Executive Summary



Performance Report for:

https://www.almacgroup.com/

Report generated: Wed, Jan 11, 2023 12:01 PM -0800

Test Server Location: | Vancouver, Canada

Using: O Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4



Performance 39%

Structure 73%

L. Contentful Paint

7.9s

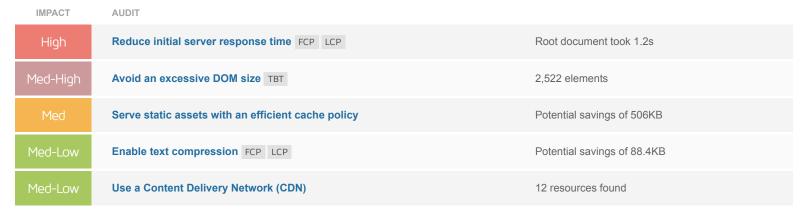
T. Blocking Time

249ms

C. Layout Shift

0.1

Top Issues



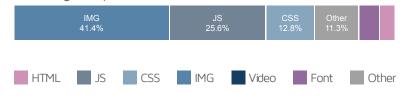
Page Details

8.4s Fully Loaded Time

Total Page Size - 2.44MB



Total Page Requests - 133



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 27 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.

| Partnering to Advance Human Health - Alm | nac | | | | |
|--|-----|----------------------|--------|---------------|--|
| / | 200 | almacgroup.com | 36.4KB | 1.4s | |
| js?id=UA-60810211-1 | 200 | googletagmanager.com | 43.8KB | 50ms | |
| icd7nsx.css | 200 | use.typekit.net | 780B | 391ms | |
| app.critical.css | 200 | almacgroup.com | 31.2KB | 457ms | |
| style.min.css | 200 | almacgroup.com | 12.2KB | 439ms | |
| classic-themes.min.css | 200 | almacgroup.com | 189B | 480ms | |
| core_style.css | 200 | almacgroup.com | 306B | 443ms | |
| light_style.css | 200 | almacgroup.com | 355B | 454ms | |
| notbot.js?mtime=1667391833 | 200 | almacgroup.com | 0.99KB | 442ms | |
| 213487.js | 200 | secure.easy7bear.com | 11.3KB | 174ms | |
| compliance.webeo.js | 200 | scripts.webeo.com | 268B | 63ms | |
| gtm.js?id=GTM-PQR54K | 200 | googletagmanager.com | 101KB | 532ms | |
| analytics.js | 200 | google-analytics.com | 19.6KB | 450ms | |
| v2.js | 200 | js.hsforms.net | 159KB | 63ms | |
| stats.css | 200 | almacgroup.com | 6.86KB | 467ms | |
| news-panel-main.css | 200 | almacgroup.com | 530B | 443ms | |
| news-panel-main.css | 200 | almacgroup.com | 545B | 443ms | |
| parallax_map-main.css | 200 | almacgroup.com | 297B | 463ms | |
| title-image.css | 200 | almacgroup.com | 2.08KB | 437ms | |
| event-panel-main.css | 200 | almacgroup.com | 583B | 446ms | |
| style.css | 200 | almacgroup.com | 1.32KB | 437ms | |
| app.css | 200 | almacgroup.com | 47.8KB | 477/IIS 470ms | |
| jquery-3.4.1.min.js | 200 | code.jquery.com | 29.9KB | 35rns | |
| smush-lazy-load.min.js | 200 | almacgroup.com | 3.60KB | 461ms | |
| stats.js | 200 | almacgroup.com | 297B | 1.2s | |
| parallax_map-main.js | 200 | almacgroup.com | 166B | 456ms | |
| title-image.js | 200 | almacgroup.com | 482B | 463ms | |
| event-panel-main.js | 200 | almacgroup.com | 270B | 443ms | |
| app.js | 200 | almacgroup.com | 81.7KB | 1.4s | |
| p.css?s=1&k=icd7nsx&ht=tk&f=1843 | 200 | p.typekit.net | 5B | 50ms | |
| fbevents.js | 200 | connect.facebook.net | 27.0KB | 297ms | |
| Capture.aspx?retType=js&trk_uid=&tr | 200 | secure.easy7bear.com | 0 | 48ms | |
| core.webeo.js | 200 | webeo-web-content.s3 | 128KB | 756ms | |
| icon-nav-dropdown.svg | 200 | almacgroup.com | 189B | 2.1s | |
| I?primer=7cdcb44be4a7db8877ffa5c0 | 200 | use.typekit.net | 35.2KB | 47ms | |
