	Waterfall Bar
/	301	foliumscience.com	24B 34ms
/	200	foliumscience.com	23.2KB 74ms
ctf-styles.min.css?ver=2.2.2	200	foliumscience.com	3.02KB 29ms
mailerlite_forms.css.min...	200	foliumscience.com	435B 10ms
cookieblocker.min.css?v...	200	foliumscience.com	854B 10ms
twentytwenty-style.min.c...	200	foliumscience.com	16.0KB 29ms
elementor-icons.min.css?...	200	foliumscience.com	3.85KB 24ms
frontend.min.css?ver=3.1...	200	foliumscience.com	18.4KB 31ms
swiper.min.css?ver=5.3.6	200	foliumscience.com	2.35KB 28ms
post-1531.css?ver=17080...	200	foliumscience.com	650B 29ms
frontend.min.css?ver=3.1...	200	foliumscience.com	38.5KB 34ms
post-5.css?ver=1708097385	200	foliumscience.com	3.42KB 32ms
post-20.css?ver=1708097...	200	foliumscience.com	1.54KB 49ms
post-96.css?ver=1708097...	200	foliumscience.com	1.21KB 53ms
css?family=Roboto%3A1...	200	fonts.googleapis.com	2.98KB 88ms
fontawesome.min.css?ve...	200	foliumscience.com	12.1KB 63ms
solid.min.css?ver=5.15.3	200	foliumscience.com	524B 63ms
brands.min.css?ver=5.15.3	200	foliumscience.com	521B 63ms
jquery.min.js?ver=3.7.1	200	foliumscience.com	29.2KB 65ms
jquery-migrate.min.js?ver...	200	foliumscience.com	4.81KB 64ms
index.js?ver=2.5	200	foliumscience.com	6.71KB 256ms
js?id=GT-P3NZ5ZH	200	googletagmanager.c...	94.0KB 301ms
Folium_Logo_CMYK_Pos...	200	foliumscience.com	4.12KB 231ms
LateralFlow-titles-300x17...	200	foliumscience.com	6.44KB 258ms
Guided-Biotics-logo-smal...	200	foliumscience.com	5.75KB 265ms
animations.min.css?ver=...	200	foliumscience.com	2.60KB 146ms
26876547.js?integration=...	200	js-eu1.hs-scripts.com	1.11KB 337ms
miscellaneous-tracking.js...	200	foliumscience.com	854B 266ms
complianz.min.js?ver=17...	200	foliumscience.com	10.1KB 267ms
jquery.smartmenus.min.js...	200	foliumscience.com	6.91KB 159ms
imagesloaded.min.js?ver...	200	foliumscience.com	1.89KB 179ms
v2.js?ver=10.2.23	200	js-eu1.hsforms.net	154KB 359ms
ctf-scripts.min.js?ver=2.2.2	200	foliumscience.com	5.64KB 200ms
webpack-pro.runtime.min...	200	foliumscience.com	2.65KB 206ms
webpack.runtime.min.js?...	200	foliumscience.com	2.26KB 207ms
frontend-modules.min.js?...	200	foliumscience.com	16.3KB 212ms
wp-polyfill-inert.min.js?ve...	200	foliumscience.com	2.49KB 213ms
regenerator-runtime.min.j...	200	foliumscience.com	2.58KB 218ms
wp-polyfill.min.js?ver=3.1...	200	foliumscience.com	33.7KB 269ms
hooks.min.js?ver=c6aec9...	200	foliumscience.com	1.69KB 221ms
i18n.min.js?ver=7701b0c...	200	foliumscience.com	3.72KB 230ms
frontend.min.js?ver=3.19.2	200	foliumscience.com	6.54KB 231ms
waypoints.min.js?ver=4.0.2	200	foliumscience.com	3.02KB 238ms
core.min.js?ver=1.13.2	200	foliumscience.com	6.86KB 244ms
frontend.min.js?ver=3.19.2	200	foliumscience.com	11.8KB 246ms
elements-handlers.min.js...	200	foliumscience.com	8.84KB 247ms
twentytwenty-print-style...	200	foliumscience.com	803B 225ms
universal.js	200	assets.mailerlite.com	7.29KB 106ms
folium-chickens.jpg	200	foliumscience.com	72.2KB 53ms
folium-helix-bg.jpg	200	foliumscience.com	15.4KB 48ms
create-bg-blue.jpg	200	foliumscience.com	11.7KB 48ms
target-blue.jpg	200	foliumscience.com	9.9KB 48ms
deliver-blue.jpg	200	foliumscience.com	11.1KB 49ms

