

Performance Report for: <http://alphalion.com/>

Report generated: Wed, Oct 9, 2024 2:02 AM -0700 (via API)
Test Server Location:  London, UK
Using:  Chrome 117.0.0.0, Lighthouse 11.0.0
Analysis options:  iPhone 13/13 Pro/13 Pro Max

	Performance 42%	Structure 62%	L. Contentful Paint 2.3s	T. Blocking Time 2.0s	C. Layout Shift 0
---	--------------------	------------------	-----------------------------	--------------------------	----------------------

Top Issues

High	Avoid enormous network payloads LCP	Total size was 6.57MB
High	Avoid chaining critical requests FCP LCP	33 chains found
Med-High	Avoid long main-thread tasks TBT	20 long tasks found
Med-High	Avoid an excessive DOM size TBT	3,481 elements
Med-High	Reduce JavaScript execution time TBT	5.6s spent executing JavaScript

Focus on these audits first

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

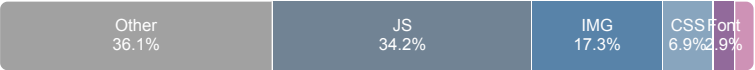
Page Details



Total Page Size - 6.50MB



Total Page Requests - 421



How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

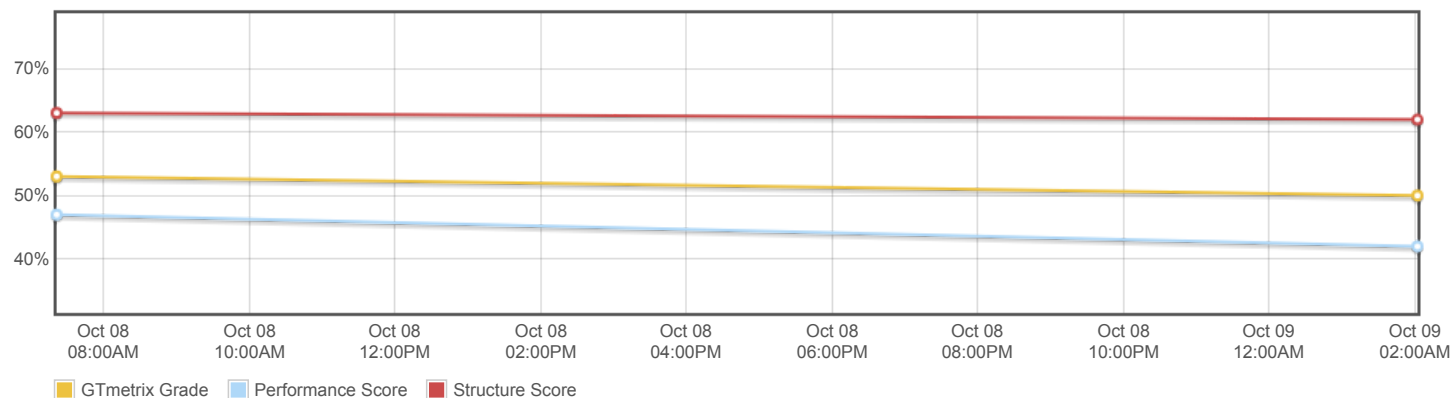
As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

