



# Website review 5percentnutrition.ca

Generated on September 21 2024 20:32 PM

The score is 42/100



## SEO Content

	Title	<p>5% Nutrition   Hardcore Bodybuilding Supplements</p> <p><b>Length : 48</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>										
	Description	<p>The legendary bodybuilder Rich Piana started 5% Nutrition to produce hardcore supplements and apparel for a select few willing to do Whatever It Takes to achieve success. As Rich delivered the 5% brand to the world, it was the lifestyle he established which spawned an ever growing community of followers—the 5% Nation.</p> <p><b>Length : 319</b></p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>										
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>										
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1413 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>5% Nutrition   Hardcore Bodybuilding Supplements</td> </tr> <tr> <td>description</td> <td>The legendary bodybuilder Rich Piana started 5% Nutrition to produce hardcore supplements and apparel for a select few willing to do Whatever It Takes to achieve success. As Rich delivered the 5% brand to the world, it was the lifestyle he established which spawned an ever growing community of followers—the 5% Nation.</td> </tr> <tr> <td>url</td> <td>https://5percentnutrition.ca/</td> </tr> </tbody> </table>	Property	Content	type	website	title	5% Nutrition   Hardcore Bodybuilding Supplements	description	The legendary bodybuilder Rich Piana started 5% Nutrition to produce hardcore supplements and apparel for a select few willing to do Whatever It Takes to achieve success. As Rich delivered the 5% brand to the world, it was the lifestyle he established which spawned an ever growing community of followers—the 5% Nation.	url	https://5percentnutrition.ca/
Property	Content											
type	website											
title	5% Nutrition   Hardcore Bodybuilding Supplements											
description	The legendary bodybuilder Rich Piana started 5% Nutrition to produce hardcore supplements and apparel for a select few willing to do Whatever It Takes to achieve success. As Rich delivered the 5% brand to the world, it was the lifestyle he established which spawned an ever growing community of followers—the 5% Nation.											
url	https://5percentnutrition.ca/											

# SEO Content

site_name	5% Nutrition
image	https://cdn.shopify.com/s/files/1/0063/4218/0928/files/IMG_6087.jpg?v=1719713913
image:secure_url	https://cdn.shopify.com/s/files/1/0063/4218/0928/files/IMG_6087.jpg?v=1719713913
image:width	1464
image:height	625

## Headings

H1	H2	H3	H4	H5	H6
2	37	1	114	0	0

- [H1]
- [H1]
- [H2] WELCOME
- [H2] BEST SELLERS
- [H2] Shake Time Real Food Protein
- [H2] Real Carbs + Protein
- [H2] Real Carbs Complex Carbohydrates
- [H2] Real Carbs Rice Complex Carbohydrates
- [H2] NEW APPAREL
- [H2] 5% Red, White & Blue Crew Socks
- [H2] 5% Black Crew Socks
- [H2] 5% Nation Flag, Black Tank Top
- [H2] 5% Nation Flag, Black T-Shirt
- [H2] 5% Squat Rack, Sand Pump Cover
- [H2] Make That Sh!t Burn, Red Pump Cover
- [H2] Seeing Red, Red T-Shirt
- [H2] Seeing Red, Dark Gray T-Shirt
- [H2] 5150 Red Shorts with Black Lettering
- [H2] 5150 Black Shorts with White Lettering
- [H2] Five Percent Crown, Heather Gray Crewneck Sweater
- [H2] Mentality Five Percent, Heather Gray Crewneck Sweater
- [H2] Love It. Kill It. Crown, Joggers with White Lettering
- [H2] Code Red
- [H2] Code Red Decal | 4-Inch Round (Red/White)
- [H2] Seeing Red, Dark Gray T-Shirt
- [H2] Seeing Red, Red T-Shirt
- [H2] Code Red Sampler
- [H2] Code Red 3 +Decal +Shirt Stack
- [H2] Code Red Series Saver + Decal Stack
- [H2] 5% Core
- [H2] SUPPLEMENTS
- [H2] APPAREL
- [H2] GEAR
- [H2] STACK N' SAVE
- [H2] STAY CONNECTED
- [H2] SHOP BY GOAL
- [H2] PRODUCTS
- [H2] 5% NATION
- [H2] SUPPORT
- [H3] To the CA STOREFRONT





