Performance Report for:

https://www.cambridgepharma.com/

Report generated: Wed, Mar 13, 2024 3:43 AM -0700
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
B	79%	88%	1.0s	0ms	0.36

Top Issues

Med	**Use explicit width and height on image elements** CLS	9 images found
Med	**Serve static assets with an efficient cache policy**	Potential savings of 1.61MB
Med	**Avoid large layout shifts** CLS	5 elements found
Med-Low	**Use a Content Delivery Network (CDN)**	35 resources found
Med-Low	**Avoid CSS @import** FCP LCP	1 resource found

Page Details

5.7s
Fully Loaded Time

Total Page Size - 2.01MB

Total Page Requests - 55

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.

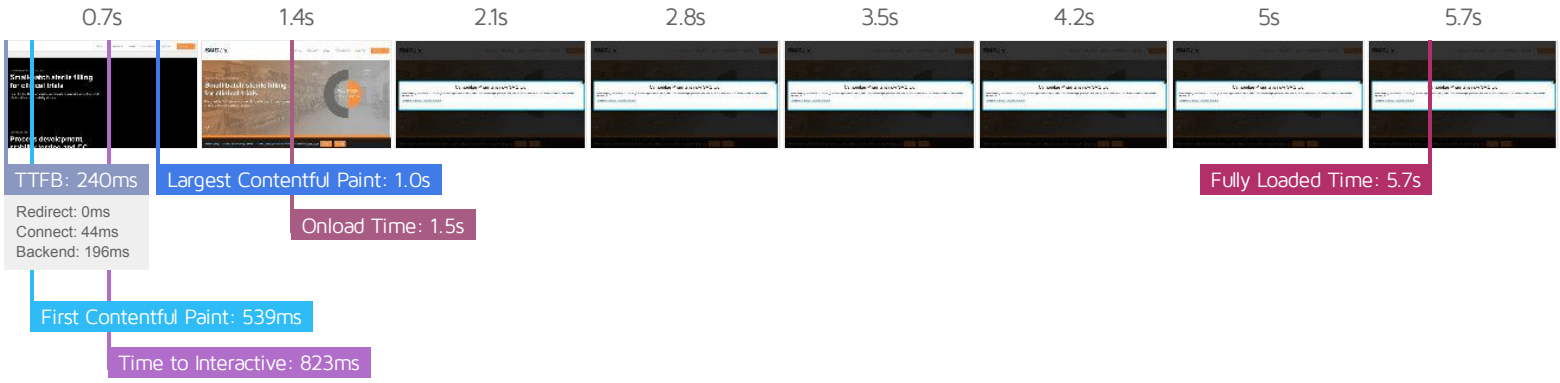
https://carbon60.com/

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.