About TheNextLevel

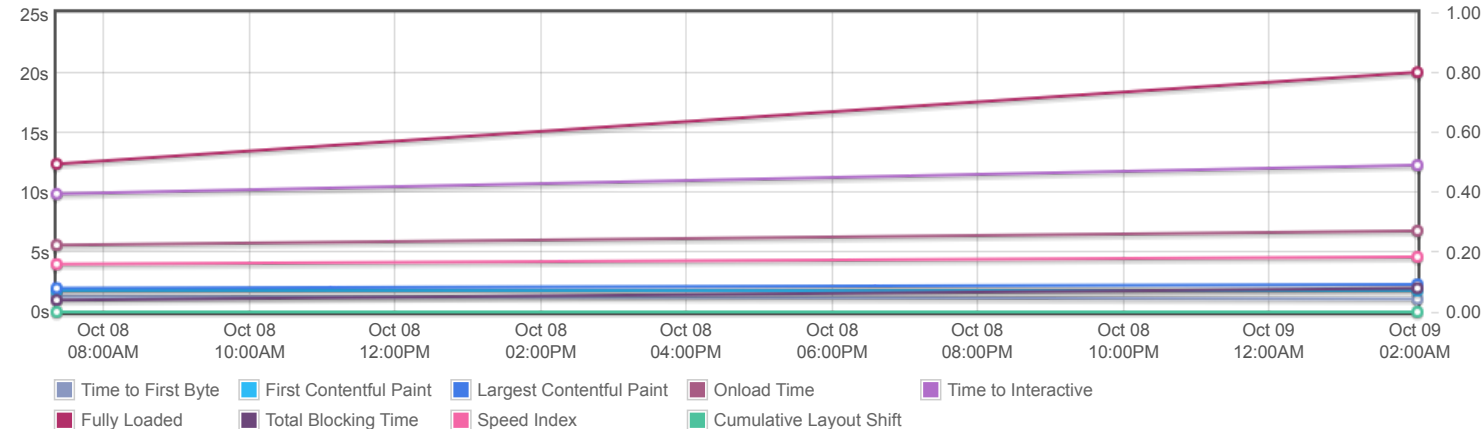


Take your mobile experience to The Next Level. Design and launch your mobile application within a matter of hours using our app studio. Get access to a wide range of tools to help you engage better with customers from intelligent push messaging powered by AI to community builder giving customers the ability to interact with your brand within your mobile app.

