






Website Analysis: health-nutrition-benefits.weebly.com

Generated on May 18 2025 14:00 PM





The score is 46/100







SEO Content

	Title	Health Nutrition Benefits - Home Length : 32 Perfect, your title contains between 10 and 70 characters.												
	Description	The Doctors Guide To A Healthier Lifestyle Length : 42 Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.												
	Keywords	health and fitness, exercise, weightloss, how to lose weight, best weight loss diet, weight loss, weight loss programs, weight loss diet, how to lose weight fast Good, your page contains meta keywords.												
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><tr><th>Property</th><th>Content</th></tr><tr><td>site_name</td><td>Health Nutrition Benefits</td></tr><tr><td>title</td><td>Health Nutrition Benefits</td></tr><tr><td>description</td><td>The Doctors Guide To A Healthier Lifestyle</td></tr><tr><td>image</td><td>https://health-nutrition-benefits.weebly.com/uploads/1/3/9/3/139344238/editor/hormones.jpg?1634104452</td></tr><tr><td>url</td><td>https://health-nutrition-benefits.weebly.com/</td></tr></table>	Property	Content	site_name	Health Nutrition Benefits	title	Health Nutrition Benefits	description	The Doctors Guide To A Healthier Lifestyle	image	https://health-nutrition-benefits.weebly.com/uploads/1/3/9/3/139344238/editor/hormones.jpg?1634104452	url	https://health-nutrition-benefits.weebly.com/
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	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>0</td><td>4</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none">• [H2] Latest Blog• [H2] About us• [H2] Products:	H1	H2	H3	H4	H5	H6	0	4	0	0	0	0
H1	H2	H3	H4	H5	H6									
0	4	0	0	0	0									

SEO Content

		• [H2] MCT Oil
	Images	We found 179 images on this web page. 7 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 12% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 152 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 96.71% Internal Links 3.29%

In-page links

Anchor	Type	Juice
Home	Internal	Passing Juice
Blog	Internal	Passing Juice
About us	Internal	Passing Juice
Contact	Internal	Passing Juice

In-page links

[illegible]

In-page links

&nbsp;Renew	External	Passing Juice
&nbsp;Claritox Pro	External	Passing Juice
Alive	External	Passing Juice
Sonu's Diabetes Secret	External	Passing Juice
&nbsp;VivaSlim	External	Passing Juice
The Oxidized Cholesterol Strategy	External	Passing Juice
Mycosn Pro	External	Passing Juice
The Parkinson's Disease Protocol	External	Passing Juice
&nbsp; &nbsp; Restolin	External	Passing Juice
Quit Smoking Magic	External	Passing Juice
G-Force Teeth & Gums	External	Passing Juice
&nbsp; &nbsp; Mind Body Matrix	External	Passing Juice
Osteoporosis - The Bone Density Solution	External	Passing Juice
The Cinderella Solution	External	Passing Juice
&nbsp;Anabolic Running	External	Passing Juice
Deep Sleep Diabetes Remedy	External	Passing Juice
Primal Flow	External	Passing Juice
HairFortin	External	Passing Juice
The Thyroid Factor	External	Passing Juice
&nbsp;Leptin XI Hormone Type	External	Passing Juice
Keto Actives	External	Passing Juice
&nbsp; &nbsp; Exipure	External	Passing Juice
&nbsp;Collagen Select	External	Passing Juice
Mushroom Defense	External	Passing Juice
&nbsp;Pro Flexen	External	Passing Juice
&nbsp;Locerin	External	Passing Juice
&nbsp;Piperinox	External	Passing Juice
Probiosin	External	Passing Juice

In-page links

[illegible]

In-page links

&nbsp;Femin Plus	External	Passing Juice
Testolan	External	Passing Juice
Pro Breast Plus	External	Passing Juice
Eron Plus	External	Passing Juice
&nbsp;Drink Less, Live More	External	Passing Juice
&nbsp; Brain Pill	External	Passing Juice
&nbsp;Provacyl	External	Passing Juice
&nbsp; &nbsp; &nbsp;Her Solution Gel	External	Passing Juice
Apple Cider Vinegar Ebook Membership	External	Passing Juice
New Foo	External	Passing Juice
&nbsp; Hemorrhoid No More	External	Passing Juice
&nbsp;Man Greens	External	Passing Juice
Bar Brothers	External	Passing Juice
&nbsp;Forward Head Posture Fix	External	Passing Juice
&nbsp;Isometrics Mass	External	Passing Juice
&nbsp;Trifecta Nutrition	External	Passing Juice
&nbsp;Flow State Training Program	External	Passing Juice
Bowtrol Colon Cleanser	External	Passing Juice
&nbsp; &nbsp; &nbsp;Creatine Muscle Builder	External	Passing Juice
Curcumin 2000	External	Passing Juice
Deer Antler Plus	External	Passing Juice
&nbsp;Max No Extreme	External	Passing Juice
Ultra T-Booster	External	Passing Juice
&nbsp; Joint Advance	External	Passing Juice
HGH Energizer	External	Passing Juice
Dietrine Carb Blocker	External	Passing Juice
Ketosis Advanced	External	Passing Juice
Raspberry Ketone	External	Passing Juice

In-page links

[illegible]

In-page links

Bone Fractures and Dislocations	External	Passing Juice
Botulism	External	Passing Juice
Bronchiolitis	External	Passing Juice
Bulimia	External	Passing Juice
Campylobacter	External	Passing Juice
Cancer	External	Passing Juice
Candida Auris	External	Passing Juice
CRE	External	Passing Juice
Cardiomyopathy	External	Passing Juice
Carpal Tunnel Syndrome	External	Passing Juice



SEO Keywords

	Keywords Cloud	pain actives solution plus blog nutrition healthy pro health more
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
health	10	✓	✓	✓	✗
nutrition	8	✓	✗	✗	✗
plus	8	✗	✗	✗	✗
pro	5	✗	✓	✗	✓
solution	5	✗	✗	✗	✗












Usability

	Url	Domain : health-nutrition-benefits.weebly.com Length : 36
	Favicon	Very bad. We have not found shortcut icon. Icons are one of easy ways to attract regular visitors to your website more often.





Usability

	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.





Document

	Doctype	HTML 5							
	Encoding	Perfect. Your declared charset is UTF-8.							
	W3C Validity	Errors : 241 Warnings : 26							
	Email Privacy	Great no email address has been found in plain text!							
	Deprecated HTML	<table><tr><th>Deprecated tags</th><th>Occurrences</th></tr><tr><td></td><td>176</td></tr><tr><td><u></td><td>2</td></tr></table> <p>Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.</p>		Deprecated tags	Occurrences		176	<u>	2
Deprecated tags	Occurrences								
	176								
<u>	2								
	Speed Tips	<div> Attention! Try to avoid nested tables in HTML.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Too bad, your website does not take advantage of gzip.</div>							

Mobile

	Mobile Optimization	 Apple Icon
		 Meta Viewport Tag
		 Flash content

Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p>http://health-nutrition-benefits.weebly.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <div> Google Analytics</div>