Cambridge Pharma

/	200	cambridgepharma.com	10.4KB	241ms
styles.min.css	200	cambridgepharma.com	34.4KB	21ms
style.min.css?ver=6.4.3	200	cambridgepharma.com	108KB	26ms
pum-site-styles.css?gene…	200	cambridgepharma.com	17.2KB	26ms
jquery.min.js?ver=3.7.1	200	cambridgepharma.com	85.5KB	36ms
jquery-migrate.min.js?ver…	200	cambridgepharma.com	13.3KB	36ms
nfpluginsettings.js?ver=3…	200	cambridgepharma.com	1.04KB	36ms
site.js	200	a.mailmunch.co	8.22KB	182ms
221235.js	200	secure.pump8walk.c…	1.09KB	46ms
SMC-Ltd-170X80.png	200	cambridgepharma.com	9.75KB	138ms
cambridge-pharma-icon.s…	200	cambridgepharma.com	5.12KB	137ms
Filling-Suite-2-nest-based…	200	cambridgepharma.com	17.3KB	143ms
RBP_9041-422x200.jpg	200	cambridgepharma.com	21.8KB	144ms
RBP_6324-1-422x200.jpg	200	cambridgepharma.com	21.9KB	145ms
Mat-FS1-v2-563x519.jpg	200	cambridgepharma.com	53.6KB	149ms
twitter.svg	200	cambridgepharma.com	1.12KB	149ms
linkedin.svg	200	cambridgepharma.com	945B	149ms
core.min.js?ver=1.13.2	200	cambridgepharma.com	20.9KB	62ms
pum-site-scripts.js?defer…	200	cambridgepharma.com	68.2KB	85ms
wp-embed.min.js?ver=6.4.3	200	cambridgepharma.com	1.22KB	149ms
js?id=G-TNQ9HMFCKD	200	googletagmanager.c…	90.3KB	219ms
jquery.min.js	200	cdnjs.cloudflare.com	27.3KB	161ms
js?key=AIzaSyDTz5sPWP…	200	maps.googleapis.com	64.0KB	174ms
third-party.min.js	200	cambridgepharma.com	21.5KB	133ms
main.min.js	200	cambridgepharma.com	1.74KB	133ms
cookies-eu-banner.js	200	cambridgepharma.com	5.50KB	134ms
css?family=Montserrat:100	200	fonts.googleapis.com	968B	43ms
Capture.aspx?retType=js…	200	secure.pump8walk.c…	0	88ms
gtm.js?id=GTM-MDRL5PF	200	googletagmanager.c…	70.1KB	103ms
menu-arrow.svg	200	cambridgepharma.com	148B	26ms
arrow-white.svg	200	cambridgepharma.com	703B	24ms
matteport_greyorange.jpg	200	cambridgepharma.com	199KB	36ms
Process-Development-5.jpg	200	cambridgepharma.com	487KB	38ms
1.jpg	200	cambridgepharma.com	194KB	40ms
down-arrow.svg	200	cambridgepharma.com	263B	32ms
arrow.svg	200	cambridgepharma.com	705B	36ms
pattern-faded.svg	200	cambridgepharma.com	800B	33ms
gtm.js?id=GTM-TLBM94V	200	googletagmanager.c…	46.2KB	35ms
gen_204?csp_test=true	200	maps.googleapis.com	45B	76ms
jquery.min.js	200	ajax.googleapis.com	32.7KB	72ms
insight.min.js	200	snap.licdn.com	16.8KB	70ms
styles.css	200	a.mailmunch.co	2.22KB	6ms
982923	200	forms.mailmunch.co	0.98KB	259ms
clean-room-tech-422x200.…	200	cambridgepharma.com	149KB	21ms
Meet-us-at-ON-Helix-23-4…	200	cambridgepharma.com	17.1KB	17ms
acc-novel-therapies2-e16…	200	cambridgepharma.com	13.7KB	17ms
collect?v=2&fmt=js&pid=…	302	px.ads.linkedin.com	0	156ms
collect?v=2&fmt=js&pid=…	302	px.ads.linkedin.com	0	105ms
li_sync?redirect=https%3…	302	linkedin.com	0	209ms
collect?v=2&fmt=js&pid=…	200	px.ads.linkedin.com	159B	95ms
POST wa/	204	px.ads.linkedin.com	200B	118ms
favicon.png	200	cambridgepharma.com	1.44KB	7ms
analytics?event=open&pi…	204	cambridgepharma.com	234B	188ms

common.js	200	maps.googleapis.com	55.4KB		15ms
util.js	200	maps.googleapis.com	55.5KB		15ms
55 Requests	**2.01MB (3.04MB Uncompressed)**		**Fully Loaded 5.7s (Onload 1.5s)**		



Performance Metrics

First Contentful Paint

Good - Nothing to do here

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

539ms

Time to Interactive

Good - Nothing to do here

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

822ms

Speed Index

OK, but consider improvement

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

1.6s

Total Blocking Time

Good - Nothing to do here

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

0ms

Largest Contentful Paint

Good - Nothing to do here

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.

1.0s

Cumulative Layout Shift

Much more than recommended

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

0.36

Browser Timings

Redirect	0ms	Connect	44ms	Backend	196ms
TTFB	240ms	First Paint	539ms	DOM Int.	820ms
DOM Loaded	823ms	Onload	1.5s	Fully Loaded	5.7s

IMPACT	AUDIT	
Low	**Avoid enormous network payloads** LCP	Total size was 2.02MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://www.cambridgepharma.com/wp-content/uploads/2020/05/Process-Development-5.jpg	487KB
https://www.cambridgepharma.com/wp-content/uploads/2020/05/matteport_greyorange.jpg	199KB
https://www.cambridgepharma.com/wp-content/uploads/2020/05/1.jpg	194KB
https://www.cambridgepharma.com/wp-content/uploads/2023/05/clean-room-tech-422x200.png	149KB
https://www.cambridgepharma.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	108KB
https://www.googletagmanager.com/gtag/js?id=G-TNQ9HMFCKD	90.4KB
https://www.cambridgepharma.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	85.6KB
https://www.googletagmanager.com/gtm.js?id=GTM-MDRL5PF	70.5KB
https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-scripts.js?defer&generated=1704898084&ver=1.18.2	68.3KB
https://maps.googleapis.com/maps/api/js?key=AIzaSyDTz5sPWPsH_ExTCqQT-nVwWFOlDRpf2iE	64.2KB

Low	**Eliminate render-blocking resources** FCP LCP	Potential savings of 31ms

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://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/styles.min.css	34.5KB	300ms
https://www.cambridgepharma.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	108KB	900ms
https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-styles.css?generated=1704898084&ver=1.18.2	17.2KB	150ms
https://www.cambridgepharma.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	85.6KB	750ms
https://www.cambridgepharma.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	13.3KB	300ms
https://secure.pump8walk.com/js/221235.js	1.09KB	763ms

Low	**Preconnect to required origins** FCP LCP	Potential savings of 56ms

Consider adding `preconnect` or `dns-prefetch` resource hints to establish early connections to important third-party origins.

URL	POTENTIAL SAVINGS
https://maps.googleapis.com	56ms

Low	**Avoid an excessive DOM size** TBT	299 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		299
Maximum DOM Depth	li.menu-item > ul.sub-menu > li.menu-item > a <a href="https://www.cambridgepharma.com/services/sterile-filling/cartridge-filling/">	13
Maximum Child Elements	body <body>	21

Low **Enable text compression** FCP LCP — Potential savings of 284KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.cambridgepharma.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	108KB	93.4KB
https://www.cambridgepharma.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	85.5KB	55.8KB
https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-scripts.js?defer&generated=1704898084&ver=1.18.2	68.2KB	51.2KB
https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/styles.min.css	34.4KB	29.0KB
https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/third-party.min.js	21.5KB	14.9KB
https://www.cambridgepharma.com/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2	20.9KB	14.0KB
https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-styles.css?generated=1704898084&ver=1.18.2	17.2KB	13.8KB
https://www.cambridgepharma.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	13.3KB	8.50KB
https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/cookies-eu-banner.js	5.50KB	3.68KB

Low **Efficiently encode images** — Potential savings of 408KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.cambridgepharma.com/wp-content/uploads/2020/05/Process-Development-5.jpg	487KB	344KB
https://www.cambridgepharma.com/wp-content/uploads/2020/05/matteport_greyorange.jpg	199KB	64.0KB

Low **Avoid long main-thread tasks** TBT — 1 long task found

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

URL	START TIME	DURATION
https://www.cambridgepharma.com/	395ms	84ms

Low **Reduce JavaScript execution time** TBT — 161ms 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://www.cambridgepharma.com/	260ms	36ms	2ms
Unattributable	232ms	7ms	0ms
https://www.cambridgepharma.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	132ms	60ms	1ms
https://www.googletagmanager.com/gtag/js?id=G-TNQ9HMFCKD	54ms	48ms	5ms

Low **Reduce unused CSS** FCP LCP — Potential savings of 147KB

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://www.cambridgepharma.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	108KB	108KB
https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/styles.min.css	34.5KB	25.8KB
https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-styles.css?generated=1704898084&ver=1.18.2	17.2KB	14.1KB

Low **Serve images in next-gen formats** — Potential savings of 846KB

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://www.cambridgepharma.com/wp-content/uploads/2020/05/Process-Development-5.jpg	487KB	432KB
https://www.cambridgepharma.com/wp-content/uploads/2020/05/matteport_greyorange.jpg	199KB	147KB
https://www.cambridgepharma.com/wp-content/uploads/2023/05/clean-room-tech-422x200.png	149KB	137KB
https://www.cambridgepharma.com/wp-content/uploads/2020/05/1.jpg	194KB	101KB
https://www.cambridgepharma.com/wp-content/uploads/2023/02/Mat-FS1-v2-563x519.jpg	53.6KB	20.0KB
https://www.cambridgepharma.com/wp-content/uploads/2022/05/RBP_6324-1-422x200.jpg	21.9KB	8.11KB

Low **Reduce initial server response time** FCP LCP — Root document took 195ms

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

URL	TIME SPENT
https://www.cambridgepharma.com/	195ms

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

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

ELEMENT	NAME
• Unsupported CSS Property: color	color
Cambridge Pharma is now SMC Ltd. We're bringing the services of Cambridge Phar… <div id="pum-1099" class="pum pum-overlay pum-theme-1091 pum-theme-lightbox popmake-overlay auto_ope…" data-popmake="{"id":1099,"slug":"cambridge-pharma-is-now-smc-ltd","theme_id":1091,"cooki…" role="dialog" aria-modal="true" aria-labelledby="pum_popup_title_1099" style="opacity: 1; display: block;"> Unsupported CSS Property: padding-right	paddin g-right

Low **Minify JavaScript** FCP LCP — Potential savings of 2.23KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/cookies-eu-banner.js	5.55KB	2.23KB

Low **Avoid chaining critical requests** FCP LCP — 14 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: **431ms**

