



Performance Report for: <https://www.natroxwoundcare.com/>

Report generated: Wed, Mar 13, 2024 9:52 PM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

D	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	60%	72%	1.7s	1.4s	0.02

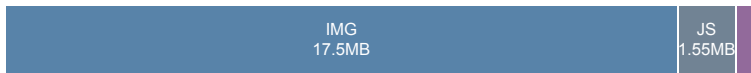
Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 19.9MB
Med-High	Avoid long main-thread tasks <small>TBT</small>	20 long tasks found
Med-High	Avoid an excessive DOM size <small>TBT</small>	2,268 elements
Med	Avoid chaining critical requests <small>FCP LCP</small>	40 chains found
Med	Use explicit width and height on image elements <small>CLS</small>	23 images found

Page Details



Total Page Size - 19.8MB



Total Page Requests - 148



HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

About GTmetrix



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

<https://carbon60.com/>

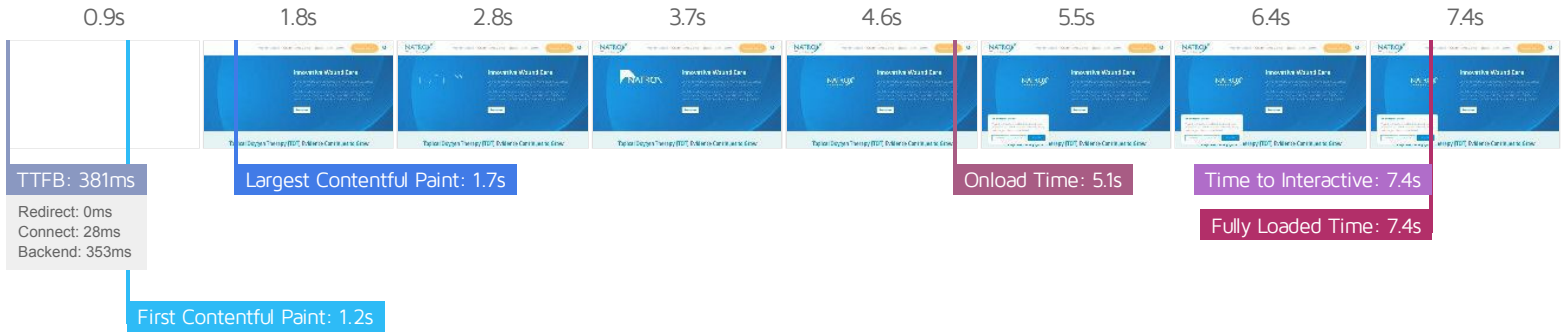
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Home - NATROX® Wound Care

Resource	Size	Response Time	Source
/	200	382ms	natroxwoundcare.com
js?id=G-84BL8FYTXL	200	140ms	googletagmanager.c...
sbr-styles.css?ver=1.1.1	200	63ms	natroxwoundcare.com
sbi-styles.min.css?ver=6...	200	81ms	natroxwoundcare.com
style.min.css?ver=6.4.3	200	82ms	natroxwoundcare.com
styles.css?ver=5.9.2	200	64ms	natroxwoundcare.com
ctf-styles.min.css?ver=2.2.5	200	64ms	natroxwoundcare.com
job-listings.css?ver=5983...	200	64ms	natroxwoundcare.com
wpcf7-redirect-frontend...	200	64ms	natroxwoundcare.com
all.css?ver=5.9.0	200	117ms	use.fontawesome.com
style.css?ver=1.0.0	200	103ms	natroxwoundcare.com
cff-style.min.css?ver=4.2.2	200	64ms	natroxwoundcare.com
font-awesome.min.css	200	106ms	maxcdn.bootstrapcdn.com
style.css?ver=2.4.7	200	65ms	natroxwoundcare.com
frontend-gtag.min.js?ver...	200	66ms	natroxwoundcare.com
jquery.min.js?ver=2.2.4	200	126ms	ajax.googleapis.com
main.js?ver=1.0.0	200	94ms	natroxwoundcare.com
js?id=AW-380483339	200	299ms	googletagmanager.c...
owl.carousel.min.css	200	111ms	cdnjs.cloudflare.com
jquery.fancybox.min.css	200	112ms	cdnjs.cloudflare.com
css2?family=Permanent+...	200	122ms	fonts.googleapis.com
index.js?ver=5.9.2	200	74ms	natroxwoundcare.com
index.js?ver=5.9.2	200	80ms	natroxwoundcare.com
wpcf7r-fe.js?ver=1.1	200	81ms	natroxwoundcare.com
cff-scripts.min.js?ver=4.2.2	200	82ms	natroxwoundcare.com
scripts.js?ver=2.4.7	200	83ms	natroxwoundcare.com
api.js?render=6LeqRG0o...	200	120ms	google.com
wp-polyfill-inert.min.js?ve...	200	84ms	natroxwoundcare.com
regenerator-runtime.min.j...	200	85ms	natroxwoundcare.com
wp-polyfill.min.js?ver=3.1...	200	94ms	natroxwoundcare.com
index.js?ver=5.9.2	200	89ms	natroxwoundcare.com
smush-lazy-load.min.js?v...	200	90ms	natroxwoundcare.com
akismet-frontend.js?ver=...	200	308ms	natroxwoundcare.com
owl.carousel.min.js	200	100ms	cdnjs.cloudflare.com
jquery.fancybox.min.js	200	120ms	cdnjs.cloudflare.com
gsap.min.js	200	121ms	cdnjs.cloudflare.com
ScrollTrigger.min.js	200	108ms	cdnjs.cloudflare.com
gtm.js?id=GTM-WVMCCK4	200	61ms	googletagmanager.c...
gtm.js?id=GTM-5LXKCX8	200	65ms	googletagmanager.c...
menu-item-arrow-black.svg	200	12ms	natroxwoundcare.com
Background-swirls-1.png	200	27ms	natroxwoundcare.com
clinical-evidence-bg-shap...	200	22ms	natroxwoundcare.com
play-icon.png	200	19ms	natroxwoundcare.com
background-swirls.png	200	25ms	natroxwoundcare.com
Asset-13.png	200	20ms	natroxwoundcare.com
NIQ-large-hex-backgroun...	200	42ms	natroxwoundcare.com
Asset-22.png	200	22ms	natroxwoundcare.com
blue-lines-bg-new.png	200	30ms	natroxwoundcare.com
Resource_Consensus.png	200	68ms	natroxwoundcare.com
JWC-Latam_ConsensusO...	200	69ms	natroxwoundcare.com
NEWS-POST-IWGDF-End...	200	192ms	natroxwoundcare.com
Images-for-News-Resour...	200	75ms	natroxwoundcare.com
Delphi-Resource-Image.png	200	93ms	natroxwoundcare.com