| json?hs_static_app=forms-embed&h | 200 | forms.hsforms.com | 2.86KB | 151ms | |
| icon-nav-next.svg | 200 | almacgroup.com | 247B | 2s | |
| icon-arrow-nav-black.png | 200 | almacgroup.com | 438B | 2.3s | |
| logo-arran-black.svg | 200 | almacgroup.com | 2.03KB | 2.1s | |
| CSR-hompage-banner.jpg | 200 | almacgroup.com | 26.9KB | 3s | |
| PD-banner-1440x600-1.jpg | 200 | almacgroup.com | 10.3KB | 3.9s | |
| Our-people-banner-careers-red.jpg | 200 | almacgroup.com | 19.3KB | 4.1s | |
| cheryl-banner_v2.png | 200 | almacgroup.com | 194KB | 4.1s | |
| chess-banner-1440x600-1.jpg | 200 | almacgroup.com | 21.5KB | 3s | |
| Analytical-Banner-scaled.jpg | 200 | almacgroup.com | 68.9KB | 4.1s | |
| default-clinical-services-1-1.jpg | 200 | almacgroup.com | 11.6KB | 163ms | |
| slider-left.svg | 200 | almacgroup.com | 236B | 161ms | |
| slider-right.svg | 200 | almacgroup.com | 243B | 171ms | |
| icon-scroll-down.svg | 200 | almacgroup.com | 223B | 3s | |
| Provention-bio-logo.jpg | 200 | almacgroup.com | 19.0KB | 3.1s | |
| shutterstock_1223071393-copy.jpg | 200 | almacgroup.com | 14.1KB | 300ms | |
| Audubon_pic.jpg | 200 | almacgroup.com | 52.3KB | 48 | |
| CSR-main-image-1.jpg | 200 | almacgroup.com | 22.6KB | 4s | |
| map-animated.gif | 200 | almacgroup.com | 108KB | 48 | |
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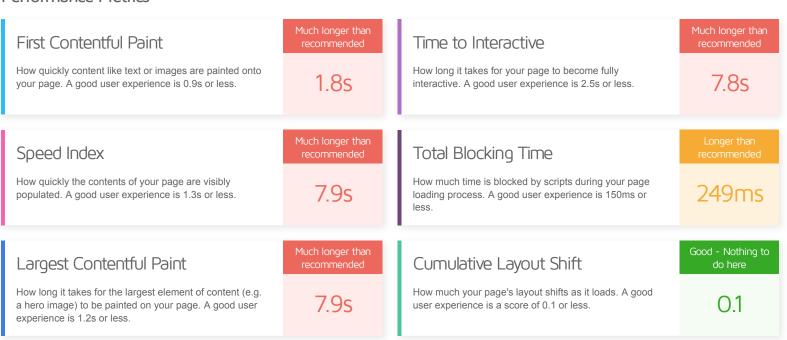
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| Partial part | | | almacgroup.com | | | 505m | |
| Nogen | bg-red.jpg | 200 | almacgroup.com | 10.6KB | | | 4.2s |
| Margin M | I?primer=7cdcb44be4a7db8877ffa5c0 | 200 | use.typekit.net | 35.8KB | L | 139ms | _ |
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| SAZZI SAZZ | insight.min.js | 200 | snap.licdn.com | 4.67KB | | | 4.3s |
| Back | 834221865?random=1673467284169& | 200 | googleads.g.doublecli | 878B | | | 4.2s |
| | 834221844?random=1673467284177& | 200 | googleads.g.doublecli | 903B | | | 4.3s |
| Separations/systems | bat.js | 200 | bat.bing.com | 11.2KB | | | 4.3s |
| Name | js?id=G-JMG9HZL2FK&l=dataLayer& | 200 | googletagmanager.com | 76.8KB | | | 4.3s |
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| POST visit-data?sv=7 | recaptchaen.js | 200 | gstatic.com | 161KB | | | 288ms |
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| anchor?ar=1&k=6Ld_ad8ZAAAAAAqr 200 google.com 22.1KB 48ms 18ms 48ms 48ms 18ms 48ms 48ms </td <td>POST visit-data?sv=7</td> <td>200</td> <td>in.hotjar.com</td> <td>327B</td> <td></td> <td></td> <td>451ms</td> | POST visit-data?sv=7 | 200 | in.hotjar.com | 327B | | | 451ms |
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| favicon-32x32.png | 200 | almacgroup.com | 1.43KB | | 173ms |
| site.webmanifest | 200 | almacgroup.com | 500B | | 467ms |
| ptq.gif?k=17&fi=61f11908-1f5a-47c | 200 | track.hubspot.com | 45B | | 147ms |
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| ptq.gif?k=1&sd=1367x864&cd=24-b | 200 | track.hubspot.com | 45B | | 158ms |
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Performance Metrics



