



# Analisi sito web 5percentnutrition.ca

Generato il Settembre 21 2024 19:33 PM

Il punteggio e 42/100



## SEO Content

	Title	5% Nutrition   Hardcore Bodybuilding Supplements <b>Lunghezza : 48</b> Perfetto, il tuo title contiene tra 10 e 70 caratteri.										
	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. <b>Lunghezza : 319</b> Idealmente, la tua meta description dovrebbe contenere tra 70 e 160 caratteri (spazi inclusi). Usa <a href="#">questo strumento free</a> per calcolare la lunghezza del testo.										
	Keywords	Molto male. Non abbiamo trovato meta keywords nella tua pagina. Usa <a href="#">questo generatore gratuito online di meta tags</a> per creare keywords.										
	Og Meta Properties	Buono, questa pagina sfrutta i vantaggi Og Properties. <table><thead><tr><th>Proprieta</th><th>Contenuto</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>	Proprieta	Contenuto	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/
Proprieta	Contenuto											
type	website											
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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
- [H4] WOMEN'S APPAREL
- [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	Abbiamo trovato 302 immagini in questa pagina web.  197 attributi alt sono vuoti o mancanti. Aggiungi testo alternativo in modo tale che i motori di ricerca possano comprendere meglio il contenuto delle tue immagini.
	Text/HTML Ratio	Ratio : <b>0%</b>  Il rapporto testo/codice HTML di questa pagina e inferiore a 15 percento, questo significa che il tuo sito web necessita probabilmente di molto piu contenuto.
	Flash	Perfetto, non e stato rilevato contenuto Flash in questa pagina.
	Iframe	Molto male, hai usato Iframes nelle tue pagine web, questo significa che in contenuto inserito negli Iframe non puo essere indicizzato.

## SEO Links

	URL Rewrite	Buono. I tuoi links appaiono friendly!
	Underscores in the URLs	Perfetto! Non sono stati rilevati underscores nei tuoi URLs.
	In-page links	Abbiamo trovato un totale di 113 links inclusi 0 link(s) a files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 2.65%  Internal Links 97.35%

## In-page links

Anchor	Type	Juice
<a href="#">64oz Sports Jug with Flex Lid</a>	Interno	Passing Juice
<a href="#">Black 64oz Sports Jug with Flex Lid</a>	Interno	Passing Juice

## In-page links

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

## In-page links

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

## In-page links


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



## In-page links

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






## SEO Keywords

	Keywords Cloud	
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## Consistenza Keywords

Keyword	Contenuto	Title	Keywords	Description	Headings
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## Usabilità

	Url	Dominio : 5percentnutrition.ca Lunghezza : 20
	Favicon	Grande, il tuo sito usa una favicon.
	Stampabilità	Non abbiamo riscontrato codice CSS Print-Friendly.
	Lingua	Buono. La tua lingua dichiarata en.
	Dublin Core	Questa pagina non sfrutta i vantaggi di Dublin Core.


## Documento

	Doctype	HTML 5
	Encoding	Perfetto. Hai dichiarato che il tuo charset è UTF-8.
	Validata W3C	Errori : 0 Avvisi : 0
	Email Privacy	Attenzione! È stato trovato almeno un indirizzo mail in plain text. Usa <a href="#">antispam protector gratuito</a> per nascondere gli indirizzi mail agli spammers.
	Deprecated HTML	Grande! Non abbiamo trovato tags HTML deprecati nel tuo codice.





## Documento

	Suggerimenti per velocizzare	<ul style="list-style-type: none"><li>✓ Eccellente, il tuo sito web non utilizza nested tables.</li><li>✗ Molto male, il tuo sito web utilizza stili CSS inline.</li><li>✗ Molto male, il tuo sito web ha troppi file CSS files (piu di 4).</li><li>✗ Molto male, il tuo sito web ha troppi file JS (piu di 6).</li><li>✗ Peccato, il vostro sito non approfitta di 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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## Ottimizzazione

	XML Sitemap	Grande, il vostro sito ha una sitemap XML. <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> Grande, il vostro sito ha un file robots.txt.
	Analytics	Grande, il vostro sito ha uno strumento di analisi dei dati.  Google Analytics