Images-for-News-Resour...	200	natroxwoundcare.com	98KB	64ms	
Resource_MasterEvidenc...	200	natroxwoundcare.com	259KB	164ms	
Resoure_SupportingTheP...	200	natroxwoundcare.com	266KB	174ms	
Resource-Windy-Podcast...	200	natroxwoundcare.com	322KB	137ms	
Resource_DrPraveenan.p...	200	natroxwoundcare.com	732KB	231ms	
Resource_Dfoot-poster2....	200	natroxwoundcare.com	811KB	232ms	
Resource_Wounds-UK-ar...	200	natroxwoundcare.com	830KB	233ms	
Resource_Efficacy-of-cT...	200	natroxwoundcare.com	495KB	220ms	
Resource-CaseSeries_Dr...	200	natroxwoundcare.com	615KB	228ms	
Resource_Masterclass.png	200	natroxwoundcare.com	312KB	188ms	
We-Won.png	200	natroxwoundcare.com	719KB	230ms	
Now-available-in-S.-Korea...	200	natroxwoundcare.com	276KB	190ms	
News-post-New-UK-Distri...	200	natroxwoundcare.com	45.2KB	68ms	
Images-for-News-Resour...	200	natroxwoundcare.com	46.8KB	68ms	
Resource-Preview-Websit...	200	natroxwoundcare.com	418KB	214ms	
Dr.-Serena-1-750x684-1.png	200	natroxwoundcare.com	351KB	198ms	
Greg-Schultz.jpg	200	natroxwoundcare.com	0.99MB	220ms	
new-IQ-video-2.png	200	natroxwoundcare.com	146KB	154ms	
Resource-Preview-Websit...	200	natroxwoundcare.com	364KB	192ms	
New-Distributor-Spain3.png	200	natroxwoundcare.com	718KB	217ms	
email-banner_pain-relief5...	200	natroxwoundcare.com	154KB	151ms	
RCT.png	200	natroxwoundcare.com	456KB	204ms	
News-stories_nhs_cropp...	200	natroxwoundcare.com	25.9KB	69ms	
News-stories_giant-winne...	200	natroxwoundcare.com	31.4KB	69ms	
Bottom-right.png	200	natroxwoundcare.com	1.03KB	61ms	
natrox-x-bg.png	200	natroxwoundcare.com	4.88KB	61ms	
GloberBold.woff2	200	natroxwoundcare.com	30.8KB	349ms	
GloberRegular.woff2	200	natroxwoundcare.com	32.1KB	337ms	
fa-solid-900.woff2	200	natroxwoundcare.com	147KB	349ms	
GloberLight.woff2	200	natroxwoundcare.com	29.3KB	341ms	
GloberxBold.otf	200	natroxwoundcare.com	56.8KB	348ms	
GloberSemiBold.woff2	200	natroxwoundcare.com	32.5KB	335ms	
fa-brands-400.woff2	200	natroxwoundcare.com	105KB	336ms	
js?id=AW-380483339&l=d...	200	googletagmanager.c...	84.2KB	35ms	
recaptcha_en.js	200	gstatic.com	194KB	49ms	
logo.svg	200	natroxwoundcare.com	8.06KB	19ms	
NATROX-WC-animation_...	200	natroxwoundcare.com	503KB	28ms	
380483339?random=1710...	200	googleads.g.doublec...	1.27KB	67ms	
insight.min.js	200	snap.licdn.com	16.8KB	50ms	
js?id=G-HKJYWQ9PP4&l...	200	googletagmanager.c...	86.8KB	41ms	
js?id=G-6PR34LGCCG&l=...	200	googletagmanager.c...	90.8KB	49ms	
hotjar-2371154.js?sv=7	200	static.hotjar.com	4.08KB	102ms	
hotjar-2865577.js?sv=7	200	static.hotjar.com	4.06KB	99ms	
hotjar-3055932.js?sv=7	200	static.hotjar.com	4.05KB	96ms	
hotjar-3592311.js?sv=7	200	static.hotjar.com	4.06KB	98ms	
destination?id=AW-AW-3...	200	googletagmanager.c...	74.6KB	44ms	
script.js	200	cdn-cookieeyes.com	33.2KB	96ms	
launch-16e67513fd04.min.js	200	assets.adobedtm.com	19.4KB	74ms	
iframe_api	200	youtube.com	1.93KB	71ms	
schema	200	natroxwoundcare.com	1.85KB	264ms	
schema	200	natroxwoundcare.com	145B	258ms	
anchor?ar=1&k=6LeqRG0...	200	google.com	28.1KB	128ms	
380483339?random=1710...	200	google.com	42B	23ms	
380483339?random=1710...	200	google.co.uk	42B	47ms	
POST wa/	204	px.ads.linkedin.com	945B	219ms	
collect?v=2&fmt=js&pid=...	302	px.ads.linkedin.com	0	233ms	
styles_ltr.css	200	gstatic.com	24.0KB	47ms	
recaptcha_en.js	200	gstatic.com	194KB	57ms	
New-Algorithm-for-DFU-M...	200	natroxwoundcare.com	758KB	185ms	
Delphi-Consensus-in-Sou...	200	natroxwoundcare.com	422KB	150ms	
2023-WHS-cover.jpg	200	natroxwoundcare.com	54.4KB	29ms	
IWGDF-2023-cover.png	200	natroxwoundcare.com	3.19MB	682ms	

ADA-2024-SoC-Cover.jpg	200	natroxwoundcare.com	61.1KB						30ms	
JoWC-Oxygen-Consensu...	200	natroxwoundcare.com	805KB						198ms	
Health-Technology-Asses...	200	natroxwoundcare.com	451KB						155ms	
js?id=DC-13443695	200	googletagmanager.c...	69.6KB						71ms	
www-widgetapi.js	200	youtube.com	66.7KB						69ms	
modules.76600994a7e845...	200	script.hotjar.com	54.5KB						147ms	
pVIYglCqg3wZ2JaY4kcbq...	200	google.com	7.14KB						21ms	
POST log	200	log.cookieyes.com	2B						79ms	
banner.js	200	cdn-cookieyes.com	32.1KB						39ms	
logo_48.png	200	gstatic.com	2.18KB						20ms	
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB						170ms	
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB						164ms	
webworker.js?hl=en&v=Q...	200	google.com	135B						26ms	
collect?v=2&fmt=js&pid=...	200	px.ads.linkedin.com	310B						176ms	
twin.js?15969	200	twin-iq.kickfire.com	424B						494ms	
POST ?site_id=2865577&...	200	content.hotjar.io	56B						82ms	
twin.php?TWIQ=15969&kf...	200	twin-iq.kickfire.com	95B						169ms	
kRdUiOFu.json	200	cdn-cookieyes.com	329B						63ms	
cropped-Asset-2-1-32x32...	200	natroxwoundcare.com	613B						11ms	
NIK_5kQe.json	200	cdn-cookieyes.com	5.48KB						20ms	
6qVCINLI.json	200	cdn-cookieyes.com	823B						25ms	
wvMrsc-N.json	200	cdn-cookieyes.com	1.93KB						51ms	
POST reload?k=6LeqRG0...	200	google.com	10.3KB						147ms	
POST landing?gcs=G100...	200	pagead2.google synd...	42B						63ms	
revisit.svg	200	cdn-cookieyes.com	1.11KB						20ms	
close.svg	200	cdn-cookieyes.com	840B						19ms	
poweredbtcky.svg	200	cdn-cookieyes.com	1.52KB						23ms	
src=13443695;type=vaho...	302	ade.google syndicati...	0						76ms	
src=13443695;type=siter0...	302	ade.google syndicati...	0						75ms	
POST log	200	log.cookieyes.com	2B						22ms	
GloberLightItalic.woff2	200	natroxwoundcare.com	32.7KB						79ms	
src=13443695;dc_pre=CO...	200	ade.google syndicati...	42B						44ms	
src=13443695;dc_pre=CM...	200	ade.google syndicati...	42B						26ms	
148 Requests	19.8MB	(24.8MB Uncompressed)	Fully Loaded 7.4s	(Onload 5.1s)						