Browser Timings

| Redirect | Oms | Connect | 39ms | Backend | 1.2s |
|------------|------|-------------|------|--------------|------|
| TTFB | 1.3s | First Paint | 1.8s | DOM Int. | 2.9s |
| DOM Loaded | 2.9s | Onload | 7.8s | Fully Loaded | 8.4s |



Structure Audits

| IMPACT | AUDIT | |
|----------|---|----------------------------------|
| High | Reduce initial server response time FCP LCP | Root document took 1.2s |
| Med-High | Avoid an excessive DOM size TBT | 2,522 elements |
| Med | Serve static assets with an efficient cache policy | Potential savings of 506KB |
| Med-Low | Enable text compression FCP LCP | Potential savings of 88.4KB |
| Med-Low | Use a Content Delivery Network (CDN) | 12 resources found |
| Med-Low | Avoid long main-thread tasks TBT | 6 long tasks found |
| Med-Low | Avoid CSS @import FCP LCP | 1 resource found |
| Low | Avoid chaining critical requests FCP LCP | 27 chains found |
| Low | Reduce unused JavaScript LCP | Potential savings of 504KB |
| Low | Use passive listeners to improve scrolling performance | 1 event listener not passive |
| Low | Preconnect to required origins FCP LCP | Potential savings of 288ms |
| Low | Avoid enormous network payloads LCP | Total size was 2.44MB |
| Low | Eliminate render-blocking resources FCP LCP | Potential savings of 44ms |
| Low | Avoid large layout shifts CLS | 5 elements found |
| Low | Use video formats for animated content LCP | Potential savings of 49.5KB |
| Low | Reduce JavaScript execution time TBT | 747ms spent executing JavaScript |
| Low | Reduce unused CSS FCP LCP | Potential savings of 88.2KB |
| Low | Defer offscreen images | Potential savings of 18.9KB |
| Low | Ensure text remains visible during webfont load FCP LCP | 2 fonts found |
| Low | Serve images in next-gen formats | Potential savings of 34.8KB |
| Low | Avoid serving legacy JavaScript to modern browsers TBT | Potential savings of 53.8KB |
| N/A | Largest Contentful Paint element LCP | 1 element found |
| N/A | Minimize main-thread work TBT | Main-thread busy for 1.8s |

| N/A | Reduce the impact of third-party code TBT | Third-party code blocked the main thread for 44ms |
|-----|---|---|
| N/A | User Timing marks and measures | |