# Performance Report for:

https://multiomic.health/

Report generated: Tue, Mar 12, 2024 4:50 AM -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 |
|---|---|---|---|---|---|
| | 41% | 83% | 5.9s | 407ms | 0.14 |

## Top Issues

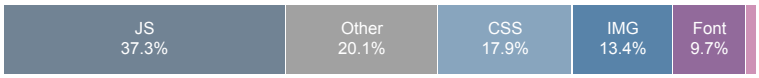
| | | |
|---|---|---|
| High | **Avoid enormous network payloads** LCP | Total size was 4.68MB |
| Med | **Use a Content Delivery Network (CDN)** | 75 resources found |
| Med-Low | **Serve static assets with an efficient cache policy** | Potential savings of 345KB |
| Med-Low | **Avoid an excessive DOM size** TBT | 1,161 elements |
| Med-Low | **Lazy load third-party resources with facades** TBT | 1 facade alternative available |

## Page Details

12.1s
**Fully Loaded Time**

### Total Page Size - 6.51MB

### Total Page Requests - 134




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

CARBON 60
THE MANAGED CLOUD COMPANY

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

https://carbon60.com/

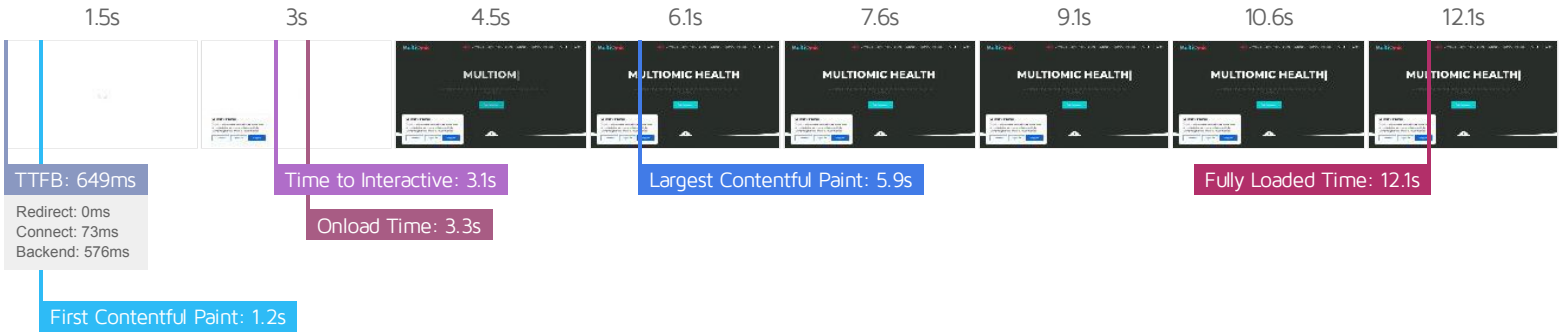
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

**Multiomic Health - AI-Enabled Precision Medicine for Metabolic Syndrome**

| | | | | |
|---|---|---|---|---|
| / | 200 | multiomic.health | 39.6KB | 675ms |
| woocommerce-layout.css… | 200 | multiomic.health | 3.01KB | 48ms |
| woocommerce.css?ver=8… | 200 | multiomic.health | 11.5KB | 70ms |
| wpforms-base.min.css?v… | 200 | multiomic.health | 7.79KB | 55ms |
| elementor-icons.min.css?… | 200 | multiomic.health | 4.32KB | 53ms |
| frontend.min.css?ver=3.2… | 200 | multiomic.health | 25.9KB | 70ms |
| swiper.min.css?ver=8.4.5 | 200 | multiomic.health | 5.07KB | 52ms |
| post-12143.css?ver=1710… | 200 | multiomic.health | 330B | 48ms |
| global.css?ver=1710188659 | 200 | multiomic.health | 943B | 63ms |
| post-8754.css?ver=17101… | 200 | multiomic.health | 6.22KB | 109ms |
| font-awesome.min.css?v… | 200 | multiomic.health | 7.74KB | 110ms |
| icomoon.css?ver=2.4.19 | 200 | multiomic.health | 494B | 111ms |
| style.css?ver=2.4.19 | 200 | multiomic.health | 50.2KB | 126ms |
| woocommerce.css?ver=2… | 200 | multiomic.health | 8.27KB | 112ms |
| lightgallery.min.css?ver=… | 200 | multiomic.health | 4.65KB | 110ms |
| user.css?ver=2.4.19_1693… | 200 | multiomic.health | 7.10KB | 112ms |
| all.min.css?ver=3.20.0 | 200 | multiomic.health | 14.5KB | 114ms |
| v4-shims.min.css?ver=3.… | 200 | multiomic.health | 4.67KB | 151ms |
| css?family=Roboto%3A1… | 200 | fonts.googleapis.com | 1.60KB | 86ms |
| fontawesome.min.css?ve… | 200 | multiomic.health | 14.2KB | 161ms |
| brands.min.css?ver=5.15.3 | 200 | multiomic.health | 314B | 151ms |
| script.min.js?ver=3.2.0 | 200 | multiomic.health | 7.27KB | 152ms |
| jquery.min.js?ver=3.7.1 | 200 | multiomic.health | 34.7KB | 166ms |
| jquery-migrate.min.js?ver… | 200 | multiomic.health | 5.22KB | 148ms |
| jquery.blockUI.min.js?ver… | 200 | multiomic.health | 3.72KB | 785ms |
| add-to-cart.min.js?ver=8.6.1 | 200 | multiomic.health | 1.16KB | 771ms |
| js.cookie.min.js?ver=2.1.… | 200 | multiomic.health | 0.98KB | 727ms |
| woocommerce.min.js?ver… | 200 | multiomic.health | 846B | 754ms |
| v4-shims.min.js?ver=3.20.0 | 200 | multiomic.health | 4.71KB | 152ms |
| moh.png | 200 | multiomic.health | 31.1KB | 160ms |
| woocommerce-smallscre… | 200 | multiomic.health | 1.31KB | 759ms |
| lander-downBTN.png | 200 | multiomic.health | 457B | 572ms |
| Angel-deck-metsyn-copy-… | 200 | multiomic.health | 28.8KB | 574ms |
| moh-300x58.png | 200 | multiomic.health | 16.7KB | 571ms |
| cropped-moh-300x58.png | 200 | multiomic.health | 16.7KB | 629ms |
| animations.min.css?ver=… | 200 | multiomic.health | 3.02KB | 180ms |
| helpers.min.js?ver=2.4.19 | 200 | multiomic.health | 1.61KB | 182ms |
| jquery.fitvids.min.js?ver=… | 200 | multiomic.health | 983B | 255ms |
| jquery.fittext.min.js?ver=1.2 | 200 | multiomic.health | 396B | 254ms |
| jquery.slides.min.js?ver=… | 200 | multiomic.health | 3.36KB | 308ms |
| jquery.sticky-kit.min.js?v… | 200 | multiomic.health | 1.45KB | 255ms |
| jquery.mousewheel.min.j… | 200 | multiomic.health | 1.25KB | 256ms |
| typed.min.js?ver=1.1.4 | 200 | multiomic.health | 1.70KB | 257ms |
| isotope.pkgd.min.js?ver=… | 200 | multiomic.health | 17.7KB | 323ms |
| lightgallery-all.min.js?ver… | 200 | multiomic.health | 16.2KB | 322ms |
| script.min.js?ver=2.4.19 | 200 | multiomic.health | 21.4KB | 353ms |
| sourcebuster.min.js?ver=… | 200 | multiomic.health | 4.95KB | 357ms |
| order-attribution.min.js?v… | 200 | multiomic.health | 799B | 355ms |
| script.min.js?ver=1.7.6 | 200 | multiomic.health | 3.98KB | 360ms |
| waypoints.min.js?ver=4.0.2 | 200 | multiomic.health | 3.42KB | 356ms |
| frontend.js?ver=1.2.1 | 200 | multiomic.health | 1.00KB | 398ms |
| jquery-numerator.min.js?… | 200 | multiomic.health | 779B | 400ms |
| webpack.runtime.min.js?… | 200 | multiomic.health | 2.24KB | 402ms |