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>OK, but consider improvement</p> <p>1.2s</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>7.4s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>OK, but consider improvement</p> <p>1.6s</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>Much longer than recommended</p> <p>1.4s</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>Longer than recommended</p> <p>1.7s</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>0.02</p>

Browser Timings

Redirect	0ms	Connect	28ms	Backend	353ms
TTFB	381ms	First Paint	1.2s	DOM Int.	1.9s
DOM Loaded	2.2s	Onload	5.1s	Fully Loaded	7.4s

IMPACT AUDIT

Med

Serve static assets with an efficient cache policy

Potential savings of 1.92MB

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
https://www.natroxwoundcare.com/wp-content/themes/bb-theme-child/Fonts/GloberxBold.otf	none	56.9KB
https://twin-iq.kickfire.com/twin.js?15969	none	696B
https://twin-iq.kickfire.com/twin.php?TWIQ=15969&kftwiqpg=https%3A%2F%2Fwww.natroxwoundcare.com%2F&Hst=www.natroxwoundcare.com&r=0.2491368599443009	none	365B
https://px.ads.linkedin.com/collect?v=2&fmt=js&pid=5054986&time=1710391980302&li_adsld=deb60f7f-329d-4e4f-8069-396802d6f194&url=https%3A%2F%2Fwww.natroxwoundcare.com%2F&tm=gtmv2&cookiesTest=true	none	310B
https://static.hotjar.com/c/hotjar-2371154.js?sv=7	60 seconds	4.08KB
https://static.hotjar.com/c/hotjar-2865577.js?sv=7	60 seconds	4.06KB
https://static.hotjar.com/c/hotjar-3592311.js?sv=7	60 seconds	4.06KB
https://static.hotjar.com/c/hotjar-3055932.js?sv=7	60 seconds	4.05KB
https://assets.adobedtm.com/175f7caa2b90/a987a64aad5d/launch-16e67513fd04.min.js	60 minutes	19.7KB
https://snap.licdn.com/li.ims-analytics/insight.min.js	6 hours	17.0KB
https://www.natroxwoundcare.com/wp-content/uploads/WGDF-2023-cover.png	7 days	3.20MB
https://www.natroxwoundcare.com/wp-content/uploads/Greg-Schultz.jpg	7 days	0.99MB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Wounds-UK-article_cover_Dec23_v2.png	7 days	830KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Dfoot-poster2.png	7 days	811KB
https://www.natroxwoundcare.com/wp-content/uploads/JoWC-Oxygen-Consensus-July2023-cover-scaled-1.jpg	7 days	805KB
https://www.natroxwoundcare.com/wp-content/uploads/New-Algorithm-for-DFU-Management.png	7 days	759KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_DrPraveenan.png	7 days	733KB
https://www.natroxwoundcare.com/wp-content/uploads/We-Won.png	7 days	720KB
https://www.natroxwoundcare.com/wp-content/uploads/New-Distributor-Spain3.png	7 days	718KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-CaseSeries_DrHari2.png	7 days	615KB
https://www.natroxwoundcare.com/wp-content/uploads/NATROX-WC-animation_RESIZE-2-1.gif	7 days	503KB
https://www.natroxwoundcare.com/wp-content/uploads/JWC-Latam_ConsensusOct23.png	7 days	497KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Efficacy-of-cTOT-poster.png	7 days	495KB
https://www.natroxwoundcare.com/wp-content/uploads/RCT.png	7 days	456KB
https://www.natroxwoundcare.com/wp-content/uploads/Health-Technology-Assessment-Wales.png	7 days	451KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Consensus.png	7 days	442KB
https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Consensus-in-South-America.jpg	7 days	422KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-1-1.png	7 days	419KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-2.png	7 days	364KB
https://www.natroxwoundcare.com/wp-content/uploads/Dr.-Serena-1-750x684-1.png	7 days	352KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Windy-Podcast2.png	7 days	322KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Masterclass.png	7 days	312KB
https://www.natroxwoundcare.com/wp-content/uploads/NEWS-POST-IWGDF-Endorsement-v5.png	7 days	278KB
https://www.natroxwoundcare.com/wp-content/uploads/Now-available-in-S.-Korea-v2.png	7 days	276KB
https://www.natroxwoundcare.com/wp-content/uploads/Resoure_SupportingThePatientJourney_PM-Nov23.png	7 days	266KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_MasterEvidence.png	7 days	260KB
https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Resource-Image.png	7 days	188KB
https://www.natroxwoundcare.com/wp-content/uploads/Background-swirls-1.png	7 days	162KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/background-swirls.png	7 days	161KB
https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Website-Template-1080x720-10.png	7 days	155KB
https://www.natroxwoundcare.com/wp-content/uploads/email-banner_pain-relief5_crop.jpg	7 days	154KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/fonts/fontawesome6/fa-solid-900.woff2	7 days	147KB
https://www.natroxwoundcare.com/wp-content/uploads/new-IQ-video-2.png	7 days	146KB
https://www.natroxwoundcare.com/wp-content/uploads/NIQ-large-hex-background_white.png	7 days	110KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/fonts/fontawesome6/fa-brands-400.woff2	7 days	105KB
https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Website-Template-1080x720-8.png	7 days	98KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/css/style.css?ver=1.0.0	7 days	93.3KB
https://www.natroxwoundcare.com/wp-content/uploads/ADA-2024-SoC-Cover.jpg	7 days	61.2KB
https://www.natroxwoundcare.com/wp-content/uploads/2023-WHS-cover.jpg	7 days	54.5KB
https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Windy-2.png	7 days	46.9KB
https://www.natroxwoundcare.com/wp-content/uploads/News-post-New-UK-Distributor-v4.png	7 days	45.2KB