sustain-new-blue.jpg	200	foliumscience.com	13.3KB	48ms	
Inter-upright-var.woff2	200	foliumscience.com	219KB	245ms	
o-0llpQoyXQa2RxT7-5r5T...	200	fonts.gstatic.com	32.2KB	268ms	
fa-solid-900.woff2	200	foliumscience.com	76.4KB	244ms	
u-4i0qWlJrW-PfU81xCKC...	200	fonts.gstatic.com	27.4KB	265ms	
fa-brands-400.woff2	200	foliumscience.com	75.0KB	242ms	
collectedforms.js	200	js-eu1.hscollectedfor...	25.2KB	196ms	
banner.js	200	js-eu1.hs-banner.com	23.0KB	158ms	
26876547.js	200	js-eu1.hs-analytics.net	21.2KB	191ms	
banner?lang=en&locale=...	200	foliumscience.com	543B	333ms	
wp-emoji-release.min.js?...	200	foliumscience.com	4.75KB	8ms	
universal.css	200	assets.mailerlite.com	549B	23ms	
forms?callback=ml.fn.ren...	200	assets.mailerlite.com	237B	88ms	
json?hs_static_app=form...	200	forms-eu1.hsforms.c...	4.56KB	146ms	
nav-menu.d43af66e5000f...	200	foliumscience.com	1.76KB	12ms	
text-editor.2c35aafbe5bf0...	200	foliumscience.com	848B	11ms	
video.fea4f8dfd17262f23...	200	foliumscience.com	1.45KB	7ms	
load-more.3ae4d5ec5d7fe...	200	foliumscience.com	1.65KB	11ms	
posts.caaf3e27e57db8207...	200	foliumscience.com	1.39KB	11ms	
v2.js?ver=10.2.23	200	js-eu1.hsforms.net	0	0ms	
counters.gif?key=forms-e...	200	forms.hsforms.com	1.15KB	317ms	
banner-1-optim.css?v=24	200	foliumscience.com	2.44KB	11ms	
css2?family=Open%20Sa...	200	fonts.googleapis.com	1.76KB	24ms	
json?portalId=26876547&...	200	forms-eu1.hscollece...	458B	91ms	
POST admin-ajax.php	200	foliumscience.com	399B	339ms	
counters.gif?key=forms-e...	200	forms-eu1.hsforms.c...	1.15KB	421ms	
eicons.woff2?5.27.0	200	foliumscience.com	93.9KB	69ms	
iframe_api	200	youtube.com	1.93KB	71ms	
Jennifer-Doudna-300x204...	200	foliumscience.com	10.6KB	15ms	
memvYaGs126MiZpBA-U...	200	fonts.gstatic.com	47.1KB	43ms	
memvYaGs126MiZpBA-U...	200	fonts.gstatic.com	47.1KB	47ms	
memvYaGs126MiZpBA-U...	200	fonts.gstatic.com	47.1KB	48ms	
www-widgetapi.js	200	youtube.com	66.7KB	16ms	
dgw0fh06pr4?controls=1...	200	youtube.com	37.8KB	121ms	
www-player.css	200	youtube.com	46.8KB	38ms	
embed.js	200	youtube.com	17.6KB	10ms	
www-embed-player.js	200	youtube.com	95.0KB	57ms	
base.js	200	youtube.com	778KB	147ms	
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB	65ms	
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB	66ms	
id	302	googleads.g.doublec...	0	47ms	
id?silf_rd=1	302	googleads.g.doublec...	0	45ms	
ad_status.js	200	static.doubleclick.net	29B	40ms	
POST Create	200	jnn-pa.googleapis.com	40.0KB	66ms	
OPTIONS Create	200	jnn-pa.googleapis.com	0	39ms	
remote.js	200	youtube.com	33.1KB	12ms	
yHiuAayzh7ZXFxvblOrPk...	200	google.com	19.3KB	34ms	
sddefault.jpg?sqp=-oaym...	200	i.ytimg.com	30.8KB	77ms	
id?silf_rd=1	200	googleads.g.doublec...	120B	18ms	
GAp_Kyi1iwobZ3SDzU8J...	200	yt3.ggpht.com	1.94KB	47ms	
POST GenerateIT	200	jnn-pa.googleapis.com	134B	28ms	
OPTIONS GenerateIT	200	jnn-pa.googleapis.com	0	13ms	
cast_sender.js	200	gstatic.com	1.96KB	49ms	
generate_204?Gxbskg	204	youtube.com	0	14ms	
cast_sender.js	200	gstatic.com	15.0KB	14ms	
26876547.js	200	js-eu1.hs-scripts.com	765B	98ms	
__ptq.gif?k=1&sd=1367x8...	200	track-eu1.hubspot.com	45B	131ms	
__ptq.gif?k=15&fi=e98d71...	200	track-eu1.hubspot.com	45B	124ms	
cropped-folium-favicon-3...	200	foliumscience.com	886B	8ms	
POST log_event?alt=json...	200	youtube.com	50B		16ms
113 Requests				2.63MB (11.3MB Uncompressed)	5.5s (Onload 3.9s)