## SEO Content

- [H4] SHOP BY CATEGORY
- [H4] SHOP BY GOALS
- [H4] STACKS
- [H4] GEAR
- [H4] MEN'S APPAREL
- [H4] WOMEN'S APPAREL
- [H4] Your Account
- [H4] SHOP BY CATEGORY
- [H4] SHOP BY GOALS
- [H4] GETTING STARTED
- [H4] MUSCLE BUILDERS
- [H4] WEIGHT LOSS
- [H4] CYCLE SUPPORT
- [H4] TAKE 2-MIN PRODUCT QUIZ
- [H4] STACKS
- [H4] BUILD YOUR OWN
- [H4] BEST SELLERS
- [H4] 5% CORE STACKS
- [H4] GEAR
- [H4] GEAR
- [H4] Hats & Beanies
- [H4] Shakers, Jugs & Storage
- [H4] Wrist Straps
- [H4] Bags & Crossbody
- [H4] Socks
- [H4] Decals & Stickers
- [H4] Shop All Gear
- [H4] MEN'S APPAREL
- [H4] MEN'S APPAREL
- [H4] T-Shirts & Tanks
- [H4] Stringers & Tanks
- [H4] Shorts
- [H4] Joggers
- [H4] Hoodies & Jackets
- [H4] WOMEN'S APPAREL
- [H4] WOMEN'S APPAREL
- [H4] Shirts, Tanks, Crops
- [H4] Joggers & Leggings
- [H4] Sports Bra
- [H4] Shorts
- [H4] SHOP BY CATEGORY
- [H4] SHOP BY GOALS
- [H4] GETTING STARTED
- [H4] MUSCLE BUILDERS
- [H4] WEIGHT LOSS
- [H4] CYCLE SUPPORT
- [H4] TAKE 2-MIN PRODUCT QUIZ
- [H4] STACKS
- [H4] BUILD YOUR OWN
- [H4] BEST SELLERS
- [H4] 5% CORE STACKS
- [H4] GEAR
- [H4] GEAR
- [H4] Hats & Beanies
- [H4] Shakers, Jugs & Storage
- [H4] Wrist Straps





# SEO Content

- [H4] Bags & Crossbody
- [H4] Socks
- [H4] Decals & Stickers
- [H4] Shop All Gear
- [H4] MEN'S APPAREL
- [H4] MEN'S APPAREL
- [H4] T-Shirts & Tanks
- [H4] Stringers & Tanks
- [H4] Shorts
- [H4] Joggers
- [H4] Hoodies & Jackets
- [H4] WOMEN'S APPAREL
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- [H4] Shirts, Tanks, Crops
- [H4] Joggers & Leggings
- [H4] Sports Bra
- [H4] Shorts
- [H4] SHOP BY CATEGORY
- [H4] PRE-WORKOUTS
- [H4] FUNCTIONAL FOODS
- [H4] SUPPORT SUPPLEMENTS
- [H4] ENERGY & FOCUS
- [H4] BARS & COOKIES
- [H4] NOOTROPICS
- [H4] PROTEINS
- [H4] CREATINE
- [H4] KETO
- [H4] SHOP BY GOALS
- [H4] MUSCLE BUILDERS
- [H4] RECOVERY
- [H4] WEIGHT LOSS
- [H4] MEN'S APPAREL
- [H4] WOMEN'S APPAREL
- [H4] GEAR
- [H4] ATHLETES
- [H4] FAMILY
- [H4] REWARDS
- [H4] SHOP BY CATEGORY
- [H4] PRE-WORKOUTS
- [H4] FUNCTIONAL FOODS
- [H4] SUPPORT SUPPLEMENTS
- [H4] ENERGY & FOCUS
- [H4] BARS & COOKIES
- [H4] NOOTROPICS
- [H4] PROTEINS
- [H4] CREATINE
- [H4] KETO
- [H4] SHOP BY GOALS
- [H4] MUSCLE BUILDERS
- [H4] RECOVERY
- [H4] WEIGHT LOSS
- [H4] MEN'S APPAREL
- [H4] WOMEN'S APPAREL
- [H4] GEAR
- [H4] ATHLETES
- [H4] FAMILY

## SEO Content

		<ul style="list-style-type: none"> <li>• [H4] REWARDS</li> <li>• [H4] Your Account</li> </ul>
	Images	<p>We found 302 images on this web page.</p> <p>197 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : <b>0%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

## 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 113 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 2.65%</p> <p>Internal Links 97.35%</p>

## In-page links

Anchor	Type	Juice
<a href="#">64oz Sports Jug with Flex Lid</a>	Internal	Passing Juice
<a href="#">Black 64oz Sports Jug with Flex Lid</a>	Internal	Passing Juice
<a href="#">HUSTLER, Black Shorts with White Lettering</a>	Internal	Passing Juice

