



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

Report generated: Tue, Mar 12, 2024 12:20 AM -0700
 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
	86%	81%	424ms	166ms	0

Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 11.3MB
Med	Use explicit width and height on image elements <small>CLS</small>	3 images found
Med-Low	Avoid CSS @import <small>FCP LCP</small>	1 resource found
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Avoid an excessive DOM size <small>TBT</small>	753 elements

Page Details



Total Page Size - 11.3MB



Total Page Requests - 59



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/>

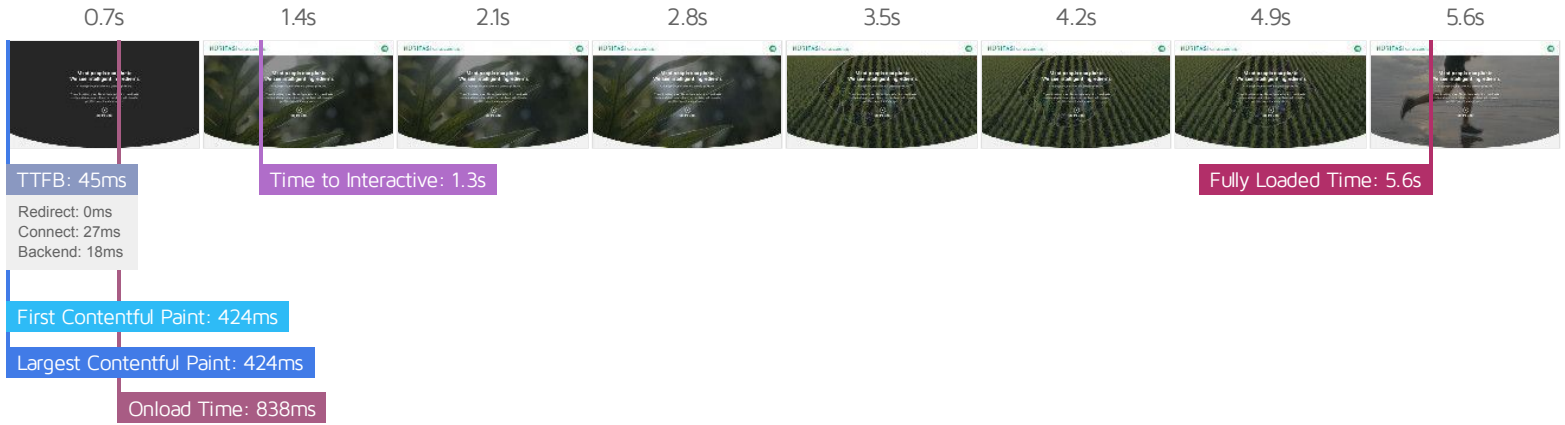
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Nuritas