| | | | | |
|---|---|---|---|---|
| frontend-modules.min.js?… | 200 | multiomic.health | 19.6KB | 465ms |
| core.min.js?ver=1.13.2 | 200 | multiomic.health | 7.75KB | 409ms |
| frontend.min.js?ver=3.20.0 | 200 | multiomic.health | 13.8KB | 407ms |
| underscore.min.js?ver=1.… | 200 | multiomic.health | 7.89KB | 483ms |
| wp-util.min.js?ver=6.4.3 | 200 | multiomic.health | 767B | 409ms |
| frontend.min.js?ver=1.8.7.2 | 200 | multiomic.health | 391B | 483ms |
| jquery.validate.min.js?ver… | 200 | multiomic.health | 8.94KB | 554ms |
| mailcheck.min.js?ver=1.1.2 | 200 | multiomic.health | 1.72KB | 357ms |
| punycode.min.js?ver=1.0.0 | 200 | multiomic.health | 892B | 360ms |
| utils.min.js?ver=1.8.7.2 | 200 | multiomic.health | 234B | 363ms |
| wpforms.min.js?ver=1.8.7.2 | 200 | multiomic.health | 14.5KB | 554ms |
| webfontloader.min.js | 200 | multiomic.health | 5.32KB | 438ms |
| Mysterious-DNA-Strand-D… | 200 | multiomic.health | 174KB | 461ms |
| a13-icomoon.ttf?shhy2f | 200 | multiomic.health | 2.30KB | 412ms |
| fa-solid-900.woff2 | 200 | multiomic.health | 76.4KB | 440ms |
| fa-brands-400.woff2 | 200 | multiomic.health | 79.7KB | 375ms |
| fa-regular-400.woff2 | 200 | multiomic.health | 13.0KB | 344ms |
| KFOkCnqEu92Fr1Mu51xIl… | 200 | fonts.gstatic.com | 17.0KB | 357ms |
| KFOkCnqEu92Fr1MmgVx… | 200 | fonts.gstatic.com | 15.4KB | 363ms |
| KFOlCnqEu92Fr1MmWUlf… | 200 | fonts.gstatic.com | 15.5KB | 352ms |
| KFOmCnqEu92Fr1Mu4mx… | 200 | fonts.gstatic.com | 15.4KB | 339ms |
| Angel-deck-metsyn-copy-… | 200 | multiomic.health | 33.4KB | 296ms |
| Angel-deck-metsyn-copy-… | 200 | multiomic.health | 50.0KB | 320ms |
| Angel-deck-metsyn-copy-… | 200 | multiomic.health | 21.3KB | 352ms |
| DNA_Double_Helix.png | 200 | multiomic.health | 215KB | 374ms |
| 3899040.jpg | 200 | multiomic.health | 237KB | 233ms |
| KFOlCnqEu92Fr1MmSU5f… | 200 | fonts.gstatic.com | 15.4KB | 226ms |
| css?family=Montserrat:4… | 200 | fonts.googleapis.com | 730B | 19ms |
| JTUSjIg1_i6t8kCHKm459… | 200 | fonts.gstatic.com | 32.3KB | 84ms |
| wp-emoji-release.min.js?… | 200 | multiomic.health | 5.69KB | 27ms |
| revisit.svg | 200 | multiomic.health | 1.06KB | 36ms |
| close.svg | 200 | multiomic.health | 696B | 30ms |
| poweredbtcky.svg | 200 | multiomic.health | 1.50KB | 31ms |
| KFOlCnqEu92Fr1MmEU9f… | 200 | fonts.gstatic.com | 15.6KB | 345ms |
| text-editor.2c35aafbe5bf0… | 200 | multiomic.health | 688B | 61ms |
| counter.02cef29c589e742… | 200 | multiomic.health | 497B | 29ms |
| iframe_api | 200 | youtube.com | 1.93KB | 74ms |
| www-widgetapi.js | 200 | youtube.com | 66.7KB | 19ms |
| cropped-M-URL-32x32.png | 200 | multiomic.health | 1.15KB | 34ms |
| gG7uCskUOrA?controls=… | 200 | youtube.com | 37.6KB | 123ms |
| www-player.css | 200 | youtube.com | 46.8KB | 85ms |
| embed.js | 200 | youtube.com | 17.6KB | 59ms |
| www-embed-player.js | 200 | youtube.com | 95.0KB | 111ms |
| base.js | 200 | youtube.com | 778KB | 189ms |
| KFOmCnqEu92Fr1Mu4mx… | 200 | fonts.gstatic.com | 15.0KB | 269ms |
| KFOlCnqEu92Fr1MmEU9f… | 200 | fonts.gstatic.com | 15.2KB | 269ms |
| id | 302 | googleads.g.doublec… | 0 | 58ms |
| id?slf_rd=1 | 302 | googleads.g.doublec… | 0 | 53ms |
| ad_status.js | 200 | static.doubleclick.net | 29B | 38ms |
| POST Create | 200 | jnn-pa.googleapis.com | 40.1KB | 162ms |
| OPTIONS Create | 200 | jnn-pa.googleapis.com | 0 | 76ms |
| Hg8RJ6IYDEt2XfeS9TTat… | 200 | google.com | 19.4KB | 99ms |
| maxresdefault.jpg?sqp=-… | 200 | i.ytimg.com | 68.5KB | 86ms |
| id?slf_rd=1 | 200 | googleads.g.doublec… | 120B | 45ms |
| Aldro_kAJ9nrBy2ViteCm… | 200 | yt3.ggpht.com | 2.00KB | 66ms |
| POST GenerateIT | 200 | jnn-pa.googleapis.com | 134B | 40ms |
| OPTIONS GenerateIT | 200 | jnn-pa.googleapis.com | 0 | 12ms |
| POST player?prettyPrint=… | 200 | youtube.com | 31.4KB | 95ms |
| POST qoe?fmt=247&cpn=… | 204 | youtube.com | 0 | 20ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 2.49KB | 46ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 2.16KB | 26ms |
| captions.js | 200 | youtube.com | 23.8KB | 30ms |

| | | | | |
|---|---|---|---|---|
| endscreen.js | 200 | youtube.com | 8.25KB | 21ms |
| annotations_module.js | 200 | youtube.com | 18.5KB | 28ms |
| POST next?prettyPrint=fa… | 200 | youtube.com | 2.25KB | 280ms |
| generate_204?Sga4_w | 204 | youtube.com | 0 | 8ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 372KB | 55ms |
| Aldro_kAJ9nrBy2ViteCm… | 200 | yt3.ggpht.com | 2.29KB | 13ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 128KB | 14ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 128KB | 15ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 372KB | 42ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 372KB | 27ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 610KB | 41ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 128KB | 22ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 1.19MB | 74ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 183KB | 22ms |
| playback?ns=yt&el=embe… | 204 | youtube.com | 0 | 25ms |
| ptracking?html5=1&video… | 204 | youtube.com | 0 | 23ms |
| POST log_event?alt=json… | 200 | youtube.com | 50B | 27ms |
| POST videoplayback?exp… | 200 | rr2---sn-aigl6nzr.goo… | 279KB | 18ms |
| POST atr?ns=yt&el=embe… | 204 | youtube.com | 0 | 22ms |
| **134 Requests** | **6.51MB** | **(14.2MB Uncompressed)** | **12.1s** | **(Onload 3.3s)** |




## Performance Metrics

### First Contentful Paint

Longer than recommended

1.2s

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

### Time to Interactive

OK, but consider improvement

3.1s

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

### Speed Index

Much longer than recommended

3.6s

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

### Total Blocking Time

Much longer than recommended

407ms

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

### Largest Contentful Paint

Much longer than recommended

5.9s

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.

### Cumulative Layout Shift

OK, but consider improvement

0.14

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

## Browser Timings

| | | | | | |
|---|---|---|---|---|---|
| Redirect | 0ms | Connect | 73ms | Backend | 576ms |
| TTFB | 649ms | First Paint | 1.2s | DOM Int. | 2.0s |
| DOM Loaded | 2.0s | Onload | 3.3s | Fully Loaded | 12.1s |

| IMPACT | AUDIT | |
|---|---|---|
| Low | **Avoid long main-thread tasks** TBT | 10 long tasks found |

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

| URL | START TIME | DURATION |
|---|---|---|
| • https://multiomic.health/ | 1.2s | 184ms |
| • https://multiomic.health/ | 933ms | 167ms |
| • https://multiomic.health/ | 12.9s | 145ms |
| • https://multiomic.health/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 | 2.1s | 121ms |
| • https://multiomic.health/ | 1.5s | 97ms |
| • https://multiomic.health/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=3.20.0 | 2.9s | 93ms |
| • https://multiomic.health/wp-content/plugins/elementor/assets/lib/waypoints/waypoints.min.js?ver=4.0.2 | 2.4s | 91ms |
| • https://multiomic.health/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 | 2.2s | 87ms |
| • https://multiomic.health/ | 1.7s | 75ms |
| • https://multiomic.health/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 | 3.0s | 71ms |

| | | |
|---|---|---|
| Low | **Avoid large layout shifts** CLS | 5 elements found |

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

| ELEMENT | CLS CONTRIBUTION |
|---|---|
| div.real-content > div.elementor > section#home > div.elementor-background-overlay<br>`<div class="elementor-background-overlay">` | 0.10 |
| ABOUT. MultiOmic discovers and develops life-changing precision medicines for …<br>`<section class="elementor-section elementor-top-section elementor-element elementor-elemen…" data-id="a0383c9" data-element_type="section" id="about" data-settings="{"stretch_section":"section-stretched","background_background":"classic"}" style="width: 1366px; left: -163px;">` | 0.03 |
| \|<br>`<span class="typed-cursor">` | 0.02 |
| div.real-content > div.elementor > section#home > div.elementor-shape<br>`<div class="elementor-shape elementor-shape-bottom" data-negative="true">` | 0.01 |
| ABOUT. MultiOmic discovers and develops life-changing precision medicines for …<br>`<div class="elementor-widget-wrap elementor-element-populated">` | 0.00 |

| | | |
|---|---|---|
| Low | **Avoid chaining critical requests** FCP LCP | 60 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: **2.4s**