## In-page links

<a href="#">KEEP SECRET, Black T-Shirt with White Lettering</a>	Internal	Passing Juice
<a href="#">VIEW CART</a>	Internal	Passing Juice
<a href="#">Skip to Content</a>	Internal	Passing Juice
<a href="#">New Releases</a>	Internal	Passing Juice
<a href="#">Best Sellers</a>	Internal	Passing Juice
<a href="#">PRE-WORKOUTS</a>	Internal	Passing Juice
<a href="#">AMINOS &amp; BCAAs</a>	Internal	Passing Juice
<a href="#">PROTEINS</a>	Internal	Passing Juice
<a href="#">CREATINE</a>	Internal	Passing Juice
<a href="#">ENERGY &amp; FOCUS</a>	Internal	Passing Juice
<a href="#">FUNCTIONAL FOODS</a>	Internal	Passing Juice
<a href="#">SUPPORT</a>	Internal	Passing Juice
<a href="#">GETTING STARTED</a>	Internal	Passing Juice
<a href="#">MUSCLE BUILDERS</a>	Internal	Passing Juice
<a href="#">WEIGHT LOSS</a>	Internal	Passing Juice
<a href="#">CYCLE SUPPORT</a>	Internal	Passing Juice
<a href="#">TAKE 2-MIN PRODUCT QUIZ</a>	Internal	Passing Juice
<a href="#">5% CORE SERIES</a>	Internal	Passing Juice
<a href="#">BUILD YOUR OWN</a>	Internal	Passing Juice
<a href="#">BEST SELLERS</a>	Internal	Passing Juice
<a href="#">5% CORE STACKS</a>	Internal	Passing Juice
<a href="#">NEW DESIGNS</a>	Internal	Passing Juice
<a href="#">Best Sellers</a>	Internal	Passing Juice
<a href="#">Hats &amp; Beanies</a>	Internal	Passing Juice
<a href="#">Shakers, Jugs &amp; Storage</a>	Internal	Passing Juice
<a href="#">Wrist Straps</a>	Internal	Passing Juice
<a href="#">Bags &amp; Crossbody</a>	Internal	Passing Juice
<a href="#">Socks</a>	Internal	Passing Juice

## In-page links

<a href="#">Decals &amp; Stickers</a>	Internal	Passing Juice
<a href="#">Shop All Gear</a>	Internal	Passing Juice
<a href="#">T-Shirts &amp; Tanks</a>	Internal	Passing Juice
<a href="#">Stringers &amp; Tanks</a>	Internal	Passing Juice
<a href="#">Shorts</a>	Internal	Passing Juice
<a href="#">Joggers</a>	Internal	Passing Juice
<a href="#">Hoodies &amp; Jackets</a>	Internal	Passing Juice
<a href="#">Shirts, Tanks, Crops</a>	Internal	Passing Juice
<a href="#">Joggers &amp; Leggings</a>	Internal	Passing Juice
<a href="#">Sports Bra</a>	Internal	Passing Juice
<a href="#">Shorts</a>	Internal	Passing Juice
<a href="#">SHOP ALL APPAREL</a>	Internal	Passing Juice
<a href="#">ATHLETES</a>	Internal	Passing Juice
<a href="#">5% FAMILY</a>	Internal	Passing Juice
<a href="#">JOIN THE TEAM</a>	Internal	Passing Juice
<a href="#">ABOUT US</a>	Internal	Passing Juice
<a href="#">Articles</a>	External	Passing Juice
<a href="#">Motivation</a>	Internal	Passing Juice
<a href="#">Product Breakdowns</a>	Internal	Passing Juice
<a href="#">Rich Piana UNCENSORED</a>	Internal	Passing Juice
<a href="#">Bigger By The Day</a>	Internal	Passing Juice
<a href="#">BIGGER BY THE DAY</a>	Internal	Passing Juice
<a href="#">STUCK AT HOME?</a>	Internal	Passing Juice
<a href="#">About Us</a>	External	Passing Juice
<a href="#">sign up</a>	Internal	Passing Juice
<a href="#">Login</a>	Internal	Passing Juice
<a href="#">SHOP LATEST APPAREL</a>	Internal	Passing Juice
=	Internal	Passing Juice