URL	CACHE TTL	TRANSFER SIZE
https://www.natroxwoundcare.com/wp-content/uploads/Asset-22.png	7 days	41.6KB
https://www.natroxwoundcare.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	7 days	33.8KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/blue-lines-bg-new.png	7 days	33.7KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/fonts/font/GloberLightItalic.woff2	7 days	32.8KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/fonts/font/GloberSemiBold.woff2	7 days	32.6KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/fonts/font/GloberRegular.woff2	7 days	32.1KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/js/main.js?ver=1.0.0	7 days	31.5KB
https://www.natroxwoundcare.com/wp-content/uploads/News-stories_giant-winner.png	7 days	31.5KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/fonts/font/GloberBold.woff2	7 days	30.9KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/fonts/font/GloberLight.woff2	7 days	29.3KB
https://www.natroxwoundcare.com/wp-content/uploads/News-stories_nhs_cropped.png	7 days	25.9KB
https://www.natroxwoundcare.com/wp-content/uploads/Asset-13.png	7 days	24.6KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/clinical-evidence-bg-shapes.svg	7 days	18.1KB
https://www.natroxwoundcare.com/wp-content/plugins/instagram-feed-pro/css/sbi-styles.min.css?ver=6.3.5	7 days	16.2KB
https://www.natroxwoundcare.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	7 days	13.3KB
https://www.natroxwoundcare.com/wp-content/plugins/custom-facebook-feed/assets/js/cff-scripts.min.js?ver=4.2.2	7 days	12.4KB
https://www.natroxwoundcare.com/wp-content/plugins/cf7-conditional-fields/js/scripts.js?ver=2.4.7	7 days	11.8KB
https://www.natroxwoundcare.com/wp-content/uploads/logo.svg	7 days	8.13KB
https://www.natroxwoundcare.com/wp-content/plugins/custom-twitter-feeds-pro/css/cff-styles.min.css?ver=2.2.5	7 days	7.40KB
https://www.natroxwoundcare.com/wp-content/plugins/reviews-feed/assets/css/sbr-styles.css?ver=1.1.1	7 days	5.71KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/natrox-x-bg.png	7 days	4.94KB
https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9.2	7 days	3.86KB
https://www.natroxwoundcare.com/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=3.15.5	7 days	3.51KB
https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.9.2	7 days	3.18KB
https://www.natroxwoundcare.com/wp-content/plugins/custom-facebook-feed/assets/css/cff-style.min.css?ver=4.2.2	7 days	3.12KB
https://www.natroxwoundcare.com/wp-content/plugins/google-analytics-for-wordpress/assets/js/frontend-gtag.min.js?ver=8.24.0	7 days	3.03KB
https://www.natroxwoundcare.com/wp-content/plugins/akismet/_inc/akismet-frontend.js?ver=1705553790	7 days	3.00KB
https://www.natroxwoundcare.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	7 days	2.40KB
https://www.natroxwoundcare.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	7 days	2.32KB
https://www.gstatic.com/recaptcha/api2/logo_48.png	7 days	2.31KB
https://www.natroxwoundcare.com/wp-content/plugins/wpcf7-redirect/build/js/wpcf7-fe.js?ver=1.1	7 days	1.49KB
https://www.natroxwoundcare.com/wp-content/plugins/wp-job-manager/assets/dist/css/job-listings.css?ver=598383a28ac5f9f156e4	7 days	1.19KB
https://www.natroxwoundcare.com/wp-content/uploads/Bottom-right.png	7 days	1.09KB
https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9.2	7 days	945B
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/play-icon.png	7 days	791B
https://www.natroxwoundcare.com/wp-content/plugins/cf7-conditional-fields/style.css?ver=2.4.7	7 days	514B
https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.9.2	7 days	449B
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/menu-item-arrow-black.svg	7 days	238B
https://www.natroxwoundcare.com/wp-content/plugins/wpcf7-redirect/build/css/wpcf7-redirect-frontend.min.css?ver=1.1	7 days	150B

Med

Use a Content Delivery Network (CDN)

78 resources found

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

URL

- <https://www.natroxwoundcare.com/wp-content/plugins/reviews-feed/assets/css/sbr-styles.css?ver=1.1.1>
- <https://www.natroxwoundcare.com/wp-content/plugins/instagram-feed-pro/css/sbi-styles.min.css?ver=6.3.5>
- <https://www.natroxwoundcare.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3>
- <https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9.2>
- <https://www.natroxwoundcare.com/wp-content/plugins/custom-twitter-feeds-pro/css/cf-styles.min.css?ver=2.2.5>
- <https://www.natroxwoundcare.com/wp-content/plugins/wp-job-manager/assets/dist/css/job-listings.css?ver=598383a28ac5f9f156e4>
- <https://www.natroxwoundcare.com/wp-content/plugins/wpcf7-redirect/build/css/wpcf7-redirect-frontend.min.css?ver=1.1>
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/css/style.css?ver=1.0.0>
- <https://www.natroxwoundcare.com/wp-content/plugins/custom-facebook-feed/assets/css/cff-style.min.css?ver=4.2.2>
- <https://www.natroxwoundcare.com/wp-content/plugins/cf7-conditional-fields/style.css?ver=2.4.7>
- <https://www.natroxwoundcare.com/wp-content/plugins/google-analytics-for-wordpress/assets/js/frontend-gtag.min.js?ver=8.24.0>
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/js/main.js?ver=1.0.0>
- <https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/includes/swf/js/index.js?ver=5.9.2>
- <https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9.2>
- <https://www.natroxwoundcare.com/wp-content/plugins/wpcf7-redirect/build/js/wpcf7-fe.js?ver=1.1>
- <https://www.natroxwoundcare.com/wp-content/plugins/custom-facebook-feed/assets/js/cff-scripts.min.js?ver=4.2.2>
- <https://www.natroxwoundcare.com/wp-content/plugins/cf7-conditional-fields/js/scripts.js?ver=2.4.7>
- <https://www.natroxwoundcare.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2>
- <https://www.natroxwoundcare.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0>
- <https://www.natroxwoundcare.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0>
- <https://www.natroxwoundcare.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.9.2>
- <https://www.natroxwoundcare.com/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=3.15.5>
- https://www.natroxwoundcare.com/wp-content/plugins/akismet/_inc/akismet-frontend.js?ver=1705553790
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/menu-item-arrow-black.svg>
- <https://www.natroxwoundcare.com/wp-content/uploads/Background-swirls-1.png>
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/clinical-evidence-bg-shapes.svg>
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/play-icon.png>
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/background-swirls.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Asset-13.png>
- https://www.natroxwoundcare.com/wp-content/uploads/NIQ-large-hex-background_white.png
- <https://www.natroxwoundcare.com/wp-content/uploads/Asset-22.png>
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/blue-lines-bg-new.png>
- https://www.natroxwoundcare.com/wp-content/uploads/Resource_Consensus.png
- https://www.natroxwoundcare.com/wp-content/uploads/JWC-Latam_ConsensusOct23.png
- <https://www.natroxwoundcare.com/wp-content/uploads/NEWS-POST-IWGDF-Endorsement-v5.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Website-Template-1080x720-10.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Resource-Image.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Website-Template-1080x720-8.png>
- https://www.natroxwoundcare.com/wp-content/uploads/Resource_MasterEvidence.png
- https://www.natroxwoundcare.com/wp-content/uploads/Resoure_SupportingThePatientJourney_PM-Nov23.png
- <https://www.natroxwoundcare.com/wp-content/uploads/Resource-Windy-Podcast2.png>
- https://www.natroxwoundcare.com/wp-content/uploads/Resource_DrPraveenan.png
- https://www.natroxwoundcare.com/wp-content/uploads/Resource_Dfoot-poster2.png
- https://www.natroxwoundcare.com/wp-content/uploads/Resource_Wounds-UK-article_cover_Dec23_v2.png
- https://www.natroxwoundcare.com/wp-content/uploads/Resource_Efficacy-of-cTOT-poster.png
- https://www.natroxwoundcare.com/wp-content/uploads/Resource-CaseSeries_DrHari2.png
- https://www.natroxwoundcare.com/wp-content/uploads/Resource_Masterclass.png
- <https://www.natroxwoundcare.com/wp-content/uploads/We-Won.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Now-available-in-S.-Korea-v2.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/News-post-New-UK-Distributor-v4.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Windy-2.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-1-1.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Dr.-Serena-1-750x684-1.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Greg-Schultz.jpg>
- <https://www.natroxwoundcare.com/wp-content/uploads/new-IQ-video-2.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-2.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/New-Distributor-Spain3.png>
- https://www.natroxwoundcare.com/wp-content/uploads/email-banner_pain-relief5_crop.jpg
- <https://www.natroxwoundcare.com/wp-content/uploads/RCT.png>

URL

- https://www.natroxwoundcare.com/wp-content/uploads/News-stories_nhs_cropped.png
- https://www.natroxwoundcare.com/wp-content/uploads/News-stories_giant-winner.png
- <https://www.natroxwoundcare.com/wp-content/uploads/Bottom-right.png>
- <https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/natrox-x-bg.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/logo.svg>
- https://www.natroxwoundcare.com/wp-content/uploads/NATROX-WC-animation_RESIZE-2-1.gif
- https://www.google.co.uk/pagead/1p-user-list/380483339/?random=1710391979441&cv=11&fst=1710388800000&bg=fffff&guid=ON&async=1>m=45be43b0v9111457506za200&gcd=13i3i3i1&dma=0&u_w=1367&u_h=864&url=https%3A%2F%2Fwww.natroxwoundcare.com%2F&frm=0&tiba=Home%20-%20NATROX%20-%20Wound%20Care&pa=0&data=event%3Dgtag.config&fmt=3&is_vtc=1&cid=CAQSGwB7FLtqqpPV4BzMlMdaQnFDOBWKH_WTE8FuDg&random=2636566135&rmt_tld=1&ipr=y
- <https://www.natroxwoundcare.com/wp-content/uploads/New-Algorithm-for-DFU-Management.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Consensus-in-South-America-.jpg>
- <https://www.natroxwoundcare.com/wp-content/uploads/2023-WHS-cover.jpg>
- <https://www.natroxwoundcare.com/wp-content/uploads/IWGDF-2023-cover.png>
- <https://www.natroxwoundcare.com/wp-content/uploads/ADA-2024-SoC-Cover.jpg>
- <https://www.natroxwoundcare.com/wp-content/uploads/JoWC-Oxygen-Consensus-July2023-cover-scaled-1.jpg>
- <https://www.natroxwoundcare.com/wp-content/uploads/Health-Technology-Assessment-Wales.png>
- https://px.ads.linkedin.com/collect?v=2&fmt=js&pid=5054986&time=1710391980302&li_adsId=deb60f7f-329d-4e4f-8069-396802d6f194&url=https%3A%2F%2Fwww.natroxwoundcare.com%2F&t=gtmv2&cookiesTest=true
- <https://twin-iq.kickfire.com/twin.js?15969>
- <https://twin-iq.kickfire.com/twin.php?TWIQ=15969&kftwiqpg=https%3A%2F%2Fwww.natroxwoundcare.com%2F&Hst=www.natroxwoundcare.com&r=0.2491368599443009>
- https://ade.googleadsyndication.com/ddm/activity/src=13443695;dc_pre=COeG4NT68oQDFRslBgAdba8Lsw:type=siter0;cat=siter0;ord=9301556596929;npa=1;gdid=dY2Q2ZW.dZGlzZG;pscdl=denied;gtm=45fe43b0za200;gcs=G100;gcd=13q3q3q3q5;dma_cps=-;dma=0;uaa=;uab=;uafvl=;uamb=0;uam=;uapv=;uaw=0;epver=2;-oref=https%3A%2F%2Fwww.natroxwoundcare.com%2F?
- https://ade.googleadsyndication.com/ddm/activity/src=13443695;dc_pre=CMOK4NT68oQDFfFQQld1EwAQQ:type=vahom0;cat=vahom0;ord=5788051139264;npa=1;gdid=dY2Q2ZW.dZGlzZG;pscdl=denied;gtm=45fe43b0za200;gcs=G100;gcd=13q3q3q3q5;dma_cps=-;dma=0;uaa=;uab=;uafvl=;uamb=0;uam=;uapv=;uaw=0;epver=2;-oref=https%3A%2F%2Fwww.natroxwoundcare.com%2F?

Med **Reduce JavaScript execution time** TBT 2.9s 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://cdnjs.cloudflare.com/ajax/libs/gsap/3.12.2/ScrollTrigger.min.js	1.2s	74ms	0ms
https://www.natroxwoundcare.com/	883ms	49ms	3ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	878ms	773ms	21ms
Unattributable	804ms	64ms	0ms
https://script.hotjar.com/modules.76600994a7e845923464.js	652ms	570ms	30ms
https://ajax.googleapis.com/ajax/libs/jquery/2.2.4/jquery.min.js?ver=2.2.4	476ms	219ms	16ms
https://cdnjs.cloudflare.com/ajax/libs/gsap/3.12.2/gsap.min.js	388ms	31ms	1ms
https://www.googletagmanager.com/gtag/js?id=G-HKJYWQ9PP4&l=dataLayer&cx=c	139ms	127ms	11ms
https://www.natroxwoundcare.com/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=3.15.5	123ms	56ms	0ms
https://assets.adobedtm.com/175f7caa2b90/a987a64aad5d/launch-16e67513fd04.min.js	122ms	117ms	1ms
https://www.googletagmanager.com/gtag/js?id=G-84BL8FYTXL	115ms	100ms	4ms
https://cdn-cookieyes.com/client_data/51dca58e6609f810db842c48/banner.js	114ms	102ms	1ms
https://www.googletagmanager.com/gtag/js?id=AW-380483339	109ms	101ms	7ms
https://www.googletagmanager.com/gtag/js?id=DC-13443695	93ms	52ms	3ms
https://www.googletagmanager.com/gtm.js?id=GTM-5LXKCX8	92ms	85ms	4ms
https://www.googletagmanager.com/gtag/js?id=G-6PR34LGCCG&l=dataLayer&cx=c	79ms	74ms	4ms
https://snap.licdn.com/li.lms-analytics/insight.min.js	72ms	58ms	1ms
https://www.googletagmanager.com/gtag/destination?id=AW-AW-380483339&l=dataLayer&cx=c	68ms	47ms	20ms
https://cdn-cookieyes.com/client_data/51dca58e6609f810db842c48/script.js	55ms	47ms	1ms
https://www.natroxwoundcare.com/wp-content/plugins/cf7-conditional-fields/js/scripts.js?ver=2.4.7	52ms	46ms	1ms

Low **Eliminate render-blocking resources** FCP LCP Potential savings of 119ms

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.natroxwoundcare.com/wp-content/plugins/instagram-feed-pro/css/sbi-styles.min.css?ver=6.3.5	16.2KB	618ms
https://www.natroxwoundcare.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	13.3KB	463ms
https://www.natroxwoundcare.com/wp-content/plugins/custom-twitter-feeds-pro/css/cf-styles.min.css?ver=2.2.5	7.40KB	154ms
https://use.fontawesome.com/releases/v5.9.0/css/all.css?ver=5.9.0	12.4KB	1.1s
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/css/style.css?ver=1.0.0	93.3KB	618ms
https://maxcdn.bootstrapcdn.com/font-awesome/4.7.0/css/font-awesome.min.css	7.39KB	919ms
https://cdnjs.cloudflare.com/ajax/libs/OwlCarousel2/2.3.4/assets/owl.carousel.min.css	1.14KB	781ms
https://cdnjs.cloudflare.com/ajax/libs/fancybox/3.5.7/jquery.fancybox.min.css	2.92KB	159ms
https://fonts.googleapis.com/css2?family=Permanent+Marker&display=swap	741B	782ms
https://ajax.googleapis.com/ajax/libs/jquery/2.2.4/jquery.min.js?ver=2.2.4	29.9KB	1.2s
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/js/main.js?ver=1.0.0	31.5KB	154ms

Low Use passive listeners to improve scrolling performance 1 event listener not passive

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

URL	LOCATION
https://ajax.googleapis.com/ajax/libs/jquery/2.2.4/jquery.min.js?ver=2.2.4	Line:2

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
Pages with WebSocket cannot enter back/forward cache. https://www.natroxwoundcare.com/	Pending browser support

Low Use video formats for animated content LCP Potential savings of 332KB

Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.natroxwoundcare.com/wp-content/uploads/NATROX-WC-animation_RESIZE-2-1.gif	503KB	332KB

Low Properly size images Potential savings of 6.08MB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.natroxwoundcare.com/wp-content/uploads/IWGDF-2023-cover.png	3.19MB	3.18MB
https://www.natroxwoundcare.com/wp-content/uploads/JoWC-Oxygen-Consensus-July2023-cover-scaled-1.jpg	805KB	800KB
https://www.natroxwoundcare.com/wp-content/uploads/New-Algorithm-for-DFU-Management.png	758KB	744KB
https://www.natroxwoundcare.com/wp-content/uploads/NATROX-WC-animation_RESIZE-2-1.gif	503KB	463KB
https://www.natroxwoundcare.com/wp-content/uploads/Health-Technology-Assessment-Wales.png	451KB	444KB
https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Consensus-in-South-America-.jpg	422KB	410KB
https://www.natroxwoundcare.com/wp-content/uploads/ADA-2024-SoC-Cover.jpg	61.1KB	54.0KB
https://www.natroxwoundcare.com/wp-content/uploads/2023-WHS-cover.jpg	54.4KB	51.5KB

Low **Efficiently encode images** Potential savings of 1.50MB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.natroxwoundcare.com/wp-content/uploads/Greg-Schultz.jpg	0.99MB	764KB
https://www.natroxwoundcare.com/wp-content/uploads/JoWC-Oxygen-Consensus-July2023-cover-scaled-1.jpg	805KB	495KB
https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Consensus-in-South-America-.jpg	422KB	266KB
https://www.natroxwoundcare.com/wp-content/uploads/ADA-2024-SoC-Cover.jpg	61.1KB	9.67KB

Low **Reduce unused CSS** FCP LCP Potential savings of 129KB

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.natroxwoundcare.com/wp-content/themes/natrox/dist/css/style.css?ver=1.0.0	93.3KB	86.7KB
https://www.natroxwoundcare.com/wp-content/plugins/instagram-feed-pro/css/sbi-styles.min.css?ver=6.3.5	16.2KB	16.2KB
https://www.natroxwoundcare.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	13.3KB	13.3KB
https://use.fontawesome.com/releases/v5.9.0/css/all.css?ver=5.9.0	12.4KB	12.4KB

Low **Serve images in next-gen formats** Potential savings of 12.9MB

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.natroxwoundcare.com/wp-content/uploads/IWGDF-2023-cover.png	3.19MB	2.40MB
https://www.natroxwoundcare.com/wp-content/uploads/Greg-Schultz.jpg	0.99MB	922KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Wounds-UK-article_cover_Dec23_v2.png	830KB	779KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Dfoot-poster2.png	811KB	705KB
https://www.natroxwoundcare.com/wp-content/uploads/JoWC-Oxygen-Consensus-July2023-cover-scaled-1.jpg	805KB	674KB
https://www.natroxwoundcare.com/wp-content/uploads/We-Won.png	719KB	654KB
https://www.natroxwoundcare.com/wp-content/uploads/New-Distributor-Spain3.png	718KB	644KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_DrPraveenan.png	732KB	621KB
https://www.natroxwoundcare.com/wp-content/uploads/New-Algorithm-for-DFU-Management.png	758KB	558KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-CaseSeries_DrHari2.png	615KB	543KB
https://www.natroxwoundcare.com/wp-content/uploads/JWC-Latam_ConsensusOct23.png	497KB	451KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Consensus.png	442KB	394KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Efficacy-of-cTOT-poster.png	495KB	373KB
https://www.natroxwoundcare.com/wp-content/uploads/RCT.png	456KB	371KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-1-1.png	418KB	368KB
https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Consensus-in-South-America.jpg	422KB	353KB
https://www.natroxwoundcare.com/wp-content/uploads/Dr.-Serena-1-750x684-1.png	351KB	326KB
https://www.natroxwoundcare.com/wp-content/uploads/Health-Technology-Assessment-Wales.png	451KB	316KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-2.png	364KB	307KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Windy-Podcast2.png	322KB	275KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Masterclass.png	312KB	246KB
https://www.natroxwoundcare.com/wp-content/uploads/NEWS-POST-IWGDF-Endorsement-v5.png	278KB	233KB
https://www.natroxwoundcare.com/wp-content/uploads/Now-available-in-S.-Korea-v2.png	276KB	149KB
https://www.natroxwoundcare.com/wp-content/uploads/Resoure_SupportingThePatientJourney_PM-Nov23.png	266KB	139KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_MasterEvidence.png	259KB	133KB
https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Resource-Image.png	188KB	61.7KB
https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Website-Template-1080x720-10.png	155KB	28.6KB
https://www.natroxwoundcare.com/wp-content/uploads/email-banner_pain-relief5_crop.jpg	154KB	27.1KB
https://www.natroxwoundcare.com/wp-content/uploads/ADA-2024-SoC-Cover.jpg	61.1KB	26.8KB
https://www.natroxwoundcare.com/wp-content/uploads/new-IQ-video-2.png	146KB	19.4KB
https://www.natroxwoundcare.com/wp-content/uploads/News-stories_nhs_cropped.png	25.9KB	13.1KB

Low

Reduce initial server response time FCP LCP

Root document took 352ms

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

URL	TIME SPENT
• https://www.natroxwoundcare.com/	352ms

Low

Defer offscreen images

Potential savings of 14.0MB

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://www.natroxwoundcare.com/wp-content/uploads/IWGDF-2023-cover.png	3.19MB	3.19MB
https://www.natroxwoundcare.com/wp-content/uploads/Greg-Schultz.jpg	0.99MB	0.99MB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Wounds-UK-article_cover_Dec23_v2.png	830KB	830KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Dfoot-poster2.png	811KB	811KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_DrPraveenan.png	732KB	732KB
https://www.natroxwoundcare.com/wp-content/uploads/We-Won.png	719KB	719KB
https://www.natroxwoundcare.com/wp-content/uploads/New-Distributor-Spain3.png	718KB	718KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-CaseSeries_DrHari2.png	615KB	615KB
https://www.natroxwoundcare.com/wp-content/uploads/JWC-Latam_ConsensusOct23.png	497KB	497KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Efficacy-of-cTOT-poster.png	495KB	495KB
https://www.natroxwoundcare.com/wp-content/uploads/RCT.png	456KB	456KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Consensus.png	442KB	442KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-1-1.png	418KB	418KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Preview-Website-Template-1080x720-2.png	364KB	364KB
https://www.natroxwoundcare.com/wp-content/uploads/Dr.-Serena-1-750x684-1.png	351KB	351KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource-Windy-Podcast2.png	322KB	322KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_Masterclass.png	312KB	312KB
https://www.natroxwoundcare.com/wp-content/uploads/NEWS-POST-IWGDF-Endorsement-v5.png	278KB	278KB
https://www.natroxwoundcare.com/wp-content/uploads/Now-available-in-S.-Korea-v2.png	276KB	276KB
https://www.natroxwoundcare.com/wp-content/uploads/Resoure_SupportingThePatientJourney_PM-Nov23.png	266KB	266KB
https://www.natroxwoundcare.com/wp-content/uploads/Resource_MasterEvidence.png	259KB	259KB
https://www.natroxwoundcare.com/wp-content/uploads/Delphi-Resource-Image.png	188KB	188KB
https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Website-Template-1080x720-10.png	155KB	155KB
https://www.natroxwoundcare.com/wp-content/uploads/email-banner_pain-relief5_crop.jpg	154KB	154KB
https://www.natroxwoundcare.com/wp-content/uploads/new-IQ-video-2.png	146KB	146KB
https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Website-Template-1080x720-8.png	98KB	98KB
https://www.natroxwoundcare.com/wp-content/uploads/Images-for-News-Resources-Windy-2.png	46.8KB	46.8KB
https://www.natroxwoundcare.com/wp-content/uploads/News-post-New-UK-Distributor-v4.png	45.2KB	45.2KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/blue-lines-bg-new.png	33.7KB	33.7KB
https://www.natroxwoundcare.com/wp-content/uploads/News-stories_giant-winner.png	31.4KB	31.4KB
https://www.natroxwoundcare.com/wp-content/uploads/News-stories_nhs_cropped.png	25.9KB	25.9KB
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/images/natrox-x-bg.png	4.88KB	4.88KB

Low

Minify JavaScript FCP LCP

Potential savings of 4.36KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.natroxwoundcare.com/wp-content/plugins/cf7-conditional-fields/js/scripts.js?ver=2.4.7	11.8KB	4.36KB

Low

Reduce unused JavaScript LCP

Potential savings of 536KB

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.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB	99KB
https://www.googletagmanager.com/gtag/js?id=AW-380483339&l=dataLayer&cx=c	84.2KB	63.3KB
https://www.youtube.com/s/player/e04b3b4c/www-widgetapi.vflset/www-widgetapi.js	67.0KB	52.4KB
https://www.googletagmanager.com/gtag/destination?id=AW-AW-380483339&l=dataLayer&cx=c	74.6KB	42.1KB
https://www.googletagmanager.com/gtm.js?id=GTM-5LXKCX8	90.5KB	41.8KB
https://www.googletagmanager.com/gtag/js?id=G-HKJYWQ9PP4&l=dataLayer&cx=c	86.8KB	40.8KB
https://www.googletagmanager.com/gtag/js?id=G-6PR34LGCCG&l=dataLayer&cx=c	90.8KB	39.3KB
https://www.googletagmanager.com/gtag/js?id=G-84BL8FYTXL	92.4KB	37.9KB
https://www.googletagmanager.com/gtm.js?id=GTM-WVMCXK4	65.9KB	32.7KB
https://www.googletagmanager.com/gtag/js?id=DC-13443695	69.6KB	31.4KB
https://www.googletagmanager.com/gtag/js?id=AW-380483339	84.3KB	30.5KB
https://script.hotjar.com/modules.76600994a7e845923464.js	55.0KB	25.3KB

N/A

Largest Contentful Paint element LCP

1,670 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Innovative Wound Care Delivering wound care technology that works seamlessly a...

```
<section class="hero" style="background-image: url(&quot;https://www.natroxwoundcare.com/wp-content/uploads/Ba...&quot;); ">
```