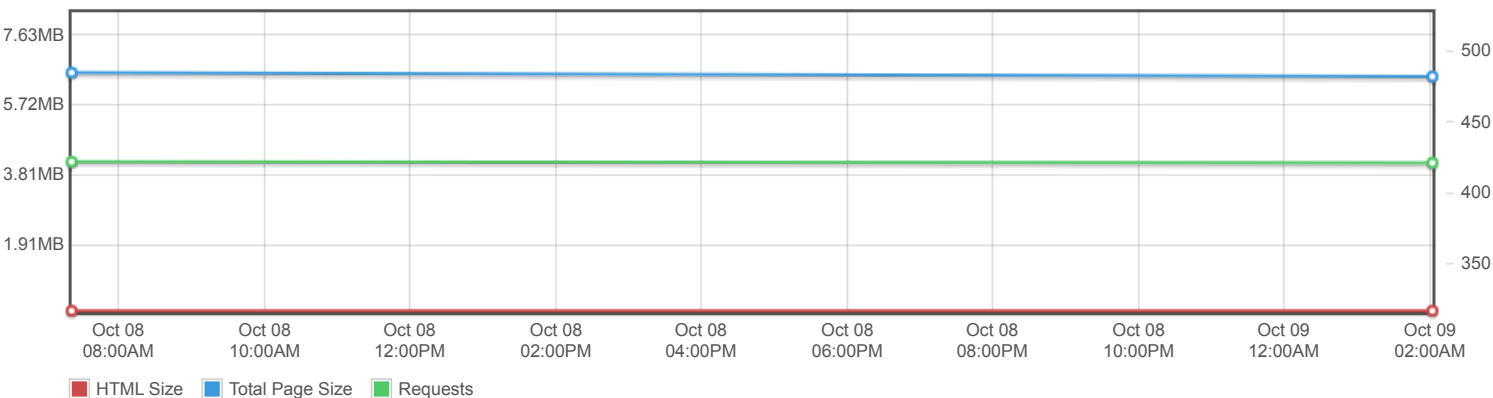
Page scores



Page metrics



Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

High Performance Supplements For Superhumans | Alpha Lion

/	301	alphalion.com	0	90ms				
/	200	alphalion.com	113KB	1.1s				
script.js?shop=alphalion-sta	200	cdn.506.io	56.9KB	130ms				
preloads.js?locale=en-US	200	alphalion.com	1.62KB	85ms				
preloads.js?locale=en-US&s	200	shop.app	525B	653ms				
load_feature-f4e7948c1c9e4f	200	alphalion.com	4.06KB	597ms				
storefront-80e528be853eac2	200	alphalion.com	19.1KB	639ms				
css2?family=Barlow:wght@	200	fonts.googleapis.com	1.34KB	103ms				
css2?family=Roboto:wght@	200	fonts.googleapis.com	803B	102ms				
css2?family=Montserrat:wgl	200	fonts.googleapis.com	647B	113ms				
css2?family=Inter:wght@30f	200	fonts.googleapis.com	764B	113ms				
splide.min.css	200	cdn.jsdelivr.net	1.27KB	94ms				
combined_final.css?v=5345	200	alphalion.com	49.7KB	95ms				
alphalion-theme.scss.css?v	200	alphalion.com	4.17KB	59ms				
theme.min.css?v=81491566	200	alphalion.com	63.4KB	95ms				
css2?family=Montserrat:wgl	200	fonts.googleapis.com	891B	113ms				
upsell-cart-drawer___shopif	200	cdn.shopify.com	66.8KB	792ms				
widget.min.js	200	cdn1.stamped.io	28.9KB	124ms				
11e003be1833.js	200	cdn.intelligems.io	47.5KB	405ms				
klaviyo.js?company_id=PBN	200	static.klaviyo.com	2.32KB	635ms				
fundle.js?v=7662962492cd4	200	public.getfondue.com	74.6KB	753ms				
smile-loader.js	200	cdn.shopify.com	265B	597ms				
shopify-perf-kit-1.0.0.min.js	200	alphalion.com	6.36KB	637ms				
alpha-lion-logo.png?v=1614	200	alphalion.com	7.89KB	590ms				
AlphaLion_AmazonDaySale	200	alphalion.com	80.6KB	706ms				
Burn2O_Grapezilla_Render	200	alphalion.com	11.5KB	590ms				
SuperhumanPRELionsblood	200	alphalion.com	16.5KB	610ms				
SH-BURN-HULK-JUICE_1_1	200	alphalion.com	18.8KB	706ms				
SH-Protein_CinnamonSwole	200	alphalion.com	25.6KB	648ms				
SH-PUMP-MANGO-VEINIAC	200	alphalion.com	19.3KB	713ms				
SHSleep-TropicalTerminator	200	alphalion.com	16.7KB	702ms				
SHEXTREMEGRAPEZILLAFI	200	alphalion.com	16.2KB	713ms				
DBD-Offer2_270x.png?v=17	200	alphalion.com	26.8KB	735ms				
AlphaLion_Glycerol_1500X1	200	alphalion.com	10.8KB	712ms				
AlphaLion_Creatine_1500X1	200	alphalion.com	9.51KB	726ms				
GAINSCANDYTURKESTERC	200	alphalion.com	12.4KB	726ms				
SH_CPW_ALPHA_PUNCH_n	200	alphalion.com	13.8KB	734ms				
LegacyMeshShorts-Cracked	200	alphalion.com	13.5KB	738ms				
LegacyMeshShorts-Iconic-F	200	alphalion.com	17.3KB	738ms				
UtilitySweats-Mocha_270x.p	200	alphalion.com	6.96KB	755ms				
LegacyTee-Persevere-Stone	200	alphalion.com	9.9KB	743ms				
RelaxedTee-Varsity-Black_2	200	alphalion.com	8.68KB	743ms				
LegacyTee-Redacted-Vintag	200	alphalion.com	9.43KB	743ms				
RelaxedTee-Devotion-Mocha	200	alphalion.com	10.3KB	745ms				
LegacyMeshShorts-Varsity-C	200	alphalion.com	14.6KB	735ms				
LegacyMeshShorts-LionEch	200	alphalion.com	18.9KB	745ms				
WomensFlexLeggings-Black	200	alphalion.com	5.54KB	739ms				
WomensFlexTank-Black_270	200	alphalion.com	6.13KB	739ms				
Mass-Stack_grapezilla_1_27	200	alphalion.com	28.8KB	763ms				
alpha_stack_1month_270x.p	200	alphalion.com	26.1KB	774ms				
MassMonsterstackCCPBLL	200	alphalion.com	22.2KB	758ms				
SUPERHUMAN-MUSCLE-ST	200	alphalion.com	22.5KB	762ms				
SH-Fat-Loss-Stack_0020_FA	200	alphalion.com	21.6KB	752ms				