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>642ms</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>1.8s</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>OK, but consider improvement</p> <p>1.4s</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>147ms</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>Good - Nothing to do here</p> <p>853ms</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	36ms	Connect	60ms	Backend	12ms
TTFB	108ms	First Paint	643ms	DOM Int.	1.1s
DOM Loaded	1.2s	Onload	3.9s	Fully Loaded	5.5s

IMPACT AUDIT

Low **Reduce JavaScript execution time** TBT 742ms spent executing JavaScript

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

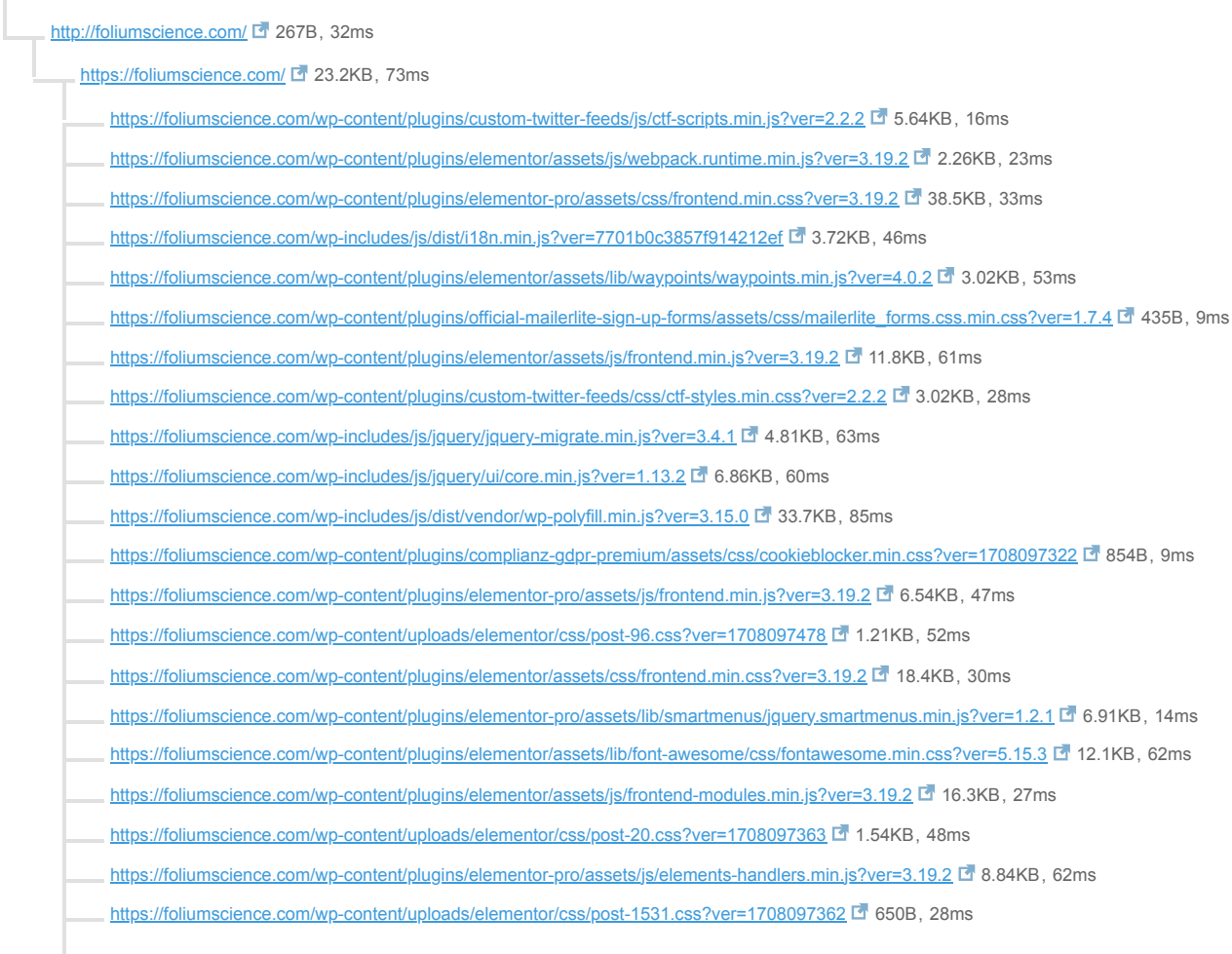
URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• https://foliumscience.com/	462ms	27ms	3ms
• Unattributable	460ms	21ms	0ms
• https://foliumscience.com/wp-content/plugins/elementor-pro/assets/js/frontend.min.js?ver=3.19.2	433ms	139ms	0ms
• https://js-eu1.hsforms.net/forms/embed/v2.js?ver=10.2.23	266ms	206ms	35ms
• https://foliumscience.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	266ms	188ms	5ms
• https://www.googletagmanager.com/gtag/js?id=GT-P3NZ5ZH	118ms	105ms	7ms

Low **Avoid chaining critical requests** FCP LCP 36 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: **1.9s**

INITIAL NAVIGATION



- <https://foliumscience.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1> 29.2KB, 64ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/animations/animations.min.css?ver=3.19.2> 2.60KB, 9ms
- <https://foliumscience.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0> 2.58KB, 34ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/swiper/css/swiper.min.css?ver=5.3.6> 2.35KB, 27ms
- <https://foliumscience.com/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1> 1.69KB, 37ms
- <https://foliumscience.com/wp-content/uploads/elementor/css/post-5.css?ver=1708097385> 3.42KB, 31ms
- <https://foliumscience.com/wp-includes/js/imagesloaded.min.js?ver=5.0.0> 1.89KB, 5ms
- <https://foliumscience.com/wp-content/plugins/elementor-pro/assets/js/webpack-pro.runtime.min.js?ver=3.19.2> 2.65KB, 22ms
- <https://foliumscience.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2> 2.49KB, 28ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.27.0> 3.85KB, 22ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0> 94.2KB, 10ms
- <https://foliumscience.com/wp-content/themes/twentytwenty/twentytwenty-style.min.css?ver=2.5> 16.0KB, 28ms
- <https://foliumscience.com/wp-content/themes/twentytwenty/assets/fonts/inter/Inter-upright-var.woff2> 219KB, 37ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/brands.min.css?ver=5.15.3> 521B, 62ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-brands-400.woff2> 75.3KB, 36ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/solid.min.css?ver=5.15.3> 524B, 62ms
- <https://foliumscience.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2> 76.7KB, 36ms
- <https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CCatamaran%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CBarlow%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CCabin%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&display=auto&ver=6.4.3> 2.98KB, 87ms
- <https://fonts.gstatic.com/s/catamaran/v19/o-0llpQoyXQa2RxT7-5r5TRA.woff2> 32.3KB, 61ms
- <https://fonts.gstatic.com/s/cabin/v27/u-4i0qWjRw-PfU81xCKCpdpgZJl6Xvqdns.woff2> 27.9KB, 59ms

Low **Eliminate render-blocking resources** FCP LCP Potential savings of 41ms

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://foliumscience.com/wp-content/themes/twentytwenty/twentytwenty-style.min.css?ver=2.5	16.0KB	308ms
https://foliumscience.com/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.27.0	3.85KB	154ms
https://foliumscience.com/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.19.2	18.4KB	154ms
https://foliumscience.com/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=3.19.2	38.5KB	462ms
https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CCatamaran%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CBarlow%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CCabin%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&display=auto&ver=6.4.3	2.98KB	780ms
https://foliumscience.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	29.2KB	154ms

Low **Avoid long main-thread tasks** TBT 7 long tasks found

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

URL	START TIME	DURATION
• https://foliumscience.com/	324ms	201ms
• https://foliumscience.com/	893ms	107ms
• https://js-eu1.hsforms.net/forms/embed/v2.js?ver=10.2.23	1.5s	100ms
• https://js-eu1.hsforms.net/forms/embed/v2.js?ver=10.2.23	1.7s	67ms
• https://www.googletagmanager.com/gtag/js?id=GT-P3NZ5ZH	799ms	61ms
• https://www.googletagmanager.com/gtag/js?id=GT-P3NZ5ZH	1.1s	56ms
• Unattributable	1.0s	52ms

Low

Avoid multiple page redirects FCP LCP

Potential savings of 33ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• http://foliumscience.com/	33ms
• https://foliumscience.com/	0ms

Low

Efficiently encode images

Potential savings of 37.1KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://foliumscience.com/wp-content/uploads/2022/05/folium-helix-bg.jpg	15.4KB	10.4KB
https://foliumscience.com/wp-content/uploads/2022/05/sustain-new-blue.jpg	13.3KB	7.75KB
https://foliumscience.com/wp-content/uploads/2022/05/create-bg-blue.jpg	11.7KB	6.98KB
https://foliumscience.com/wp-content/uploads/2022/05/deliver-blue.jpg	11.1KB	6.36KB
https://foliumscience.com/wp-content/uploads/2022/05/target-blue.jpg	9.9KB	5.61KB

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/catamaran/v19/o-0llpQoyXQa2RxT7-5r5TRA.woff2	61ms
• https://fonts.gstatic.com/s/cabin/v27/u-4i0qWljRw-PfU81xCKCpdpbgZJl6Xvqdns.woff2	59ms
• https://foliumscience.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0	10ms

Low

Reduce unused CSS FCP LCP

Potential savings of 83.0KB

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://foliumscience.com/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=3.19.2	38.5KB	38.0KB
https://foliumscience.com/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.19.2	18.4KB	17.6KB
https://foliumscience.com/wp-content/themes/twentytwenty/twentytwenty-style.min.css?ver=2.5	16.0KB	15.5KB
https://foliumscience.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	12.1KB	12.0KB

Low **Serve images in next-gen formats** Potential savings of 72.6KB

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://foliumscience.com/wp-content/uploads/2020/02/folium-chickens.jpg	72.2KB	20.2KB
https://foliumscience.com/wp-content/uploads/2022/05/folium-helix-bg.jpg	15.4KB	13.6KB
https://foliumscience.com/wp-content/uploads/2022/05/sustain-new-blue.jpg	13.3KB	11.2KB
https://foliumscience.com/wp-content/uploads/2022/05/create-bg-blue.jpg	11.7KB	9.9KB
https://foliumscience.com/wp-content/uploads/2022/05/deliver-blue.jpg	11.1KB	9.36KB
https://foliumscience.com/wp-content/uploads/2022/05/target-blue.jpg	9.9KB	8.33KB

Low **Avoid non-composited animations** CLS 1 animated element found

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

ELEMENT	NAME
OUR VISION Innovative biotech for a safer world of food	
<code><div class="elementor-widget-wrap elementor-element-populated"></code>	
Unsupported CSS Property: background-position-x	background-position-x
Unsupported CSS Property: background-position-y	background-position-y

Low **Minify JavaScript** FCP LCP Potential savings of 2.90KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://foliumscience.com/wp-content/themes/twentytwenty/assets/js/index.js?ver=2.5	6.71KB	2.90KB

Low **Reduce unused JavaScript** LCP Potential savings of 218KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://js-eu1.hsforms.net/forms/embed/v2.js?ver=10.2.23	154KB	81.1KB
https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js	67.0KB	47.5KB
https://js-eu1.hsforms.net/forms/embed/v2.js?ver=10.2.23	154KB	47.2KB
https://www.googletagmanager.com/gtag/js?id=GT-P3NZ5ZH	94.4KB	41.9KB

N/A **Largest Contentful Paint element** LCP 850 ms

This is the largest contentful element painted within the viewport.

ELEMENT

OUR VISION Innovative biotech for a safer world of food
`<div class="elementor-widget-wrap elementor-element-populated">`

PHASE	% OF LCP	TIMING
TTFB	13%	108ms
Load Delay	30%	257ms
Load Time	5%	44ms
Render Delay	52%	442ms

N/A **Reduce initial server response time** FCP LCP Root document took 11ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://foliumscience.com/	11ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 52B

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://foliumscience.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	52B
<code>@babel/plugin-transform-classes</code>	

N/A **Avoid large layout shifts** CLS 2 elements found

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

ELEMENT	CLS CONTRIBUTION
We create Innovative CRISPR-Cas biotechnology called Guided Biotics® We harne... <code><section class="elementor-section elementor-top-section elementor-element elementor-elemen..." data-id="ab45db0" data-element_type="section"></code>	0.01
ABOUT US OUR TECHNOLOGY PRODUCTS TEAM INVESTORS NEWS CONTACT FOLIUM AGTECH <code><ul id="menu-1-15cb08f" class="elementor-nav-menu" data-smartmenus-id="17101196203088132"></code>	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 2.4s

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	945ms
Other	807ms
Style & Layout	406ms
Rendering	95ms
Script Parsing & Compilation	83ms
Parse HTML & CSS	59ms
Garbage Collection	13ms

N/A

Reduce the impact of third-party code TBT

Third-party code blocked the main thread for 3ms

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 TAG MANAGER	94.4KB	3ms
• https://www.googletagmanager.com/gtag/js?id=GT-P3NZ5ZH	94.4KB	3ms
YOUTUBE	1.09MB	0ms
• https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/base.js	778KB	0ms
• https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js	95.2KB	0ms
• https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js	67.0KB	0ms
• Other resources	171KB	0ms
HUBSPOT	235KB	0ms
• https://js-eu1.hsforms.net/forms/embed/v2.js?ver=10.2.23	154KB	0ms
• https://js-eu1.hscollectedforms.net/collectedforms.js	25.2KB	0ms
• https://js-eu1.hs-banner.com/v2/26876547/banner.js	23.0KB	0ms
• https://js-eu1.hs-analytics.net/analytics/1710119400000/26876547.js	21.2KB	0ms
GOOGLE FONTS	143KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2QVTS-muw.woff2	47.2KB	0ms
• https://fonts.gstatic.com/s/catamaran/v19/o-0IlpQoyXQa2RxT7-5r5TRA.woff2	32.3KB	0ms
• https://fonts.gstatic.com/s/cabin/v27/u-4i0qWlJrW-PfU81xCKCpdpbqZJl6Xvqdns.woff2	27.9KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCngEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOICngEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
OTHER GOOGLE APIS/SDKS	60.2KB	0ms
• https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create	40.2KB	0ms
• https://www.google.com/js/th/yHiuAayzh7ZXFVbIOrPkyv85wvmgA2suXoAl6Ktxww.js	19.9KB	0ms
GOOGLE CDN	17.8KB	0ms
• https://www.gstatic.com/eureka/clank/117/cast_sender.js	15.3KB	0ms
MAILERLITE.COM	8.05KB	0ms
• https://assets.mailerlite.com/js/universal.js	7.29KB	0ms
GOOGLE/DOUBLECLICK ADS	1.20KB	0ms

No user timings and/or marks found.