PHASE

% OF LCP

TIMING

TTFB

23%

380ms

Load Delay

24%

404ms

Load Time

1%

23ms

Render Delay

52%

862ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 28.4KB

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://cdn-cookieyes.com/client_data/51dca58e6609f810db842c48/script.js Line:0 Column:40849 Line:0 Column:41014 Line:0 Column:42252	13.9KB Array.prototype.find Array.from Array.prototype.map
https://cdn-cookieyes.com/client_data/51dca58e6609f810db842c48/banner.js Line:0 Column:39638 Line:0 Column:39901 Line:0 Column:40066 Line:0 Column:41304 Line:0 Column:43788 Line:0 Column:44227 Line:0 Column:75403	13.9KB Array.prototype.filter Array.prototype.find Array.from Array.prototype.map Object.getOwnPropertyDescriptors Object.keys @babel/plugin-transform-regenerat or
https://static.hotjar.com/c/hotjar-2865577.js?sv=7 Line:2 Column:921	78B @babel/plugin-transform-classes
https://static.hotjar.com/c/hotjar-3592311.js?sv=7 Line:2 Column:921	78B @babel/plugin-transform-classes
https://static.hotjar.com/c/hotjar-2371154.js?sv=7 Line:2 Column:921	78B @babel/plugin-transform-classes
https://static.hotjar.com/c/hotjar-3055932.js?sv=7 Line:2 Column:921	78B @babel/plugin-transform-classes
https://snap.licdn.com/li.lms-analytics/insight.min.js Line:0 Column:680	59B @babel/plugin-transform-classes
https://assets.adobedtm.com/175f7caa2b90/a987a64aad5d/launch-16e67513fd04.min.js Line:1 Column:8047	58B @babel/plugin-transform-classes
https://script.hotjar.com/modules.76600994a7e845923464.js Line:1 Column:70575	58B @babel/plugin-transform-classes
https://www.natroxwoundcare.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	49B @babel/plugin-transform-classes
https://www.natroxwoundcare.com/wp-content/themes/natrox/dist/js/main.js?ver=1.0.0 Line:0 Column:11167	40B @babel/plugin-transform-classes

N/A

Avoid large layout shifts CLS

5 elements found

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

ELEMENT	CLS CONTRIBUTION
Products Clinicians Patients Clinical Evidence Resources About Contact <div class="collapse navbar-collapse justify-content-end" id="navbarNav">	0.01
Topical Oxygen Therapy (TOT) Evidence Continues to Grow Increasing number of i... <section class="clinical_evidence">	0.01
Products Clinicians Patients Clinical Evidence Resources About Contact <div class="collapse_container">	0.00
NATROX Wound Care logo 	0.00
Topical Oxygen Therapy (TOT) Evidence Continues to Grow <h2>	0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 6.9s

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	3.0s
Other	2.3s
Style & Layout	944ms
Rendering	274ms
Script Parsing & Compilation	168ms
Garbage Collection	125ms
Parse HTML & CSS	96ms

N/A

Reduce the impact of third-party code TBT

Third-party code blocked the main thread for 832ms

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
HOTJAR	71.4KB	383ms
• https://script.hotjar.com/modules.76600994a7e845923464.js	55.0KB	383ms
• https://static.hotjar.com/c/hotjar-2371154.js?sv=7	4.08KB	0ms
• https://static.hotjar.com/c/hotjar-2865577.js?sv=7	4.06KB	0ms
• https://static.hotjar.com/c/hotjar-3592311.js?sv=7	4.06KB	0ms
• https://static.hotjar.com/c/hotjar-3055932.js?sv=7	4.05KB	0ms
GOOGLE CDN	446KB	273ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	390KB	209ms
• https://ajax.googleapis.com/ajax/libs/jquery/2.2.4/jquery.min.js?ver=2.2.4	29.9KB	63ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles_ltr.css	24.1KB	0ms
GOOGLE TAG MANAGER	739KB	124ms
• https://www.googletagmanager.com/gtag/js?id=G-HKJYWQ9PP4&l=dataLayer&cx=c	86.8KB	73ms
• https://www.googletagmanager.com/gtag/js?id=AW-380483339	84.3KB	31ms
• https://www.googletagmanager.com/gtag/js?id=G-6PR34LGCCG&l=dataLayer&cx=c	90.8KB	18ms
• https://www.googletagmanager.com/gtag/js?id=DC-13443695	69.6KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-84BL8FYTXL	92.4KB	0ms
• Other resources	315KB	0ms
CLOUDFLARE CDN	74.8KB	33ms
• https://cdnjs.cloudflare.com/ajax/libs/gsap/3.12.2/gsap.min.js	25.0KB	33ms
• https://cdnjs.cloudflare.com/ajax/libs/fancybox/3.5.7/jquery.fancybox.min.js	19.1KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/gsap/3.12.2/ScrollTrigger.min.js	16.0KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/OwlCarousel2/2.3.4/owl.carousel.min.js	10.6KB	0ms
• Other resources	4.06KB	0ms
CDN-COOKIEYES.COM	77.8KB	12ms
• https://cdn-cookieyes.com/client_data/51dca58e6609f810db842c48/banner.js	32.3KB	12ms
• https://cdn-cookieyes.com/client_data/51dca58e6609f810db842c48/script.js	33.6KB	0ms
• https://cdn-cookieyes.com/client_data/51dca58e6609f810db842c48/config/NIK_5kQe.json	5.48KB	0ms
• Other resources	6.51KB	0ms
LINKEDIN ADS	18.8KB	4ms
• https://snap.licdn.com/li.lms-analytics/insight.min.js	17.0KB	4ms
ADOBE TAG MANAGER	19.7KB	1ms
• https://assets.adobedtm.com/175f7caa2b90/a987a64aad5d/launch-16e67513fd04.min.js	19.7KB	1ms
YOUTUBE	68.9KB	0ms
• https://www.youtube.com/s/player/e04b3b4c/www-widgetapi.vflset/www-widgetapi.js	67.0KB	0ms
OTHER GOOGLE APIS/SDKS	48.0KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LeqRG0oAAAAOuPYitPVPiNmidrbukXLizUfKV0&co=aHR0cHM6Ly93d3cubmF0cm94d291bmRjYXJLLmNvbTo0NDM.&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=xy649fgs1ujf	28.1KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LeqRG0oAAAAOuPYitPVPiNmidrbukXLizUfKV0	10.3KB	0ms
• https://www.google.com/js/bg/pVIYgICqg3wZ2JaY4kcbqn6HC1zR-NrcTdTDqQCFvk4.js	7.54KB	0ms
GOOGLE FONTS	31.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOICnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
FONTAWESOME CDN	12.4KB	0ms
• https://use.fontawesome.com/releases/v5.9.0/css/all.css?ver=5.9.0	12.4KB	0ms
BOOTSTRAP CDN	7.39KB	0ms
• https://maxcdn.bootstrapcdn.com/font-awesome/4.7.0/css/font-awesome.min.css	7.39KB	0ms

THIRD-PARTY

TRANSFER SIZE

MAIN-THREAD BLOCKING TIME

GOOGLE/DOUBLECLICK ADS

3.37KB

0ms

KICKFIRE.COM

1.04KB

0ms

COOKIEYES.COM

305B

0ms

N/A

[User Timing marks and measures](#)

No user timings and/or marks found.