## In-page links

=	Internal	Passing Juice
<a href="#">Shop All</a>	Internal	Passing Juice
<a href="#">Best Sellers</a>	Internal	Passing Juice
<a href="#">Daily Deals</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Daily Deals</a>	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Shop All</a>	Internal	Passing Juice
<a href="#">All Apparel</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Get Yours!</a>	Internal	Passing Juice
<a href="#">GET YOURS!</a>	Internal	Passing Juice
<a href="#">Shake Time Real Food Protein</a>	Internal	Passing Juice
<a href="#">Real Carbs + Protein</a>	Internal	Passing Juice
<a href="#">Real Carbs Complex Carbohydrates</a>	Internal	Passing Juice
<a href="#">Real Carbs Rice Complex Carbohydrates</a>	Internal	Passing Juice
<a href="#">5% Red, White &amp; Blue Crew Socks</a>	Internal	Passing Juice
<a href="#">5% Black Crew Socks</a>	Internal	Passing Juice
<a href="#">5% Nation Flag, Black Tank Top</a>	Internal	Passing Juice
<a href="#">5% Nation Flag, Black T-Shirt</a>	Internal	Passing Juice
<a href="#">5% Squat Rack, Sand Pump Cover</a>	Internal	Passing Juice
<a href="#">Make That Sh!t Burn, Red Pump Cover</a>	Internal	Passing Juice
<a href="#">Seeing Red, Red T-Shirt</a>	Internal	Passing Juice
<a href="#">Seeing Red, Dark Gray T-Shirt</a>	Internal	Passing Juice
<a href="#">5150 Red Shorts with Black Lettering</a>	Internal	Passing Juice
<a href="#">5150 Black Shorts with White Lettering</a>	Internal	Passing Juice
<a href="#">Five Percent Crown, Heather Gray Crewneck Sweater</a>	Internal	Passing Juice



## In-page links

<a href="#">Mentality Five Percent, Heather Gray Crewneck Sweater</a>	Internal	Passing Juice
<a href="#">Love It. Kill It. Crown, Joggers with White Lettering</a>	Internal	Passing Juice
<a href="#">Code Red Decal   4-Inch Round (Red/White)</a>	Internal	Passing Juice
<a href="#">Seeing Red, Dark Gray T-Shirt</a>	Internal	Passing Juice
<a href="#">Seeing Red, Red T-Shirt</a>	Internal	Passing Juice
<a href="#">Code Red Sampler</a>	Internal	Passing Juice
<a href="#">Code Red 3 +Decal +Shirt Stack</a>	Internal	Passing Juice
<a href="#">Code Red Series Saver + Decal Stack</a>	Internal	Passing Juice
<a href="#">SHOP SUPPLEMENTS</a>	Internal	Passing Juice
<a href="#">SHOP STACKS</a>	Internal	Passing Juice
<a href="#">Enter</a>	External	Passing Juice
<a href="#">Gear</a>	Internal	Passing Juice
<a href="#">Gift Cards</a>	Internal	Passing Juice
<a href="#">Blogs &amp; Videos</a>	Internal	Passing Juice
<a href="#">Customer Service &amp; FAQs</a>	Internal	Passing Juice
<a href="#">Military &amp; Responder Discounts</a>	Internal	Passing Juice
<a href="#">Wholesale Inquiries</a>	Internal	Passing Juice
<a href="#">Subscribe &amp; Save</a>	Internal	Passing Juice
<a href="#">Where to Buy</a>	Internal	Passing Juice
<a href="#">© Five Percent Nutrition, LLC. All rights reserved.</a>	Internal	Passing Juice
<a href="#">Privacy Policy.</a>	Internal	Passing Juice
<a href="#">Terms of Use.</a>	Internal	Passing Juice
<a href="#">Warranty.</a>	Internal	Passing Juice
<a href="#">Accessibility.</a>	Internal	Passing Juice
<a href="#">Shipping &amp; Returns.</a>	Internal	Passing Juice
<a href="#">Personal Data.</a>	Internal	Passing Juice

## SEO Keywords



Keywords Cloud

## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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## Usability

	Url	Domain : 5percentnutrition.ca Length : 20
	Favicon	Great, your website has a favicon.
	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 : 0 Warnings : 0
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.





## Document

	Speed Tips	<ul style="list-style-type: none"><li>✓ Excellent, your website doesn't use nested tables.</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>
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## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li>✗ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="https://5percentnutrition.ca/sitemap.xml">https://5percentnutrition.ca/sitemap.xml</a>
	Robots.txt	<a href="http://5percentnutrition.ca/robots.txt">http://5percentnutrition.ca/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics