



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

Report generated: Mon, Mar 4, 2024 7:52 PM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

B	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	98%	68%	773ms	113ms	0.01

Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 5.60MB
Med	Use explicit width and height on image elements <small>CLS</small>	35 images found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 379KB
Med-Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 296ms
Med-Low	Avoid document.write()	2 instances found

Page Details



Total Page Size - 5.58MB



Total Page Requests - 121



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.

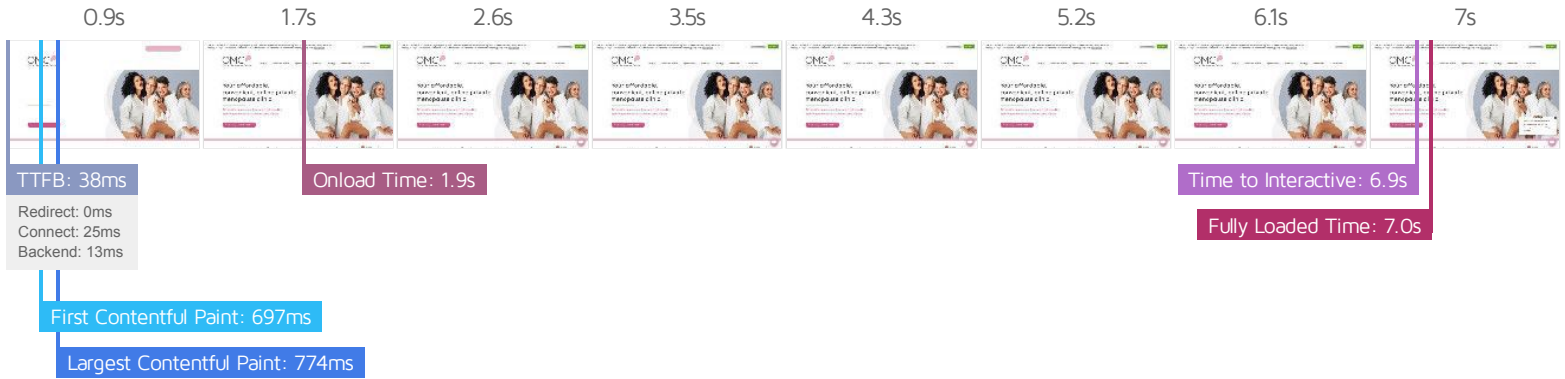
Private Menopause Clinic London UK | Menopause Specialist | Online Menopause Centre

Resource	Size	Load Time
/	15.6KB	39ms
cookie-law-info-public.cs...	1.12KB	44ms
cookie-law-info-gdpr.css?...	4.78KB	23ms
style.css?ver=1	492B	24ms
slicknav.min.css?ver=1.0.11	1.17KB	25ms
search-filter.min.css?ver...	6.78KB	25ms
front-css.css?ver=4.2.4	5.90KB	21ms
new-flags.css?ver=4.2.4	3.35KB	117ms
ubermenu.min.css?ver=3...	9.54KB	117ms
minimal.css?ver=e50018c...	906B	41ms
all.min.css?ver=e50018cc...	12.6KB	31ms
bootstrap.min.css?ver=4....	24.8KB	154ms
style.css	6.57KB	97ms
all.min.css?ver=5.11.2	9.8KB	145ms
blocks.css?ver=e50018cc...	188B	97ms
b4st.css	1.61KB	98ms
slick.css	779B	111ms
slick-theme.css	1.09KB	39ms
css2?family=Jost%3Awg...	868B	171ms
jquery.min.js?ver=3.7.1	30.9KB	143ms
jquery-migrate.min.js?ver...	5.14KB	58ms
cookie-law-info-public.js?...	7.99KB	61ms
script.php?id&ver=e5001...	446B	470ms
jquery.slicknav.min.js?ve...	2.73KB	117ms
slick-init.js?ver=1.9.1	1.79KB	124ms
search-filter-build.min.js?...	19.1KB	138ms
chosen.jquery.min.js?ver...	7.16KB	125ms
front-js.js?ver=4.2.4	1.96KB	115ms
jquery-3.5.1.min.js	30.2KB	145ms
magnific-popup.css	2.01KB	117ms
uei7rld.css	637B	252ms
get-script?widget_contai... (canceled) doctify.com	919B	181ms
OMC-master-logo.png	24.3KB	359ms
online-appointment-icon...	3.56KB	360ms
female-doctor-icon.png	5.18KB	361ms
personalised-treatment-ic...	4.65KB	438ms
get-script?widget_contai... (canceled) widgets.doctify.com	919B	274ms
prima1.jpg	15.1KB	357ms
naturalhealth1.jpg	16.7KB	388ms
viva.jpg	10.1KB	357ms
marieclaire.jpg	8.63KB	387ms
you.jpg	6.72KB	415ms
mailonline.jpg	9.46KB	413ms
womanhome.jpg	9.9KB	385ms
healthlinelogo.jpg	9.13KB	403ms
highly-personalised.png	4.68KB	412ms
experienced-doctors.png	4.86KB	436ms
affordable.png	4.11KB	413ms
unbiased.png	5.63KB	436ms
up-to-date.png	3.41KB	436ms
dr-laila.png	179KB	461ms
get-script?widget_contai... (canceled) widgets.doctify.com	919B	271ms
LinkedIn_lcon.png	1.82KB	437ms

fb-icon.png	200	onlinemenopausece...	1.38KB		438ms	
Twitter_lcon2.png	200	onlinemenopausece...	2.22KB		438ms	
instagram-icon.png	200	onlinemenopausece...	1.79KB		438ms	
omc-whitelogo.png	200	onlinemenopausece...	7.62KB		438ms	
1-CQC-Regulated-by-WHI...	200	onlinemenopausece...	12.8KB		438ms	
cookie-law-info-table.css...	200	onlinemenopausece...	1.95KB		301ms	
core.min.js?ver=1.13.2	200	onlinemenopausece...	7.35KB		301ms	
datepicker.min.js?ver=1.1...	200	onlinemenopausece...	11.3KB		304ms	
ubermenu.min.js?ver=3.7.6	200	onlinemenopausece...	9.9KB		320ms	
modernizr.min.js?ver=2.8.3	200	cdnjs.cloudflare.com	3.89KB		282ms	
popper.min.js?ver=1.16.0	200	cdn.jsdelivr.net	7.65KB		335ms	
bootstrap.min.js?ver=4.4.1	200	stackpath.bootstrapcdn.com	16.3KB		284ms	
jquery.magnific-popup.js	200	onlinemenopausece...	12.9KB		320ms	
b4st.js	200	onlinemenopausece...	2.12KB		328ms	
cookie.js	200	onlinemenopausece...	1.58KB		328ms	
slick.min.js	200	onlinemenopausece...	10.9KB		284ms	
gtm.js?id=GTM-NC9CPHX	200	googletagmanager.c...	96.0KB		461ms	
bat.js	200	bat.bing.com	13.0KB		240ms	
p.css?s=1&k=uei7rld&ht=...	200	p.typekit.net	5B		177ms	
omchero2023.jpg	200	onlinemenopausece...	248KB		18ms	
7034-OMC-header-image-...	200	onlinemenopausece...	208KB		19ms	
bullet-point.png	200	onlinemenopausece...	813B		37ms	
img-banner.jpg	200	onlinemenopausece...	99KB		43ms	
Screenshot-2023-12-05-at...	200	onlinemenopausece...	1.48MB		65ms	
Screenshot-2023-12-05-at...	200	onlinemenopausece...	1.20MB		59ms	
hero-img.png	200	onlinemenopausece...	793KB		62ms	
bubble-background.jpg	200	onlinemenopausece...	59.4KB		34ms	
3652d7df-f4e3-4d89-bb8d-...	200	onlinemenopausece...	24.5KB		149ms	
ee81dc59-4c2d-4c07-9563-...	200	onlinemenopausece...	24.8KB		151ms	
fa-solid-900.woff2	200	cdnjs.cloudflare.com	74.6KB		180ms	
137028012.js	204	bat.bing.com	117B		18ms	
js?id=G-ZTG2MXT46Y&I=...	200	googletagmanager.c...	94.8KB		47ms	
analytics.js	200	google-analytics.com	20.5KB		54ms	
fbevents.js	200	connect.facebook.net	56.0KB		53ms	
destination?id=AW-10936...	200	googletagmanager.c...	76.5KB		30ms	
2df49cb8999430ee680bf7...	200	cdn.rlets.com	46.0KB		66ms	
script.php?id=ad31a7787...	200	meluchat.com	634B		24ms	
gb.svg	200	cdn.weglot.com	831B		47ms	
wgarrowdown.png	200	onlinemenopausece...	164B		15ms	
0?ti=137028012&Ver=2&...	204	bat.bing.com	287B		20ms	
ajax-loader.gif	200	onlinemenopausece...	4.08KB		12ms	
slick.woff	200	onlinemenopausece...	1.35KB		73ms	
livechat.ashx?siteId=8500...	200	vue.comm100.com	1.05KB		44ms	
storage.html	200	12facda1-82df-49cb-...	2.01KB		458ms	
245307810074428?v=2.9.1...	200	connect.facebook.net	11.9KB		81ms	
10936223178?random=17...	200	googleads.g.doublec...	1.27KB		50ms	
common.43c58250.js	200	vue.comm100.com	28.4KB		27ms	
vendor.b62fa883.js	200	vue.comm100.com	35.3KB		30ms	
bundle.139b91b2.js	200	vue.comm100.com	130KB		40ms	
2351826701511006?v=2.9...	200	connect.facebook.net	5.98KB		61ms	
tr?id=245307810074428&...	200	facebook.com	185B		27ms	
10936223178?random=17...	200	google.com	42B		50ms	
10936223178?random=17...	200	google.co.uk	42B		49ms	
tr?id=2351826701511006...	200	facebook.com	31B		12ms	
POST visitor.ashx?siteId=...	200	chatserver17.comm1...	1.25KB		81ms	
POST visitor.ashx?siteId=...	200	chatserver17.comm1...	2.13KB		27ms	
DBImage.ashx?campaign...	200	chatserver17.comm1...	5.56KB		67ms	
campaign.ashx?siteId=85...	200	chatserver17.comm1...	13.1KB		66ms	
Button.57a275b5.js	200	vue.comm100.com	3.70KB		11ms	
cropped-omc-whitelogo-3...	200	onlinemenopausece...	1.41KB		12ms	
POST visitor.ashx?siteId=...	200	chatserver17.comm1...	1.28KB		30ms	
Invitation.69a7e5f1.js	200	vue.comm100.com	2.58KB		17ms	

BubbleAnimation.91b737...	200	vue.comm100.com	3.28KB					9ms
sourcesanspro-regular.woff	200	vue.comm100.com	42.8KB					48ms
avatar?SiteId=85000375&...	200	api17.comm100.io	28.3KB					62ms
avatar?SiteId=85000375&...	200	api17.comm100.io	20.9KB					63ms
avatar?SiteId=85000375&...	200	api17.comm100.io	21.6KB					63ms
1f44b.svg	200	vue.comm100.com	1.04KB					14ms

121 Requests 5.58MB (8.01MB Uncompressed) 7s (Onload 1.9s)



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>697ms</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>Much longer than recommended</p> <p>6.9s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>868ms</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>113ms</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>773ms</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0.01</p>

Browser Timings

Redirect	0ms	Connect	25ms	Backend	13ms
TTFB	38ms	First Paint	697ms	DOM Int.	867ms
DOM Loaded	886ms	Onload	1.9s	Fully Loaded	7.0s

IMPACT AUDIT

Med-Low

Avoid CSS @import FCP LCP

1 resource found

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

- <https://use.typekit.net/uei7rld.css>
- <https://p.typekit.net/p.css?s=1&k=uei7rld&ht=tk&f=22792.24317&a=1725268&app=typekit&e=css>

Low

Defer offscreen images

Potential savings of 3.87MB

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://onlinemenopausecentre.com/wp-content/uploads/2023/12/Screenshot-2023-12-05-at-08.37.51.png	1.48MB	1.48MB
https://onlinemenopausecentre.com/wp-content/uploads/2023/12/Screenshot-2023-12-05-at-08.39.53.png	1.20MB	1.20MB
https://onlinemenopausecentre.com/wp-content/uploads/2022/10/hero-img.png	793KB	793KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/dr-laila.png	179KB	179KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/07/img-banner.jpg	99KB	99KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/bubble-background.jpg	59.4KB	59.4KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/img/naturalhealth1.jpg	16.7KB	16.7KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/img/prima1.jpg	15.1KB	15.1KB
https://onlinemenopausecentre.com/wp-content/uploads/2021/01/1-CQC-Regulated-by-WHITE-135px.png	12.8KB	12.8KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/img/healthline1.png	9.13KB	9.13KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/omc-whitelogo.png	7.62KB	7.62KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/unbiased.png	5.63KB	5.63KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/experienced-doctors.png	4.86KB	4.86KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/highly-personalised.png	4.68KB	4.68KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/affordable.png	4.11KB	4.11KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/up-to-date.png	3.41KB	3.41KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/assets/Twitter_Icon2.png	2.22KB	2.22KB

Low

Use passive listeners to improve scrolling performance

2 event listeners not passive

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance.

URL	LOCATION
https://code.jquery.com/jquery-3.5.1.min.js	Line:1
https://vue.comm100.com/visitorside/js/vendor.b62fa883.js	Line:6

Low

Allow back/forward cache restoration

1 failure reason

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations.

FAILURE REASON

FAILURE TYPE

The page has an unload handler in the main frame.
<https://onlinemenopausecentre.com/>

Actionable

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://vue.comm100.com/visitorside/js/vendor.b62fa883.js	1.7s	112ms
https://onlinemenopausecentre.com/	571ms	98ms
https://vue.comm100.com/visitorside/js/bundle.139b91b2.js	6.7s	79ms
https://vue.comm100.com/visitorside/js/vendor.b62fa883.js	6.8s	70ms

Low **Use a Content Delivery Network (CDN)** 1 resource found

CDNs can give an equally fast web experience to your users across the globe.

URL

- https://www.google.co.uk/pagead/1p-user-list/10936223178/?random=1709610741337&cv=11&fst=1709607600000&bg=fffff&guid=ON&async=1>m=45be421z8830866676za201&gcd=13131311&dma=0&u_w=1367&u_h=864&url=https%3A%2F%2Fonlinemenopausecentre.com%2F&frm=0&tiba=Private%20Menopause%20Clinic%20London%20UK%20%7C%20Menopause%20Specialist%20%7C%20Online%20Menopause%20Centre&npa=0&fmt=3&is_vtc=1&cid=CAQSGwB7FLtqJc8BULAdl5RoLEgdWWWMP7nPVA3PJLw&andom=415461624&rmt_tld=1&ipr=y

Low **Serve images in next-gen formats** Potential savings of 3.99MB

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://onlinemenopausecentre.com/wp-content/uploads/2023/12/Screenshot-2023-12-05-at-08.37.51.png	1.48MB	1.42MB
https://onlinemenopausecentre.com/wp-content/uploads/2023/12/Screenshot-2023-12-05-at-08.39.53.png	1.20MB	1.13MB
https://onlinemenopausecentre.com/wp-content/uploads/2022/10/hero-img.png	793KB	741KB
https://onlinemenopausecentre.com/wp-content/uploads/2023/03/omchero2023.jpg	248KB	193KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/dr-laila.png	179KB	167KB
https://onlinemenopausecentre.com/wp-content/uploads/2023/03/7034-OMC-header-image-2%E2%80%93932.jpg	208KB	161KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/07/img-banner.jpg	99KB	50.8KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/bubble-background.jpg	59.4KB	49.6KB
https://api17.comm100.io/Global/agents/f0babd9b-7ee8-437d-a6f1-94e125231f82/avatar?SiteId=85000375&version=f8b87f59fd63c15a08853c8218957a61&signature=NqphxXXYLfrFMr1peFzQoNa0IDM	28.3KB	24.2KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/assets/OMC-master-logo.png	24.3KB	20.8KB
https://api17.comm100.io/Global/agents/981f070e-316a-40b5-90f3-85825999bea6/avatar?SiteId=85000375&version=04825a0a08891a33fe31c433242c541d&signature=meeUsGMphpDJhBQgHguD4Dk6b3s	21.6KB	14.6KB
https://api17.comm100.io/Global/agents/6a4b454f-c272-4712-9d57-f2bbc9680c22/avatar?SiteId=85000375&version=c06b5ef530f12a17abf2c3db29859b94&signature=fxXyZBWL3HyE0eSxUumG331wLtw	20.9KB	14.4KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/img/naturalhealth1.jpg	16.7KB	12.3KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/img/prima1.jpg	15.1KB	11.7KB
https://onlinemenopausecentre.com/wp-content/uploads/2021/01/1-CQC-Regulated-by-WHITE-135px.png	12.8KB	10.9KB

Low

Avoid an excessive DOM size TBT

605 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		605
Maximum DOM Depth	OMC Menopause Cafe (November 2023) – Perimenopause & Sleep <h6>	15
Maximum Child Elements	body.home <body class="home page-template-default page page-id-316">	35

Low

Reduce JavaScript execution time TBT

605ms 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://onlinemenopausecentre.com/	573ms	12ms	1ms
• Unattributable	506ms	30ms	0ms
• https://vue.comm100.com/visitorside/js/vendor.b62fa883.js	216ms	184ms	2ms
• https://vue.comm100.com/visitorside/js/bundle.139b91b2.js	136ms	114ms	1ms
• https://code.jquery.com/jquery-3.5.1.min.js	120ms	88ms	1ms
• https://www.googletagmanager.com/gtm.js?id=GTM-NC9CPHX	69ms	58ms	5ms
• https://www.googletagmanager.com/gtag/js?id=G-ZTG2MXT46Y&l=dataLayer&cx=c	68ms	46ms	5ms
• https://onlinemenopausecentre.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	60ms	52ms	1ms

Low

Enable text compression FCP LCP

Potential savings of 13.1KB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://chatserver17.comm100.io/campaign.ashx?siteid=85000375&campaignId=64c2b798-1092-4aac-8cf8-98ee68f39a91&lastUpdateTime=08FEFBE4	13.1KB	8.60KB
• https://chatserver17.comm100.io/DBResource/DBImage.ashx?campaignId=64c2b798-1092-4aac-8cf8-98ee68f39a91&imgType=6&ver=08FEFBE4&siteid=85000375	5.56KB	4.49KB

Low

Properly size images

Potential savings of 149KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/dr-laila.png	179KB	141KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/assets/OMC-master-logo.png	24.3KB	4.49KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/unbiased.png	5.63KB	4.12KB

Low

Efficiently encode images

Potential savings of 288KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://onlinemenopausecentre.com/wp-content/uploads/2023/03/omchero2023.jpg	248KB	116KB
https://onlinemenopausecentre.com/wp-content/uploads/2023/03/7034-OMC-header-image-2%E2%80%93932.jpg	208KB	93.2KB
https://onlinemenopausecentre.com/wp-content/uploads/2020/08/bubble-background.jpg	59.4KB	32.7KB
https://api17.commm100.io/Global/agents/f0babd9b-7ee8-437d-a6f1-94e125231f82/avatar?SiteId=85000375&version=f8b87f59fd63c15a08853c8218957a61&signature=NqohxXXYLfrFMr1peFzQoNa0IDM	28.3KB	18.8KB
https://api17.commm100.io/Global/agents/6a4b454f-c272-4712-9d57-f2bbc9680c22/avatar?SiteId=85000375&version=c06b5ef530f12a17abf2c3db29859b94&signature=fxXyZBWL3HyEOeSxUumG331wLtw	20.9KB	7.20KB
https://api17.commm100.io/Global/agents/981f707e-316a-40b5-90f3-85825999bea6/avatar?SiteId=85000375&version=04825a0a08891a33fe31c433242c541d&signature=meeUsGMphpDJhBOgHguD4Dk6b3s	21.6KB	7.12KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/img/prima1.jpg	15.1KB	7.04KB
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/img/naturalhealth1.jpg	16.7KB	6.65KB

Low **Ensure text remains visible during webfont load** FCP LCP 5 fonts found

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

URL	POTENTIAL SAVINGS
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/fonts/5936931/3652d7df-f4e3-4d89-bb8d-4e8f646b5e6f.woff2	8ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/fonts/5937041/ee81dc59-4c2d-4c07-9563-9a407f35acb9.woff2	10ms
https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.11.2/webfonts/fa-solid-900.woff2	40ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/fonts/slick.woff	6ms
https://vue.commm100.com/visitorside/fonts/sourcesanspro-regular.woff	11ms

Low **Reduce unused CSS** FCP LCP Potential savings of 73.9KB

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
<code>.buttonProgress__layerCircle,button{outline:0} ...</code>	27.6KB	27.2KB
https://stackpath.bootstrapcdn.com/bootstrap/4.4.1/css/bootstrap.min.css?ver=4.4.1	24.8KB	23.7KB
https://onlinemenopausecentre.com/wp-content/plugins/ubermenu/assets/fontawesome/css/all.min.css?ver=e50018cce4f26d4ca29c68beae08bbbc	12.6KB	12.6KB
https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.11.2/css/all.min.css?ver=5.11.2	10.4KB	10.4KB

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

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

ELEMENT	NAME
Click to decline the chat invitation <code><div class="invitation window--chrome"></code> Unsupported CSS Property: transform-origin	invitation-show

Low **Minify JavaScript** FCP LCP Potential savings of 4.24KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://onlinemenopausecentre.com/wp-content/themes/omc/theme/js/jquery.magnific-popup.js	12.9KB	4.24KB

Low

Avoid chaining critical requests FCP LCP

44 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: 1.0s

INITIAL NAVIGATION

https://onlinemenopausecentre.com/ 15.6KB, 37ms
https://onlinemenopausecentre.com/wp-content/plugins/search-filter-pro/public/assets/css/search-filter.min.css?ver=2.5.17 6.78KB, 24ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/js/cookie.js 1.58KB, 80ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/blocks.css?ver=e50018cce4f26d4ca29c68beae08bbbc 188B, 96ms
https://onlinemenopausecentre.com/wp-content/plugins/search-filter-pro/public/assets/js/chosen.jquery.min.js?ver=2.5.17 7.16KB, 122ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/js/b4st.js 2.12KB, 80ms
https://onlinemenopausecentre.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 30.9KB, 140ms
https://widgets.doctify.com/get-script?widget_container_id=0c7q164j&type=carousel-widget&tenant=athena-uk&language=en&profileType=practice&layoutType=layoutA&slug=online-menopause-centre&background=white&itemBackground=fffff&itemFrame=true 213B, 26ms
https://onlinemenopausecentre.com/wp-includes/js/jquery/ui/datepicker.min.js?ver=1.13.2 11.3KB, 59ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/slick.css 779B, 109ms
https://onlinemenopausecentre.com/wp-content/plugins/search-filter/style.css?ver=1 492B, 22ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/b4st.css 1.61KB, 97ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/magnific-popup.css 2.01KB, 114ms
https://onlinemenopausecentre.com/wp-content/plugins/cookie-law-info/legacy/public/js/cookie-law-info-public.js?ver=3.2.0 7.99KB, 55ms
https://onlinemenopausecentre.com/wp-content/plugins/slicknav-mobile-menu/js/slick-init.js?ver=1.9.1 1.79KB, 121ms
https://onlinemenopausecentre.com/wp-content/plugins/search-filter-pro/public/assets/js/search-filter-build.min.js?ver=2.5.17 19.1KB, 135ms
https://code.jquery.com/jquery-3.5.1.min.js 30.5KB, 142ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/js/jquery.magnific-popup.js 12.9KB, 75ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/js/slick.min.js 10.9KB, 36ms
https://onlinemenopausecentre.com/wp-content/plugins/weglot/dist/css/front-css.css?ver=4.2.4 5.90KB, 20ms
https://fonts.googleapis.com/css2?family=Jost%3Awght%40300%3B400%3B700&display=swap&ver=e50018cce4f26d4ca29c68beae08bbbc 868B, 170ms
https://cdn.jsdelivr.net/npm/popper.js@1.16.0/dist/umd/popper.min.js?ver=1.16.0 8.11KB, 90ms
https://onlinemenopausecentre.com/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-table.css?ver=3.2.0 1.95KB, 56ms
https://onlinemenopausecentre.com/wp-content/plugins/ubermenu/assets/css/skins/minimal.css?ver=e50018cce4f26d4ca29c68beae08bbbc 906B, 39ms
https://stackpath.bootstrapcdn.com/bootstrap/4.4.1/css/bootstrap.min.css?ver=4.4.1 24.8KB, 152ms
https://widgets.doctify.com/get-script?widget_container_id=0788s2ly&type=micro-star-widget&tenant=athena-uk&language=en&profileType=practice&layoutType=layoutA&slug=online-menopause-centre&background=white 216B, 43ms
https://onlinemenopausecentre.com/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-gdpr.css?ver=3.2.0 4.78KB, 22ms
https://stackpath.bootstrapcdn.com/bootstrap/4.4.1/js/bootstrap.min.js?ver=4.4.1 16.3KB, 38ms
https://www.doctify.com/get-script?widget_container_id=0d28mfsm&type=horizontal-widget&tenant=athena-uk&language=en&profileType=practice&layoutType=layoutL&slugs=online-menopause-centre&outerFrame=true&background=white 215B, 177ms
https://onlinemenopausecentre.com/wp-content/plugins/ubermenu/assets/fontawesome/css/all.min.css?ver=e50018cce4f26d4ca29c68beae08bbbc 12.6KB, 29ms
https://onlinemenopausecentre.com/wp-content/plugins/weglot/dist/front-js.js?ver=4.2.4 1.96KB, 112ms
https://onlinemenopausecentre.com/wp-content/plugins/slicknav-mobile-menu/css/slicknav.min.css?ver=1.0.11 1.17KB, 23ms
https://onlinemenopausecentre.com/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2 7.35KB, 57ms

https://onlinemenopausecentre.com/wp-content/plugins/slicknav-mobile-menu/js/jquery.slicknav.min.js?ver=1.0.11	2.73KB, 114ms
https://onlinemenopausecentre.com/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-public.css?ver=3.2.0	1.12KB, 42ms
https://onlinemenopausecentre.com/wp-content/plugins/ubermenu/assets/js/ubermenu.min.js?ver=3.7.6	9.9KB, 75ms
https://onlinemenopausecentre.com/wp-content/plugins/weglot/app/styles/new-flags.css?ver=4.2.4	3.35KB, 115ms
https://onlinemenopausecentre.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	5.14KB, 55ms
https://onlinemenopausecentre.com/wp-content/plugins/ubermenu/pro/assets/css/ubermenu.min.css?ver=3.7.6	9.54KB, 115ms
https://cdnjs.cloudflare.com/ajax/libs/modernizr/2.8.3/modernizr.min.js?ver=2.8.3	4.23KB, 37ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/slick-theme.css	1.09KB, 37ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/fonts/slick.woff	1.55KB, 6ms
https://use.typekit.net/uei7rld.css	860B, 249ms
https://p.typekit.net/p.css?s=1&k=uei7rld&ht=tk&f=22792.24317&a=1725268&app=typekit&e=css	172B, 128ms
https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.11.2/css/all.min.css?ver=5.11.2	10.4KB, 143ms
https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.11.2/webfonts/fa-solid-900.woff2	74.6KB, 40ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/style.css	6.57KB, 95ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/fonts/5937041/ee81dc59-4c2d-4c07-9563-9a407f35acb9.woff2	25.0KB, 10ms
https://onlinemenopausecentre.com/wp-content/themes/omc/theme/css/fonts/5936931/3652d7df-f4e3-4d89-bb8d-4e8f646b5e6f.woff2	24.7KB, 8ms

Low **Reduce unused JavaScript** LCP Potential savings of 225KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://vue.comm100.com/visitorside/js/bundle.139b91b2.js	130KB	69.3KB
https://www.googletagmanager.com/gtm.js?id=GTM-NC9CPHX	96.4KB	40.5KB
https://www.googletagmanager.com/gtag/js?id=G-ZTG2MXT46Y&!--dataLayer&cx=c	95.0KB	38.7KB
https://www.googletagmanager.com/gtag/destination?id=AW-10936223178&i=dataLayer&cx=c	76.6KB	33.3KB
https://cdn.rlets.com/capture_configs/12f/acd/a18/2df49cb8999430ee680bf75.js	46.0KB	22.0KB
https://onlinemenopausecentre.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	30.9KB	20.7KB

N/A **Largest Contentful Paint element** LCP 770 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Your affordable, convenient, online private menopause clinic Affordable menopa...

```
<section class="hero text-left" style="background: url(&quot;https://onlinemenopausecentre.com/wp-content/uploads/2023...&quot;);">
```

PHASE	% OF LCP	TIMING
TTFB	5%	38ms
Load Delay	70%	539ms
Load Time	2%	17ms

PHASE	% OF LCP	TIMING
Render Delay	23%	178ms

N/A **Reduce initial server response time** FCP LCP Root document took 12ms

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

URL	TIME SPENT
<ul style="list-style-type: none"> https://onlinemenopausecentre.com/ 	12ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 18.4KB

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://connect.facebook.net/en_US/fbevents.js

10.7KB

Line:23 Column:2302

@babel/plugin-transform-orm-classes

Line:24 Column:20141

Array.prototype.filter

Line:24 Column:26258

Array.from

Line:24 Column:28008

Array.prototype.map

Line:24 Column:28800

Array.prototype.find

<https://onlinemenopausecentre.com/wp-content/plugins/search-filter-pro/public/assets/js/search-filter-build.min.js?ver=2.5.17>

7.48KB

Line:0 Column:577

Object.keys

<https://cdn.jsdelivr.net/npm/popper.js@1.16.0/dist/umd/popper.min.js?ver=1.16.0>

65B

Line:3 Column:12588

@babel/plugin-transform-orm-classes

https://connect.facebook.net/signals/config/245307810074428?v=2.9.148&r=stable&domain=onlinemenopausecentre.com&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100

45B

Line:22 Column:509

@babel/plugin-transform-orm-classes

https://connect.facebook.net/signals/config/2351826701511006?v=2.9.148&r=stable&domain=onlinemenopausecentre.com&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50

39B

0%2C47%2C42%2C69%2C64%2C100%2C170%2C172%2C107%2C129%2C132%2C113%2C166%2C206%2C101%2C130%2C151%2C139%2C104%2C207%2C144%2C105%2C127%2C120%2C108

@bab
el/p
lugi
n-tr
ansf
orm-
clas
ses

Line:27 Column:509

N/A **Avoid large layout shifts** CLS 3 elements found

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

ELEMENT CLS CONTRIBUTION

div#comm100-container > div > div > iframe
<iframe allowfullscreen="1" allow="microphone;camera;midi;encrypted-media" lang="en" style="border: none; right: 17.5px; bottom: 92.5px; position: fixed;"> 0.01

About What We Treat Symptoms Training Pricing Resources Contact Us
<ul id="ubermenu-nav-main-2-navbar" class="ubermenu-nav" data-title="Menu 1"> 0.00

BOOK A CONSULTATION
 0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 2.1s

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	840ms
Other	795ms
Style & Layout	259ms
Parse HTML & CSS	83ms
Rendering	56ms
Script Parsing & Compilation	46ms
Garbage Collection	19ms

N/A **User Timing marks and measures** 6 user timings

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences.

NAME	TYPE	START TIME	DURATION
fbevents:start:customConversionProcessing_245307810074428	Mark	1.3s	0ms
fbevents:end:customConversionProcessing_245307810074428	Mark	1.3s	0ms
fbevents:start:estPageViewProcessing	Mark	1.5s	0ms
fbevents:end:estPageViewProcessing	Mark	1.5s	0ms
fbevents:start:customConversionProcessing_2351826701511006	Mark	1.5s	0ms
fbevents:end:customConversionProcessing_2351826701511006	Mark	1.5s	0ms

N/A

Reduce the impact of third-party code TBT

Total size was 949KB

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	268KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-NC9CPHX	96.4KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-ZTG2MXT46Y&l=dataLayer&cx=c	95.0KB	0ms
• https://www.googletagmanager.com/gtag/destination?id=AW-10936223178&l=dataLayer&cx=c	76.6KB	0ms
COMM100	249KB	0ms
• https://vue.comm100.com/visitorside/js/bundle.139b91b2.js	130KB	0ms
• https://vue.comm100.com/visitorside/fonts/sourcesanspro-regular.woff	43.4KB	0ms
• https://vue.comm100.com/visitorside/js/vendor.b62fa883.js	35.3KB	0ms
• https://vue.comm100.com/visitorside/js/common.43c58250.js	28.4KB	0ms
COMM100.IO	96.8KB	0ms
• https://api17.comm100.io/Global/agents/f0babd9b-7ee8-437d-a6f1-94e125231f82/avatar?SiteId=8500375&version=f8b87f59fd63c15a08853c8218957a61&signature=NqohxXXYLfrFMr1peFzQoNa0IDM	28.6KB	0ms
• https://api17.comm100.io/Global/agents/981f707e-316a-40b5-90f3-85825999bea6/avatar?SiteId=85000375&version=04825a0a08891a33fe31c433242c541d&signature=meeUsGmPhpDJhBOghguD4Dk6b3s	21.9KB	0ms
• https://api17.comm100.io/Global/agents/6a4b454f-c272-4712-9d57-f2bbc9680c22/avatar?SiteId=85000375&version=c06b5ef530f12a17abf2c3db29859b94&signature=fxXYzBWL3HyE0eSxUumG331wLtw	21.2KB	0ms
• https://chatserver17.comm100.io/campaign.ashx?siteId=85000375&campaignId=64c2b798-1092-4aac-8cf8-98ee68f39a91&lastUpdateTime=08FEFBE4	13.4KB	0ms
• https://chatserver17.comm100.io/DBResource/DBImage.ashx?campaignId=64c2b798-1092-4aac-8cf8-98ee68f39a91&imgType=6&ver=08FEFBE4&siteId=85000375	5.85KB	0ms
• Other resources	5.91KB	0ms
CLOUDFLARE CDN	89.3KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.11.2/webfonts/fa-solid-900.woff2	74.6KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.11.2/css/all.min.css?ver=5.11.2	10.4KB	0ms
FACEBOOK	76.1KB	0ms
• https://connect.facebook.net/en_US/fbevents.js	58.0KB	0ms
• https://connect.facebook.net/signals/config/245307810074428?v=2.9.148&r=stable&domain=onlinem.enopausecentre.com&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100%2C170%2C172%2C107%2C129%2C132%2C113%2C166%2C206%2C101%2C130%2C151%2C139%2C104%2C207%2C144%2C105%2C127%2C120%2C108	11.9KB	0ms
• https://connect.facebook.net/signals/config/2351826701511006?v=2.9.148&r=stable&domain=onlinem.enopausecentre.com&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100%2C170%2C172%2C107%2C129%2C132%2C113%2C166%2C206%2C101%2C130%2C151%2C139%2C104%2C207%2C144%2C105%2C127%2C120%2C108	5.98KB	0ms
RLETS.COM	48.2KB	0ms
• https://cdn.rlets.com/capture_configs/12f/acd/a18/2df49cb8999430ee680bf75.js	46.0KB	0ms
BOOTSTRAP CDN	41.1KB	0ms
• https://stackpath.bootstrapcdn.com/bootstrap/4.4.1/css/bootstrap.min.css?ver=4.4.1	24.8KB	0ms
• https://stackpath.bootstrapcdn.com/bootstrap/4.4.1/js/bootstrap.min.js?ver=4.4.1	16.3KB	0ms
JQUERY CDN	30.5KB	0ms
• https://code.jquery.com/jquery-3.5.1.min.js	30.5KB	0ms

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE ANALYTICS	20.8KB	0ms
• https://www.google-analytics.com/analytics.js	20.8KB	0ms
BING ADS	13.8KB	0ms
• https://bat.bing.com/bat.js	13.4KB	0ms
JSDELIVR CDN	8.11KB	0ms
• https://cdn.jsdelivr.net/npm/popper.js@1.16.0/dist/umd/popper.min.js?ver=1.16.0	8.11KB	0ms
GOOGLE/DOUBLECLICK ADS	1.80KB	0ms
MELUCHAT.COM	1.05KB	0ms
ADOBE TYPEKIT	1.01KB	0ms
OTHER GOOGLE APIS/SDKS	910B	0ms
GOOGLE FONTS	868B	0ms
WEGLOT.COM	831B	0ms
DOCTIFY.COM	644B	0ms