INITIAL NAVIGATION

- https://multiomic.health/ 39.6KB, 673ms
  - https://multiomic.health/wp-content/uploads/elementor/css/post-8754.css?ver=1710188659 6.46KB, 107ms
  - https://multiomic.health/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 5.47KB, 145ms
  - https://multiomic.health/wp-includes/js/underscore.min.js?ver=1.13.4 8.14KB, 275ms
  - https://multiomic.health/wp-content/themes/rife-free/js/isotope.pkgd.min.js?ver=3.0.6 18.0KB, 117ms
  - https://multiomic.health/wp-content/themes/rife-free/js/jquery.slides.min.js?ver=3.0.4 3.60KB, 102ms
  - https://multiomic.health/wp-content/plugins/searchwp-live-ajax-search/assets/javascript/dist/script.min.js?ver=1.7.6 4.22KB, 153ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/animations/animations.min.css?ver=3.20.0 3.26KB, 26ms
  - https://multiomic.health/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 35.0KB, 163ms
  - https://multiomic.health/wp-content/themes/rife-free/js/typed.min.js?ver=1.1.4 1.95KB, 51ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/brands.min.css?ver=5.15.3 550B, 149ms
  - https://multiomic.health/wp-content/themes/rife-free/js/jquery.mousewheel.min.js?ver=3.1.13 1.49KB, 50ms
  - https://multiomic.health/wp-content/themes/rife-free/js/script.min.js?ver=2.4.19 21.6KB, 147ms
  - https://multiomic.health/wp-content/uploads/elementor/css/global.css?ver=1710188659 1.15KB, 62ms
  - https://multiomic.health/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2 8.00KB, 201ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.20.0 26.1KB, 68ms
  - https://multiomic.health/wp-content/themes/rife-free/js/light-gallery/js/lightgallery-all.min.js?ver=1.9.0 16.4KB, 115ms
  - https://multiomic.health/wp-content/plugins/woocommerce/assets/js/sourcebuster/sourcebuster.min.js?ver=8.6.1 5.19KB, 150ms
  - https://multiomic.health/wp-content/plugins/woocommerce/assets/js/frontend/order-attribution.min.js?ver=8.6.1 1.02KB, 148ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/js/webpack.runtime.min.js?ver=3.20.0 2.49KB, 194ms
  - https://multiomic.health/wp-content/themes/rife-free/js/jquery.sticky-kit.min.js?ver=1.1.2 1.69KB, 49ms
  - https://multiomic.health/wp-content/themes/rife-free/js/helpers.min.js?ver=2.4.19 1.86KB, 24ms
  - https://multiomic.health/wp-content/plugins/wpforms-lite/assets/lib/mailcheck.min.js?ver=1.1.2 1.97KB, 149ms
  - https://multiomic.health/wp-content/themes/rife-free/css/woocommerce.css?ver=2.4.19 8.52KB, 110ms
  - https://multiomic.health/wp-includes/js/wp-util.min.js?ver=6.4.3 0.98KB, 201ms
  - https://multiomic.health/wp-content/themes/rife-free/style.css?ver=2.4.19 50.5KB, 125ms
  - https://multiomic.health/wp-content/plugins/wpforms-lite/assets/js/frontend/wpforms.min.js?ver=1.8.7.2 14.8KB, 337ms
  - https://multiomic.health/wp-content/plugins/wpforms-lite/assets/lib/punycode.min.js?ver=1.0.0 1.11KB, 151ms
  - https://multiomic.health/wp-content/uploads/elementor/css/post-12143.css?ver=1710188658 566B, 46ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3 14.4KB, 159ms
  - https://multiomic.health/wp-content/themes/rife-free/js/light-gallery/css/lightgallery.min.css?ver=1.9.0 4.89KB, 108ms
  - https://multiomic.health/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1 11.7KB, 68ms
  - https://multiomic.health/wp-content/plugins/wpforms-lite/assets/lib/jquery.validate.min.js?ver=1.19.5 9.19KB, 346ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/swiper/v8/css/swiper.min.css?ver=8.4.5 5.31KB, 50ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/js/frontend-modules.min.js?ver=3.20.0 19.9KB, 258ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/waypoints/waypoints.min.js?ver=4.0.2 3.67KB, 148ms
  - https://multiomic.health/wp-content/plugins/cookie-law-info/lite/frontend/js/script.min.js?ver=3.2.0 7.51KB, 149ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/jquery-numerator/jquery-numerator.min.js?ver=0.2.1 1.00KB, 193ms
  - https://multiomic.health/wp-content/uploads/apollo13_framework_files/css/user.css?ver=2.4.19_1693461288 7.34KB, 111ms
  - https://multiomic.health/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1 3.25KB, 46ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/v4-shims.min.css?ver=3.20.0 4.91KB, 149ms

- https://multiomic.health/wp-content/plugins/wpforms-lite/assets/css/frontend/classic/wpforms-base.min.css?ver=1.8.7.2 8.03KB, 53ms
- https://multiomic.health/wp-content/plugins/wpforms-lite/assets/js/integrations/elementor/frontend.min.js?ver=1.8.7.2 632B, 275ms
- https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/font-awesome.min.css?ver=4.7.0 7.98KB, 108ms
- https://multiomic.health/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=3.20.0 14.1KB, 200ms
- https://multiomic.health/wp-content/themes/rife-free/js/jquery.fitvids.min.js?ver=1.1 1.20KB, 50ms
- https://multiomic.health/wp-content/plugins/rife-elementor-extensions/assets/js/frontend.js?ver=1.2.1 1.24KB, 191ms
- https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/js/v4-shims.min.js?ver=3.20.0 4.95KB, 150ms
- https://multiomic.health/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.29.0 4.56KB, 51ms
- https://multiomic.health/wp-content/plugins/wpforms-lite/assets/js/share/utils.min.js?ver=1.8.7.2 475B, 154ms
- https://multiomic.health/wp-content/themes/rife-free/js/jquery.fittext.min.js?ver=1.2 636B, 48ms
- https://multiomic.health/wp-content/themes/rife-free/css/icomoon.css?ver=2.4.19 730B, 110ms
  - https://multiomic.health/wp-content/themes/rife-free/fonts/a13-icomoon.ttf?shhy2f 2.46KB, 259ms
- https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=3.20.0 14.7KB, 112ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-regular-400.woff2 13.1KB, 191ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2 76.6KB, 287ms
  - https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-brands-400.woff2 79.9KB, 222ms
- https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800% 1.60KB, 84ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmWUlfBBc4.woff2 15.6KB, 218ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOkCnqEu92Fr1Mu51xIIzI.woff2 17.5KB, 205ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2 15.5KB, 191ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOkCnqEu92Fr1MmgVxIIzI.woff2 15.5KB, 221ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmEU9fBBc4.woff2 15.6KB, 6ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmSU5fBBc4.woff2 15.5KB, 25ms

Low **Ensure text remains visible during webfont load** FCP LCP — 8 fonts found

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

| URL | POTENTIAL SAVINGS |
|---|---|
| https://multiomic.health/wp-content/themes/rife-free/fonts/a13-icomoon.ttf?shhy2f | 259ms |
| https://fonts.gstatic.com/s/roboto/v30/KFOkCnqEu92Fr1Mu51xIIzI.woff2 | 205ms |
| https://fonts.gstatic.com/s/roboto/v30/KFOkCnqEu92Fr1MmgVxIIzI.woff2 | 221ms |
| https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmWUlfBBc4.woff2 | 218ms |
| https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2 | 191ms |
| https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmSU5fBBc4.woff2 | 25ms |
| https://fonts.gstatic.com/s/montserrat/v26/JTUSjIg1_i6t8kCHKm459Wlhyw.woff2 | 10ms |
| https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmEU9fBBc4.woff2 | 6ms |

Low **Reduce JavaScript execution time** TBT — 660ms 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://multiomic.health/ | 1.2s | 168ms | 9ms |
| https://multiomic.health/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 | 733ms | 375ms | 2ms |
| Unattributable | 485ms | 1ms | 0ms |
| https://multiomic.health/wp-content/plugins/elementor/assets/lib/waypoints/waypoints.min.js?ver=4.0.2 | 169ms | 38ms | 0ms |
| https://multiomic.health/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=3.20.0 | 128ms | 10ms | 0ms |
| https://multiomic.health/wp-content/plugins/cookie-law-info/lite/frontend/js/script.min.js?ver=3.2.0 | 55ms | 52ms | 0ms |

Low **Properly size images** Potential savings of 145KB

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

| URL | RESOURCE SIZE | POTENTIAL SAVINGS |
|---|---|---|
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-7.png | 50.0KB | 42.3KB |
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-10.png | 33.4KB | 28.2KB |
| https://multiomic.health/wp-content/uploads/2021/05/moh.png | 31.1KB | 24.9KB |
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-8.png | 28.8KB | 24.3KB |
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-9.png | 21.3KB | 18.1KB |
| https://multiomic.health/wp-content/uploads/2021/05/cropped-moh-300x58.png | 16.7KB | 7.19KB |

Low **Reduce unused CSS** FCP LCP Potential savings of 112KB

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://multiomic.health/wp-content/themes/rife-free/style.css?ver=2.4.19 | 50.5KB | 47.1KB |
| https://multiomic.health/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.20.0 | 26.1KB | 24.8KB |
| https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=3.20.0 | 14.7KB | 14.6KB |
| https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3 | 14.4KB | 14.4KB |
| https://multiomic.health/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1 | 11.7KB | 11.7KB |

Low **Serve images in next-gen formats** Potential savings of 479KB

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://multiomic.health/wp-content/uploads/2021/05/DNA_Double_Helix.png | 215KB | 197KB |
| https://multiomic.health/wp-content/uploads/2021/05/3899040.jpg | 237KB | 91.1KB |
| https://multiomic.health/wp-content/uploads/2021/05/Mysterious-DNA-Strand-Double-Helix-for-Android-APK-Download.jpeg | 174KB | 51.2KB |
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-7.png | 50.0KB | 37.8KB |
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-10.png | 33.4KB | 25.0KB |
| https://multiomic.health/wp-content/uploads/2021/05/moh.png | 31.1KB | 22.4KB |
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-8.png | 28.8KB | 20.1KB |
| https://multiomic.health/wp-content/uploads/2022/04/Angel-deck-metsyn-copy-copy-9.png | 21.3KB | 14.6KB |
| https://multiomic.health/wp-content/uploads/2021/05/moh-300x58.png | 16.7KB | 10.2KB |
| https://multiomic.health/wp-content/uploads/2021/05/cropped-moh-300x58.png | 16.7KB | 10.2KB |

Low **Reduce initial server response time** FCP LCP — Root document took 575ms

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

| URL | TIME SPENT |
|---|---|
| • https://multiomic.health/ | 575ms |

Low **Defer offscreen images** — Potential savings of 237KB

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://multiomic.health/wp-content/uploads/2021/05/3899040.jpg | 237KB | 237KB |

Low **Minify CSS** FCP LCP — Potential savings of 12.7KB

Minifying CSS files can reduce network payload sizes.

| URL | TRANSFER SIZE | POTENTIAL SAVINGS |
|---|---|---|
| • https://multiomic.health/wp-content/themes/rife-free/style.css?ver=2.4.19 | 50.5KB | 12.7KB |

Low **Avoid non-composited animations** CLS — 2 animated elements found

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

| ELEMENT | NAME |
|---|---|
| CONTACT.<br>`<a href="https://multiomic.health/#contact" style="line-height: 78px; height: 78px;">`<br>Unsupported CSS Property: color | color |
| CONTACT.<br>`<li id="menu-item-12137" class="menu-item menu-item-type-custom menu-item-object-custom current_page_item …">`<br>Unsupported CSS Property: background-color | background-color |

Low **Reduce unused JavaScript** LCP — Potential savings of 47.5KB

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.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js | 67.0KB | 47.5KB |

N/A **Largest Contentful Paint element** LCP — 5,930 ms

This is the largest contentful element painted within the viewport.

ELEMENT

AI-ENABLED PRECISION MEDICINE FOR METABOLIC-SYNDROME-RELATED CONDITIONS
`<div class="elementor-widget-container">`

| PHASE | % OF LCP | TIMING |
|---|---|---|
| TTFB | 11% | 649ms |
| Load Delay | 0% | 0ms |
| Load Time | 0% | 0ms |
| Render Delay | 89% | 5.3s |

N/A **Eliminate render-blocking resources** FCP LCP — Potential savings of 20ms

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://multiomic.health/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1 | 3.25KB | 169ms |
| https://multiomic.health/wp-content/plugins/wpforms-lite/assets/css/frontend/classic/wpforms-base.min.css?ver=1.8.7.2 | 8.03KB | 169ms |
| https://multiomic.health/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.20.0 | 26.1KB | 338ms |
| https://multiomic.health/wp-content/uploads/elementor/css/post-8754.css?ver=1710188659 | 6.46KB | 169ms |
| https://multiomic.health/wp-content/themes/rife-free/style.css?ver=2.4.19 | 50.5KB | 338ms |
| https://multiomic.health/wp-content/uploads/apollo13_framework_files/css/user.css?ver=2.4.19_1693461288 | 7.34KB | 169ms |
| 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&display=auto&ver=6.4.3 | 1.60KB | 776ms |
| https://multiomic.health/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3 | 14.4KB | 169ms |
| https://multiomic.health/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 | 35.0KB | 169ms |

N/A **Minimize main-thread work** TBT — Main-thread busy for 3.1s

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

| CATEGORY | TIME SPENT |
| --- | --- |
| Style & Layout | 982ms |
| Other | 935ms |
| Script Evaluation | 858ms |
| Rendering | 162ms |
| Parse HTML & CSS | 80ms |
| Script Parsing & Compilation | 59ms |

| | | |
| --- | --- | --- |
| N/A | **Reduce the impact of third-party code** TBT | Total size was 3.25MB |