Resource	Size	Time	Start	End
/	200	nuritas.com	18.3KB	47ms
style.min.css?ver=6.4.3	200	nuritas.com	14.7KB	26ms
cookieblocker.min.css?v...	200	nuritas.com	1.11KB	27ms
style.css?ver=1707399391	200	nuritas.com	894B	19ms
main.css?ver=1707399399	200	nuritas.com	35.5KB	39ms
twentytwenty-no-compas...	200	nuritas.com	1.16KB	24ms
twentytwenty.css?ver=1.0.0	200	nuritas.com	1.28KB	20ms
fancybox.css?ver=1.0.0	200	nuritas.com	3.70KB	27ms
newheader.svg	200	nuritas.com	4.28KB	30ms
curve-grey.svg	200	nuritas.com	828B	36ms
Group-707@2x.png	200	nuritas.com	12.7KB	23ms
Group-695@2x.png	200	nuritas.com	14.4KB	29ms
Group-701@2x.png	200	nuritas.com	4.62KB	30ms
logo_white.svg	200	nuritas.com	3.86KB	31ms
rocket-loader.min.js	200	nuritas.com	4.21KB	25ms
file.mp4?loc=external&si...	302	player.vimeo.com	0	238ms
file.mp4?loc=external&si...	302	player.vimeo.com	0	178ms
Discover-Left.jpg	200	nuritas.com	227KB	30ms
arno-senoner-oLS6lxcV...	200	nuritas.com	750KB	31ms
peptides-bg.jpg	200	nuritas.com	584KB	35ms
css2?family=DM+Mono:it...	200	fonts.googleapis.com	1.51KB	64ms
scripts-theme.min.js?ver...	200	nuritas.com	2.10KB	19ms
vendor-theme.min.js?ver...	200	nuritas.com	6.71KB	27ms
utils.min.js?ver=50c7bea...	200	nuritas.com	12.1KB	34ms
placeholders.jquery.min.j...	200	nuritas.com	1.93KB	20ms
gravityforms.min.js?ver=...	200	nuritas.com	14.0KB	30ms
jquery.json.min.js?ver=2....	200	nuritas.com	1.17KB	21ms
a11y.min.js?ver=7032343...	200	nuritas.com	1.28KB	20ms
i18n.min.js?ver=7701b0c...	200	nuritas.com	3.95KB	18ms
hooks.min.js?ver=c6aec9...	200	nuritas.com	1.85KB	30ms
dom-ready.min.js?ver=39...	200	nuritas.com	584B	21ms
wp-polyfill.min.js?ver=3.1...	200	nuritas.com	35.9KB	40ms
regenerator-runtime.min.j...	200	nuritas.com	2.82KB	21ms
wp-polyfill-inert.min.js?ve...	200	nuritas.com	2.72KB	33ms
complianz.min.js?ver=17...	200	nuritas.com	10.9KB	22ms
fancybox.umd.js?ver=1.0.0	200	nuritas.com	28.9KB	37ms
jquery.twentytwenty.js?ve...	200	nuritas.com	1.60KB	26ms
jquery.event.move.js?ver...	200	nuritas.com	2.80KB	23ms
main-dist.js?ver=1707399...	200	nuritas.com	15.4KB	35ms
owl.carousel.min.js?ver=...	200	nuritas.com	11.5KB	38ms
jquery-migrate.min.js?ver...	200	nuritas.com	5.16KB	28ms
jquery.min.js?ver=3.7.1	200	nuritas.com	31.0KB	32ms
UcC73FwrK3iLTeHuS_fvQ...	200	fonts.gstatic.com	45.6KB	145ms
powered-by.png	200	nuritas.com	597KB	32ms
fd334fad-7eadb02c?__tok...	206	download-video.aka...	2.62MB	303ms
3f30355e-7bbbb8ce?__to...	206	download-video.aka...	5.92MB	494ms
gtm.js?id=GTM-NF88XKX	200	googletagmanager.c...	65.3KB	69ms
cropped-Nuritas-Favicon...	200	nuritas.com	524B	29ms
js?id=G-KTG8KEGNM7&I...	200	googletagmanager.c...	90.8KB	54ms
banner-optin.css?v=12	200	nuritas.com	3.13KB	38ms
wp-emoji-release.min.js?...	200	nuritas.com	5.19KB	18ms
blog-left.svg	200	nuritas.com	745B	26ms
blog-left-hover.svg	200	nuritas.com	837B	17ms

blog-right.svg	200	nuritas.com	751B			17ms	
blog-right-hover.svg	200	nuritas.com	767B			24ms	
slide_arrow.svg	200	nuritas.com	639B			23ms	
glaxon-logo-2021-1536x4...	200	nuritas.com	77.2KB			54ms	
healthgev-box-black.png	200	nuritas.com	10.2KB			16ms	
cellucor.png	200	nuritas.com	8.09KB				18ms

59 Requests **11.3MB (12.7MB Uncompressed)** **Fully Loaded 5.6s (Onload 838ms)**



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>424ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>1.3s</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>Much longer than recommended</p> <p>4.5s</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>OK, but consider improvement</p> <p>166ms</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>424ms</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</p>

