Plugin: WP Optimize <https://wordpress.org/plugins/wp-optimize/>

WP Multinetwork: <https://wordpress.org/plugins/wp-multi-network/>

Media Cleaner: Clean your WordPress!: <https://es.wordpress.org/plugins/media-cleaner>

WP Activity Log: <https://wordpress.org/plugins/wp-security-audit-log/>  
NS Cloner-Site Copier: <https://wordpress.org/plugins/ns-cloner-site-copier/>

WordPress Multisite User Sync/Unsync: <https://wordpress.org/plugins/wp-multisite-user-sync/>

HyperDB: <https://wordpress.org/plugins/hyperdb/>

WordPress MU Domain Mapping: <https://wordpress.org/plugins/wordpress-mu-domain-mapping/>

<https://generatewp.com/post-type/>

update\_option( ‘opcion’, ‘valor’, true|false );

get\_option( ‘opcion’ );

delete\_option( ‘opcion’ );

wp\_cache\_delete( ‘opcion’ , 'options' );

update\_site\_option( ‘opcion’, ‘valor’, true|false );

get\_site\_option( ‘opcion’ );

delete\_site\_option( ‘opcion’ );

$cache\_key = "$network\_id:$opcion";

wp\_cache\_delete( $cache\_key, 'site-options' );