INITIAL NAVIGATION

- https://www.cambridgepharma.com/ 10.4KB, 238ms
  - https://www.cambridgepharma.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3 108KB, 23ms
  - https://www.cambridgepharma.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 13.3KB, 33ms
  - https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/styles.min.css 34.5KB, 18ms
  - https://www.cambridgepharma.com/wp-content/plugins/ninja-forms-uploads/assets/js/nfpluginsettings.js?ver=3.3.16 1.12KB, 33ms
  - https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/main.min.js 1.81KB, 21ms
  - https://www.cambridgepharma.com/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2 21.0KB, 6ms
  - https://maps.googleapis.com/maps/api/js?key=AIzaSyDTz5sPWPsH_ExTCqQT-nVwWFOlDRpf2iE 64.2KB, 62ms
  - https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/third-party.min.js 21.5KB, 21ms
  - https://secure.pump8walk.com/js/221235.js 1.09KB, 43ms
  - https://www.cambridgepharma.com/wp-content/themes/cambridge-pharma/static/cookies-eu-banner.js 5.55KB, 21ms
  - https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-scripts.js?defer&generated=1704898084&ver=1.18.2 68.3KB, 14ms
  - https://cdnjs.cloudflare.com/ajax/libs/jquery/3.5.1/jquery.min.js 28.0KB, 79ms
  - https://www.cambridgepharma.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 85.6KB, 33ms
  - https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-styles.css?generated=1704898084&ver=1.18.2 17.2KB, 23ms
    - https://fonts.googleapis.com/css?family=Montserrat:100 968B, 41ms

Low **Reduce unused JavaScript** LCP — Potential savings of 280KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://maps.googleapis.com/maps-api-v3/api/js/56/3/util.js	55.6KB	45.6KB
https://www.googletagmanager.com/gtag/js?id=G-TNQ9HMFCKD	90.4KB	40.7KB
https://maps.googleapis.com/maps/api/js?key=AIzaSyDTz5sPWPsH_ExTCqQT-nVwWFOlDRpf2iE	64.2KB	37.7KB
https://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-scripts.js?defer&generated=1704898084&ver=1.18.2	68.3KB	37.5KB
https://www.googletagmanager.com/gtm.js?id=GTM-MDRL5PF	70.5KB	34.5KB
https://www.cambridgepharma.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	85.6KB	33.1KB
https://www.googletagmanager.com/gtm.js?id=GTM-TLBM94V	46.3KB	28.7KB
https://ajax.googleapis.com/ajax/libs/jquery/1.11.3/jquery.min.js	33.3KB	22.0KB
…	33.3KB	22.0KB

N/A	**Largest Contentful Paint element** LCP	1,000 ms

This is the largest contentful element painted within the viewport.

ELEMENT

div.heroSlideshow-wrapper > div.cycle-slideshow > div.heroSlide > div.heroSlide-background

```
<div class="heroSlide-background" style="background-image: url(&quot;https://www.cambridgepharma.com/wp-content/uploads/…&quot;);">
```

PHASE	% OF LCP	TIMING
TTFB	24%	240ms
Load Delay	16%	164ms
Load Time	3%	34ms
Render Delay	56%	564ms

N/A	**Avoid serving legacy JavaScript to modern browsers** TBT	Potential savings of 24.9KB

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://www.cambridgepharma.com/wp-content/uploads/pum/pum-site-scripts.js?defer&generated=1704898084&ver=1.18.2		24.8KB
Line:6 Column:719	`Date.now`	
https://snap.licdn.com/li.lms-analytics/insight.min.js		59B
Line:0 Column:680	`@babel/plugin-transform-classes`	
https://a.mailmunch.co/app/v1/site.js		57B
Line:0 Column:85	`@babel/plugin-transform-classes`	

N/A	**Minimize main-thread work** TBT	Main-thread busy for 913ms

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

CATEGORY	TIME SPENT
Other	366ms
Script Evaluation	332ms
Style & Layout	131ms
Script Parsing & Compilation	36ms
Rendering	27ms
Parse HTML & CSS	20ms

N/A **Reduce the impact of third-party code** TBT — Total size was 479KB

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	207KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-TNQ9HMFCKD	90.4KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-MDRL5PF	70.5KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-TLBM94V	46.3KB	0ms
GOOGLE MAPS	176KB	0ms
• https://maps.googleapis.com/maps/api/js?key=AIzaSyDTz5sPWPsH_ExTCqQT-nVwWFOlDRpf2iE	64.2KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/56/3/common.js	55.8KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/56/3/util.js	55.6KB	0ms
GOOGLE CDN	33.3KB	0ms
• https://ajax.googleapis.com/ajax/libs/jquery/1.11.3/jquery.min.js	33.3KB	0ms
CLOUDFLARE CDN	28.0KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/jquery/3.5.1/jquery.min.js	28.0KB	0ms
LINKEDIN ADS	19.8KB	0ms
• https://snap.licdn.com/li.lms-analytics/insight.min.js	17.1KB	0ms
MAILMUNCH	12.4KB	0ms
• https://a.mailmunch.co/app/v1/site.js	8.74KB	0ms
PUMP8WALK.COM	1.27KB	0ms
GOOGLE FONTS	968B	0ms

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

No user timings and/or marks found.