Browser Timings

Redirect	0ms	Connect	27ms	Backend	18ms
TTFB	45ms	DOM Int.	173ms	DOM Loaded	228ms
First Paint	424ms	Onload	838ms	Fully Loaded	5.6s

IMPACT AUDIT

Low

Properly size images

Potential savings of 479KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.nuritas.com/wp-content/uploads/2022/11/powered-by.png	597KB	381KB
https://www.nuritas.com/wp-content/uploads/2022/10/glaxon-logo-2021-1536x496.png	77.2KB	76.6KB
https://www.nuritas.com/wp-content/uploads/2022/05/Group-695@2x.png	14.4KB	11.0KB
https://www.nuritas.com/wp-content/uploads/2022/05/Group-707@2x.png	12.7KB	10.3KB

Low

Serve static assets with an efficient cache policy

Potential savings of 1.26KB

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

URL	CACHE TTL	TRANSFER SIZE
<ul style="list-style-type: none"> https://www.nuritas.com/cdn-cgi/scripts/7d0fa10a/cloudflare-static/rocket-loader.min.js 	2 days	4.21KB

Low

Efficiently encode images

Potential savings of 976KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.nuritas.com/wp-content/uploads/2022/11/peptides-bg.jpg	584KB	454KB
https://www.nuritas.com/wp-content/uploads/2023/02/arno-senoner-oLS6lxceVNs-unsplash.jpg	750KB	366KB
https://www.nuritas.com/wp-content/uploads/2022/11/Discover-Left.jpg	227KB	156KB

Low

Avoid long main-thread tasks TBT

5 long tasks found

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

URL	START TIME	DURATION
https://www.nuritas.com/	460ms	162ms
https://www.nuritas.com/cdn-cgi/scripts/7d0fa10a/cloudflare-static/rocket-loader.min.js	217ms	98ms
Unattributable	715ms	75ms
https://www.nuritas.com/cdn-cgi/scripts/7d0fa10a/cloudflare-static/rocket-loader.min.js	1.3s	75ms
https://www.nuritas.com/	923ms	53ms

Low

Reduce JavaScript execution time TBT

105ms 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.nuritas.com/	754ms	7ms	1ms
• Unattributable	377ms	15ms	0ms
• https://www.nuritas.com/cdn-cgi/scripts/7d0fa10a/cloudflare-static/rocket-loader.min.js	137ms	78ms	1ms

Low **Reduce unused CSS** FCP LCP Potential savings of 47.4KB

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.nuritas.com/wp-content/themes/Nuritas/assets/css/main.css?ver=1707399399	35.5KB	32.7KB
• https://www.nuritas.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	14.7KB	14.7KB

Low **Serve images in next-gen formats** Potential savings of 1.85MB

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.nuritas.com/wp-content/uploads/2023/02/arno-senoner-oLS6lxceVNs-unsplash.jpg	750KB	562KB
https://www.nuritas.com/wp-content/uploads/2022/11/powered-by.png	597KB	547KB
https://www.nuritas.com/wp-content/uploads/2022/11/peptides-bg.jpg	584KB	543KB
https://www.nuritas.com/wp-content/uploads/2022/11/Discover-Left.jpg	227KB	198KB
https://www.nuritas.com/wp-content/uploads/2022/10/glaxon-logo-2021-1536x496.png	77.2KB	40.1KB

Low **Defer offscreen images** Potential savings of 3.86KB

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.nuritas.com/wp-content/themes/Nuritas/assets/images/logo_white.svg	3.86KB	3.86KB