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 VIDEO** | 1.86MB | 0ms |
| • https://rr2---sn-aigl6nzr.googlevideo.com/videoplayback?expire=1710265819&ei=e0HwZYu7I7-RxN8Px5iF4Ak&ip=20.90.189.200&id=o-AIdrwr3CjwpgrJVcgK2MKNJqlOVkv43ZMQTWmCVxHiwT&itag=247&aitags=133%2C134%2C135%2C136%2C137%2C160%2C242%2C243%2C244%2C247%2C248%2C278%2C394%2C395%2C396%2C397%2C398%2C399&source=youtube&requiressl=yes&xpc=EgVo2aDSNQ%3D%3D&mh=Ou&mm=31%2C29&mn=sn-aigl6nzr%2Csn-aigzrn7l&ms=au%2Crdu&mv=u&mvi=2&pl=21&spc=UWF9f1tV4n5KLkAHdYH4d0jqczJsde3R1gAdqsGr6efJAs8&vprv=1&svpuc=1&mime=video%2Fwebm&ns=DRxBLyeyXFXSea0aVjSzOWcQ&gir=yes&clen=6106046&dur=161.640&lmt=1673899799230410&mt=1710243298&fvip=5&keepalive=yes&fexp=24007246&c=WEB_EMBEDDED_PLAYER&sefc=1&txp=5535434&n=XwGhAPRf5LwHbA&sparams=expire%2Cei%2Cip%2Cid%2Caitags%2Csource%2Crequiressl%2Cxpc%2Cspc%2Cvprv%2Csvpuc%2Cmime%2Cns%2Cgir%2Cclen%2Cdur%2Clmt&sig=AJfQdSswRQIhAJdPjokfqR95gqWtTv1vFhGhL3zvF85V9Z9SI--DNtU0AiAUkcOQJKRTpoLwZ9ElQNyUZWkR3YMPjyTtF2SdR8vjDw%3D%3D&lsparams=mh%2Cmm%2Cmn%2Cms%2Cmv%2Cmvi%2Cpl&lsig=APTiJQcwRAIgBMRMGfws0l8XLla7gXn9qX7nyNoW4_osde_oyBea91ICIHJnZ50AyCAik5yusznlj4wu1Cwb0pYebUNMpeUUdzPA&alr=yes&cpn=H6QzCpOlFrIVUPIW&cver=1.20240305.00.00&range=1079766-1706145&rn=10&rbuf=8440&pot=MnSo25oj-EynhajjVKx7GzATUsKtc9RsXRftIE_On_KapOU8ewobcIqJPwH-uCy7QIwymcS2F5frc1gZWd6HewtIEbEsbnJSMBdq_OOksEci2Fbj2edY8kZ-fs5QBfpSXHIBhNh0TiObXkdKMqF6wkOLnQDh6w==&ump=1&srfvp=1 | 612KB | 0ms |
| • https://rr2---sn-aigl6nzr.googlevideo.com/videoplayback?expire=1710265819&ei=e0HwZYu7I7-RxN8Px5iF4Ak&ip=20.90.189.200&id=o-AIdrwr3CjwpgrJVcgK2MKNJqlOVkv43ZMQTWmCVxHiwT&itag=247&aitags=133%2C134%2C135%2C136%2C137%2C160%2C242%2C243%2C244%2C247%2C248%2C278%2C394%2C395%2C396%2C397%2C398%2C399&source=youtube&requiressl=yes&xpc=EgVo2aDSNQ%3D%3D&mh=Ou&mm=31%2C29&mn=sn-aigl6nzr%2Csn-aigzrn7l&ms=au%2Crdu&mv=u&mvi=2&pl=21&spc=UWF9f1tV4n5KLkAHdYH4d0jqczJsde3R1gAdqsGr6efJAs8&vprv=1&svpuc=1&mime=video%2Fwebm&ns=DRxBLyeyXFXSea0aVjSzOWcQ&gir=yes&clen=6106046&dur=161.640&lmt=1673899799230410&mt=1710243298&fvip=5&keepalive=yes&fexp=24007246&c=WEB_EMBEDDED_PLAYER&sefc=1&txp=5535434&n=XwGhAPRf5LwHbA&sparams=expire%2Cei%2Cip%2Cid%2Caitags%2Csource%2Crequiressl%2Cxpc%2Cspc%2Cvprv%2Csvpuc%2Cmime%2Cns%2Cgir%2Cclen%2Cdur%2Clmt&sig=AJfQdSswRQIhAJdPjokfqR95gqWtTv1vFhGhL3zvF85V9Z9SI--DNtU0AiAUkcOQJKRTpoLwZ9ElQNyUZWkR3YMPjyTtF2SdR8vjDw%3D%3D&lsparams=mh%2Cmm%2Cmn%2Cms%2Cmv%2Cmvi%2Cpl&lsig=APTiJQcwRAIgBMRMGfws0l8XLla7gXn9qX7nyNoW4_osde_oyBea91ICIHJnZ50AyCAik5yusznlj4wu1Cwb0pYebUNMpeUUdzPA&alr=yes&cpn=H6QzCpOlFrIVUPIW&cver=1.20240305.00.00&range=767329-1079765&rn=8&rbuf=4200&pot=MnSo25oj-EynhajjVKx7GzATUsKtc9RsXRftIE_On_KapOU8ewobcIqJPwH-uCy7QIwymcS2F5frc1gZWd6HewtIEbEsbnJSMBdq_OOksEci2Fbj2edY8kZ-fs5QBfpSXHIBhNh0TiObXkdKMqF6wkOLnQDh6w==&ump=1&srfvp=1 | 305KB | 0ms |
| • https://rr2---sn-aigl6nzr.googlevideo.com/videoplayback?expire=1710265819&ei=e0HwZYu7I7-RxN8Px5iF4Ak&ip=20.90.189.200&id=o-AIdrwr3CjwpgrJVcgK2MKNJqlOVkv43ZMQTWmCVxHiwT&itag=247&aitags=133%2C134%2C135%2C136%2C137%2C160%2C242%2C243%2C244%2C247%2C248%2C278%2C394%2C395%2C396%2C397%2C398%2C399&source=youtube&requiressl=yes&xpc=EgVo2aDSNQ%3D%3D&mh=Ou&mm=31%2C29&mn=sn-aigl6nzr%2Csn-aigzrn7l&ms=au%2Crdu&mv=u&mvi=2&pl=21&spc=UWF9f1tV4n5KLkAHdYH4d0jqczJsde3R1gAdqsGr6efJAs8&vprv=1&svpuc=1&mime=video%2Fwebm&ns=DRxBLyeyXFXSea0aVjSzOWcQ&gir=yes&clen=6106046&dur=161.640&lmt=1673899799230410&mt=1710243298&fvip=5&keepalive=yes&fexp=24007246&c=WEB_EMBEDDED_PLAYER&sefc=1&txp=5535434&n=XwGhAPRf5LwHbA&sparams=expire%2Cei%2Cip%2Cid%2Caitags%2Csource%2Crequiressl%2Cxpc%2Cspc%2Cvprv%2Csvpuc%2Cmime%2Cns%2Cgir%2Cclen%2Cdur%2Clmt&sig=AJfQdSswRQIhAJdPjokfqR95gqWtTv1vFhGhL3zvF85V9Z9SI--DNtU0AiAUkcOQJKRTpoLwZ9ElQNyUZWkR3YMPjyTtF2SdR8vjDw%3D%3D&lsparams=mh%2Cmm%2Cmn%2Cms%2Cmv%2Cmvi%2Cpl&lsig=APTiJQcwRAIgBMRMGfws0l8XLla7gXn9qX7nyNoW4_osde_oyBea91ICIHJnZ50AyCAik5yusznlj4wu1Cwb0pYebUNMpeUUdzPA&alr=yes&cpn=H6QzCpOlFrIVUPIW&cver=1.20240305.00.00&range=196135-386532&rn=3&rbuf=0&pot=MnSo25oj-EynhajjVKx7GzATUsKtc9RsXRftIE_On_KapOU8ewobcIqJPwH-uCy7QIwymcS2F5frc1gZWd6HewtIEbEsbnJSMBdq_OOksEci2Fbj2edY8kZ-fs5QBfpSXHIBhNh0TiObXkdKMqF6wkOLnQDh6w==&ump=1&srfvp=1 | 186KB | 0ms |
| • https://rr2---sn-aigl6nzr.googlevideo.com/videoplayback?expire=1710265819&ei=e0HwZYu7I7-RxN8Px5iF4Ak&ip=20.90.189.200&id=o-AIdrwr3CjwpgrJVcgK2MKNJqlOVkv43ZMQTWmCVxHiwT&itag=247&aitags=133%2C134%2C135%2C136%2C137%2C160%2C242%2C243%2C244%2C247%2C248%2C278%2C394%2C395%2C396%2C397%2C398%2C399&source=youtube&requiressl=yes&xpc=EgVo2aDSNQ%3D%3D&mh=Ou&mm=31%2C29&mn=sn-aigl6nzr%2Csn-aigzrn7l&ms=au%2Crdu&mv=u&mvi=2&pl=21&spc=UWF9f1tV4n5KLkAHdYH4d0jqczJsde3R1gAdqsGr6efJAs8&vprv=1&svpuc=1&mime=video%2Fwebm&ns=DRxBLyeyXFXSea0aVjSzOWcQ&gir=yes&clen=6106046&dur=161.640&lmt=1673899799230410&mt=1710243298&fvip=5&keepalive=yes&fexp=24007246&c=WEB_EMBEDDED_PLAYER&sefc=1&txp=5535434&n=XwGhAPRf5LwHbA&sparams=expire%2Cei%2Cip%2Cid%2Caitags%2Csource%2Crequiressl%2Cxpc%2Cspc%2Cvprv%2Csvpuc%2Cmime%2Cns%2Cgir%2Cclen%2Cdur%2Clmt&sig=AJfQdSswRQIhAJdPjokfqR95gqWtTv1vFhGhL3zvF85V9Z9SI--DNtU0AiAUkcOQJKRTpoLwZ9ElQNyUZWkR3YMPjyTtF2SdR8vjDw%3D%3D&lsparams=mh%2Cmm%2Cmn%2Cms%2Cmv%2Cmvi%2Cpl&lsig=APTiJQcwRAIgBMRMGfws0l8XLla7gXn9qX7nyNoW4_osde_oyBea91ICIHJnZ50AyCAik5yusznlj4wu1Cwb0pYebUNMpeUUdzPA&alr=yes&cpn=H6QzCpOlFrIVUPIW&cver=1.20240305.00.00&range=386533-576930&rn=6&rbuf=200&pot=MnSo25oj-EynhajjVKx7GzATUsKtc9RsXRftIE_On_KapOU8ewobcIqJPwH-uCy7QIwymcS2F5frc1gZWd6HewtIEbEsbnJSMBdq_OOksEci2Fbj2edY8kZ-fs5QBfpSXHIBhNh0TiObXkdKMqF6wkOLnQDh6w==&ump=1&srfvp=1 | 186KB | 0ms |
| • https://rr2---sn-aigl6nzr.googlevideo.com/videoplayback?expire=1710265819&ei=e0HwZYu7I7-RxN8Px5iF4Ak&ip=20.90.189.200&id=o-AIdrwr3CjwpgrJVcgK2MKNJqlOVkv43ZMQTWmCVxHiwT&itag=247&aitags=133%2C134%2C135%2C136%2C137%2C160%2C242%2C243%2C244%2C247%2C248%2C278%2C394%2C395%2C396%2C397%2C398%2C399&source=youtube&requiressl=yes&xpc=EgVo2aDSNQ%3D%3D&mh=Ou&mm=31%2C29&mn=sn-aigl6nzr%2Csn-aigzrn7l&ms=au%2Crdu&mv=u&mvi=2&pl=21&spc=UWF9f1tV4n5KLkAHdYH4d0jqczJsde3R1gAdqsGr6efJAs8&vprv=1&svpuc=1&mime=video%2Fwebm&ns=DRxBLyeyXFXSea0aVjSzOWcQ&gir=yes&clen=6106046&dur=161.640&lmt=1673899799230410&mt=1710243298&fvip=5&keepalive=yes&fexp=24007246&c=WEB_EMBEDDED_PLAYER&sefc=1&txp=5535434&n=XwGhAPRf5LwHbA&sparams=expire%2Cei%2Cip%2Cid%2Caitags%2Csource%2Crequiressl%2Cxpc%2Cspc%2Cvprv%2Csvpuc%2Cmime%2Cns%2Cgir%2Cclen%2Cdur%2Clmt&sig=AJfQdSswRQIhAJdPjokfqR95gqWtTv1vFhGhL3zvF85V9Z9SI--DNtU0 | 186KB | 0ms |

| THIRD-PARTY | TRANSFER SIZE | MAIN-THREAD BLOCKING TIME |
|---|---|---|
| AiAUkcOQJKRTpoLwZ9ElQNyUZWkR3YMPjyTtF2SdR8vjDw%3D%3D&lsparams=mh%2Cmm%2Cmn%2Cms%2Cmv%2Cmvi%2Cpl&lsig=APTiJQcwRAIgBMRMGfws0l8XLla7gXn9qX7nyNoW4_osde_oyBea91ICIHJnZ50AyCAik5yusznIj4wu1Cwb0pYebUNMpeUUdzPA&alr=yes&cpn=H6QzCpOlFrlVUPIW&cver=1.20240305.00.00&range=576931-767328&rn=7&rbuf=2200&pot=MnSo25oj-EynhajjVKx7GzATUsKtc9RsXRftlE_On_KapOU8ewobclqJPwH-uCy7QlwymcS2F5frc1gZWd6HewtlEbEsbnJSMBdq_OOksEci2Fbj2edY8kZ-fs5QBfpSXHlBhNh0TiObXkdKMqF6wkOLnQDh6w==&ump=1&srfvp=1 | | |
| • Other resources | 427KB | 0ms |
| **YOUTUBE** | 1.17MB | 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://i.ytimg.com/vi/gG7uCskUOrA/maxresdefault.jpg?sqp=-oaymwEmCIAKENAF8quKqQMa8AEB-AH-CYAC0AWKAgwIABABGEkgSChlMA8=&rs=AOn4CLAtGDlJ4xshuEhxbuVnL-4DrwOl6g | 69.0KB | 0ms |
| • https://www.youtube.com/s/player/c48a9559/www-widgetapi.vflset/www-widgetapi.js | 67.0KB | 0ms |
| • Other resources | 193KB | 0ms |
| **GOOGLE FONTS** | 161KB | 0ms |
| • https://fonts.gstatic.com/s/montserrat/v26/JTUSjIg1_i6t8kCHKm459Wlhyw.woff2 | 32.3KB | 0ms |
| • https://fonts.gstatic.com/s/roboto/v30/KFOkCnqEu92Fr1Mu51xIIzI.woff2 | 17.5KB | 0ms |
| • https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmWUlfBBc4.woff2 | 15.6KB | 0ms |
| • https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmEU9fBBc4.woff2 | 15.6KB | 0ms |
| • https://fonts.gstatic.com/s/roboto/v30/KFOkCnqEu92Fr1MmgVxIIzI.woff2 | 15.5KB | 0ms |
| • Other resources | 64.1KB | 0ms |
| **OTHER GOOGLE APIS/SDKS** | 60.4KB | 0ms |
| • https://jnn-pa.googleapis.com/$rpc/google.internal.waa.v1.Waa/Create | 40.3KB | 0ms |
| • https://www.google.com/js/th/Hg8RJ6IYDEt2XfeS9TTatHSj5NgA1bkUUg8jx44YVvw.js | 20.0KB | 0ms |
| **GOOGLE/DOUBLECLICK ADS** | 1.20KB | 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.