Low **Avoid non-composited animations** CLS 22 animated elements found

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

ELEMENT

NAME

div#gform_wrapper_2 > form#gform_2 > div.gform_footer > input#gform_submit_button_2

```
<input type="submit" id="gform_submit_button_2" class="gform_button button" value="Subscribe"
onclick="if (!window.__cfRLUnblockHandlers) return false; if(window["&quot;gf_submitting_&quot;"])
onkeypress="if (!window.__cfRLUnblockHandlers) return false; if( event.keyCode == 13 )...">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: background-color

background-color

Unsupported CSS Property: font-size

font-size

Unsupported CSS Property: border-bottom-color

border-bottom-color

Unsupported CSS Property: border-bottom-right-radius

border-bottom-right-radius

Unsupported CSS Property: font-weight

font-weight

Unsupported CSS Property: border-bottom-width

border-bottom-width

Unsupported CSS Property: border-left-color

border-left-color

Unsupported CSS Property: border-left-width

border-left-width

Unsupported CSS Property: border-right-color

border-right-color

Unsupported CSS Property: padding-bottom

padding-bottom

Unsupported CSS Property: border-right-width

border-right-width

Unsupported CSS Property: padding-left

padding-left

Unsupported CSS Property: padding-right

padding-right

Unsupported CSS Property: border-top-color

border-top-color

Unsupported CSS Property: padding-top

padding-top

Unsupported CSS Property: border-top-right-radius

border-top-right-radius

Unsupported CSS Property: margin-bottom

margin-bottom

Unsupported CSS Property: border-top-width

border-top-width

Unsupported CSS Property: margin-left

margin-left

Unsupported CSS Property: margin-right

margin-right

Unsupported CSS Property: margin-top

margin-top

body.home > header#masthead

```
<header id="masthead" class="animated slideInDown">
```

Unsupported CSS Property: visibility

slideInDown

OUR PEOPLE

```
<h4 class="h4 view-wrapper animated-title">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: margin-bottom

margin-bottom

Unsupported CSS Property: margin-top

margin-top

Unsupported CSS Property: font-size

font-size

div.nuritas-header > div.header__hamburger > div.toggle_hamburger > span

```
<span>
```

Unsupported CSS Property: border-top-left-radius

border-top-left-radius

Unsupported CSS Property: border-top-right-radius

border-top-right-radius

ELEMENT	NAME
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
div.front_page__hero--content > a > svg > g#Group_718 <g id="Group_718" data-name="Group 718" transform="translate(1.291 1.689)">	
Unsupported CSS Property: color	color
Innovation powered by AI	
<h2 class="h2 view-wrapper animated-title">	
Unsupported CSS Property: color	color
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: margin-top	margin-top
Unsupported CSS Property: font-size	font-size
The Nuritas Magnifier is our unique AI platform. It helps us identify, unlock, ...	
<div class="p view-wrapper animated-subtitle">	
Unsupported CSS Property: color	color
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: margin-top	margin-top
Unsupported CSS Property: font-size	font-size
PeptiYouthTM	
	
Unsupported CSS Property: color	color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: margin-top	margin-top
We can deliver across a broad target Personal Care Agritech Supplements Medica...	
<div class="discover_boxes--inner view-wrapper box-2" style="background-image: url("https://www.nuritas.com/wp-content/uploads/2023/02/a...");">	
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius

ELEMENT	NAME
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: margin-top	margin-top
Unsupported CSS Property: margin-left	margin-left
Unsupported CSS Property: margin-right	margin-right
Always innovating	
<h2 class="h2 view-wrapper animated-title">	
Unsupported CSS Property: color	color
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: margin-top	margin-top
Unsupported CSS Property: font-size	font-size
div.nuritas-header > div.header__hamburger > div.toggle_hamburger > span	
	
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: margin-left	margin-left
PeptiStrongTM	
	
Unsupported CSS Property: color	color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: margin-top	margin-top

ELEMENT	NAME
PeptiForceTM	
<code></code>	
Unsupported CSS Property: color	color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: margin-top	margin-top
div.nuritas-header > div.header__hamburger > div.toggle_hamburger > span	
<code></code>	
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: margin-left	margin-left
We're a team of cutting-edge innovators from a wide and exciting range of diffe...	
<code><div class="p view-wrapper animated-subtitle"></code>	
Unsupported CSS Property: color	color
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: margin-top	margin-top
Unsupported CSS Property: font-size	font-size
OUR TECHNOLOGY	
<code><h4 class="h4 view-wrapper animated-title"></code>	
Unsupported CSS Property: color	color
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: margin-top	margin-top
Unsupported CSS Property: font-size	font-size
Discover our range of ingredients PeptiYouthTM PeptiStrongTM PeptiForceTM Can...	
<code><div class="discover_boxes--inner view-wrapper box-1" style="background-image: url('https://www.nuritas.com/wp-content/uploads/2022/11/D...');"></code>	
Unsupported CSS Property: border-top-left-radius	border-top-left-radius

ELEMENT	NAME
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: margin-top	margin-top
Unsupported CSS Property: margin-left	margin-left
Unsupported CSS Property: margin-right	margin-right
Learn More	
	
Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: margin-top	margin-top
Learn More	
	
Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: margin-bottom	margin-bottom

ELEMENT

NAME

Unsupported CSS Property: border-bottom-left-radius

border-bottom-left-radius

Unsupported CSS Property: border-bottom-right-radius

border-bottom-right-radius

Unsupported CSS Property: font-weight

font-weight

Unsupported CSS Property: margin-top

margin-top

a > svg > g#Group_718 > g#Group_1

```
<g id="Group_1" data-name="Group 1" transform="translate(29.466 21.856)">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

a > svg > g#Group_718 > path#Path_536

```
<path id="Path_536" data-name="Path 536" d="M39,0A39,39,0,1,1,0,39,39,39,0,0,1,39,0Z" transform="translate(0.209 -0.189)" fill="none" stroke="#fff" stroke-width="3">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

svg > g#Group_718 > g#Group_1 > path#Path_1

```
<path id="Path_1" data-name="Path 1" d="M152.722,102.2126.751,16.936-26.751,16.936Z" transform="translate(-152.722 -102.196)" fill="#fff">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Unsupported CSS Property: color

color

Low

Avoid chaining critical requests

FCP

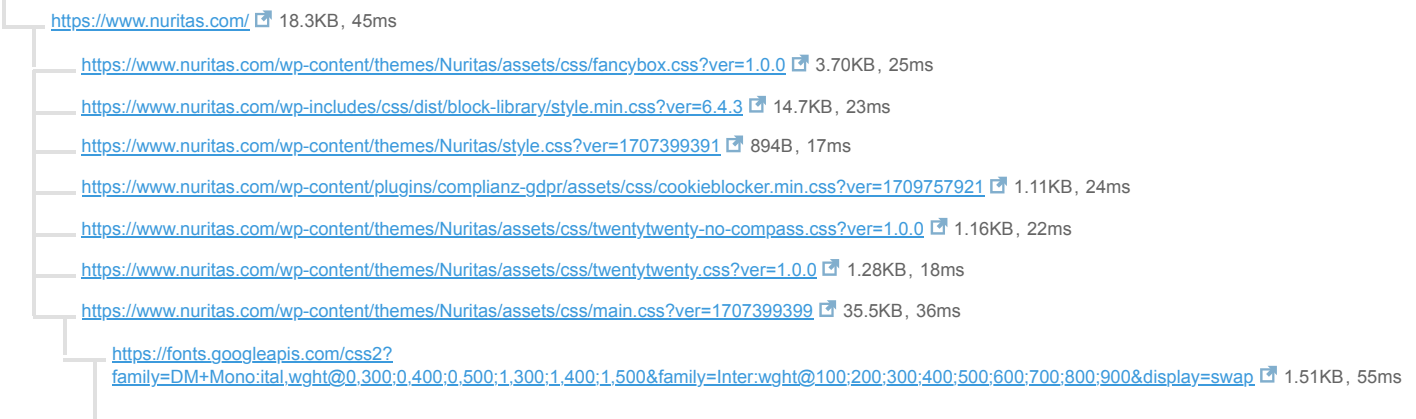
LCP

7 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: **381ms**

INITIAL NAVIGATION



Low **Reduce unused JavaScript** LCP Potential savings of 101KB

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.googletagmanager.com/gtag/js?id=G-KTG8KEGNM7&l=dataLayer&cx=c	90.9KB	43.2KB
https://www.googletagmanager.com/gtm.js?id=GTM-NF88XKX	65.6KB	33.2KB
https://www.nuritas.com/wp-content/themes/Nuritas/assets/js/vendor/fancybox.umd.js?ver=1.0.0	28.9KB	24.7KB

N/A **Largest Contentful Paint element** LCP 420 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Most people see plants We see intelligent ingredients
`<h1>`

PHASE	% OF LCP	TIMING
TTFB	11%	45ms
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	89%	378ms

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 1ms

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.nuritas.com/wp-content/themes/Nuritas/assets/css/main.css?ver=1707399399	35.5KB	302ms

N/A **Reduce initial server response time** FCP LCP Root document took 17ms

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

URL	TIME SPENT
• https://www.nuritas.com/	17ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 106B

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.nuritas.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	57B
https://www.nuritas.com/wp-content/themes/Nuritas/assets/js/vendor/fancybox.umd.js?ver=1.0.0 Line:0 Column:1111	49B

N/A **Avoid large layout shifts** CLS 4 elements found

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

ELEMENT	CLS CONTRIBUTION
Through cutting edge, AI-precision technology, Nuritas is creating a brand-new ... <p>	0.00
Most people see plants We see intelligent ingredients <h1>	0.00
Most people see plants We see intelligent ingredients <h1>	0.00
Creating safer, healthier and greener products. <p>	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 1.5s

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

CATEGORY	TIME SPENT
Other	668ms
Style & Layout	421ms
Script Evaluation	247ms
Rendering	69ms
Parse HTML & CSS	44ms
Script Parsing & Compilation	20ms

N/A **Reduce the impact of third-party code** TBT Total size was 8.74MB

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
AKAMAI	8.54MB	0ms
<ul style="list-style-type: none">https://download-video.akamaized.net/v3-1/playback/d49ec010-253a-43c7-83d4-106fbb7d24bb/3f30355e-7bbb8ce?_token_=st=1710228034~exp=1710242434~acl=%2Fv3-1%2Fplayback%2Fd49ec010-253a-43c7-83d4-106fbb7d24bb%2F3f30355e-7bbb8ce%2A~hmac=4d7d9b07b681d3b395e9eed2ba9ccfba2dae3fe72b69d009f172f8a0f3b44279&r=dXMiZWZzdDE%3D	5.92MB	0ms
<ul style="list-style-type: none">https://download-video.akamaized.net/v3-1/playback/f1b6590c-bd9c-431a-8c96-bfcdc2a24d42/fd334fad-7eadb02c?_token_=st=1710228034~exp=1710242434~acl=%2Fv3-1%2Fplayback%2Ff1b6590c-bd9c-431a-8c96-bfcdc2a24d42%2Ffd334fad-7eadb02c%2A~hmac=1fb60d63b478771414bc0d07e3b0a82cb54db8eefa9acebd90697cf949ce174e&r=dXMiZWZzdDE%3D	2.62MB	0ms
GOOGLE TAG MANAGER	157KB	0ms
<ul style="list-style-type: none">https://www.googletagmanager.com/gtag/js?id=G-KTG8KEGNM7&l=datalayer&cx=c	90.9KB	0ms
<ul style="list-style-type: none">https://www.googletagmanager.com/gtm.js?id=GTM-NF88XKX	65.6KB	0ms
GOOGLE FONTS	47.7KB	0ms
<ul style="list-style-type: none">https://fonts.gstatic.com/s/inter/v13/UcC73FwrK3iLTeHuS_fvQtMwCp50KnMa1ZL7.woff2	46.1KB	0ms
VIMEO	3.06KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.