1-month_270x.png?v=16656	200	alphalion.com	22.4KB		766ms			
SH-Test_Burn20Grapezilla_2	200	alphalion.com	19.5KB		758ms			
SH-Woman-LionessLemonai	200	alphalion.com	20.7KB		766ms			
GAINS-CANDY_Mitoburn-Th	200	alphalion.com	13.0KB		804ms			
RIPFACTOR-NO-BG-1_270x.	200	alphalion.com	17.8KB		792ms			
GAINS-CANDY_CaloriBurn-1	200	alphalion.com	13.1KB		753ms			
S7-NO-BG-1_270x.png?v=16	200	alphalion.com	16.5KB		787ms			
GLUCOVANTAGE-NO-BG-1_	200	alphalion.com	18.3KB		756ms			
gains-candy-nitrosigine-1b_	200	alphalion.com	16.7KB		765ms			
footer_js_combined.js?v=12	200	alphalion.com	42.2KB		232ms			
splide.min.js	200	cdn.jsdelivrivr.net	11.8KB		280ms			
lazysizes.min.js?v=1316648f	200	alphalion.com	3.72KB		311ms			
alphalion-theme.min.js?v=2f	200	alphalion.com	2.30KB		329ms			
widget.js	200	cdn.userway.org	1.70KB		521ms			
checker.js	200	navidium-static-assets.s	1.41KB		766ms			
ob-currency-modal.css?v=1f	200	alphalion.com	2.22KB		534ms			
ob-currency-modal.js?v=154	200	alphalion.com	1.66KB		767ms			
ob-country-detection.js?v=8	200	alphalion.com	1.73KB		767ms			
os.min.js	200	s.opensend.com	10.3KB		550ms			
shopify?store=alphalion-sta	200	app.amped.io	33B		625ms			
store?shop=alphalion-stagir	200	aca.506.io	327KB		815ms			
preprocessor.min.js?sid=42f	200	dashboard.heatmap.co	13.9KB		448ms			
px_5RtSy.js	200	xp2023-pix.s3.amazonaws	5.28KB		621ms			
widget.min.css	200	cdn1.stamped.io	17.6KB		19ms			
jquery.min.js	200	ajax.googleapis.com	32.8KB		466ms			
oir.min.js	200	cdn.aggle.net	7.38KB		428ms			
POST track	200	api.intelligems.io	85B		410ms			
ig_1728319194804.ad92636b	200	cdn.intelligems.io	11.7KB		167ms			
ig_1728319194804.b55cde2f	200	cdn.intelligems.io	49.2KB		165ms			
ig_1728319194804.329192c0	200	cdn.intelligems.io	353B		167ms			
model	200	conf.config-security.com	304B		174ms			
POST event	200	api.config-security.com	2B		735ms			
first?host=alphalion-staging	200	api.config-security.com	104KB		275ms			
ba83c77b0w327a473fp4badf	200	alphalion.com	41.0KB		411ms			
trekkie.storefront.c1258b47c	200	alphalion.com	24.6KB		407ms			
shop_events_listener-61fa9e	200	alphalion.com	3.42KB		389ms			
shopify-boomerang-1.0.0.mi	200	alphalion.com	18.9KB		88ms			
TK3_WkUHHAJlg75cFRf3bXl	200	fonts.gstatic.com	12.0KB		263ms			
JTUSJlg1_i6t8kCHKm459Wlf	200	fonts.gstatic.com	32.4KB		253ms			
KFOmCnqEu92Fr1Mu4mxKl	200	fonts.gstatic.com	13.1KB		212ms			
KFOICnqEu92Fr1MmEU9fBE	200	fonts.gstatic.com	13.1KB		214ms			
fender_analytics.cf9442994e	200	static-tracking.klaviyo.co	11.8KB		88ms			
static.8d136cd44b74e818927	200	static-tracking.klaviyo.co	280B		88ms			
runtime.a7c519b5e74dddadf	200	static.klaviyo.com	7.65KB		41ms			
sharedUtils.c9b96b9687605f	200	static.klaviyo.com	17.7KB		73ms			
vendors~signup_forms~pos	200	static.klaviyo.com	4.00KB		42ms			
vendors~signup_forms~clie	200	static.klaviyo.com	2.85KB		72ms			
vendors~signup_forms~ffb1f	200	static.klaviyo.com	4.24KB		70ms			
default~signup_forms~onsit	200	static.klaviyo.com	9.13KB		40ms			
signup_forms.a279a1ac64ac	200	static.klaviyo.com	5.60KB		43ms			
vendors~signup_forms~pos	200	static-tracking.klaviyo.co	4.00KB		85ms			
post_identification_sync.f9a	200	static-tracking.klaviyo.co	2.73KB		86ms			
TK3_WkUHHAJlg75cFRf3bXl	200	fonts.gstatic.com	11.3KB		197ms			
11e003be1833.json?build=1f	200	cdn.intelligems.io	3.68KB		56ms			
r3r	301	oirt.aggle.net	313B		540ms			
css?family=Open+Sans:400,	200	fonts.googleapis.com	1.66KB		21ms			
debug.js	200	cdn.506.io	20.1KB		18ms			
cart.json	200	alphalion.com	1.52KB		96ms			
pixel.modern.js	200	alphalion.com	4.65KB		32ms			
modern/	200	alphalion.com	23.0KB		34ms			
modern/	200	alphalion.com	22.9KB		31ms			
modern/	200	alphalion.com	23.1KB		50ms			

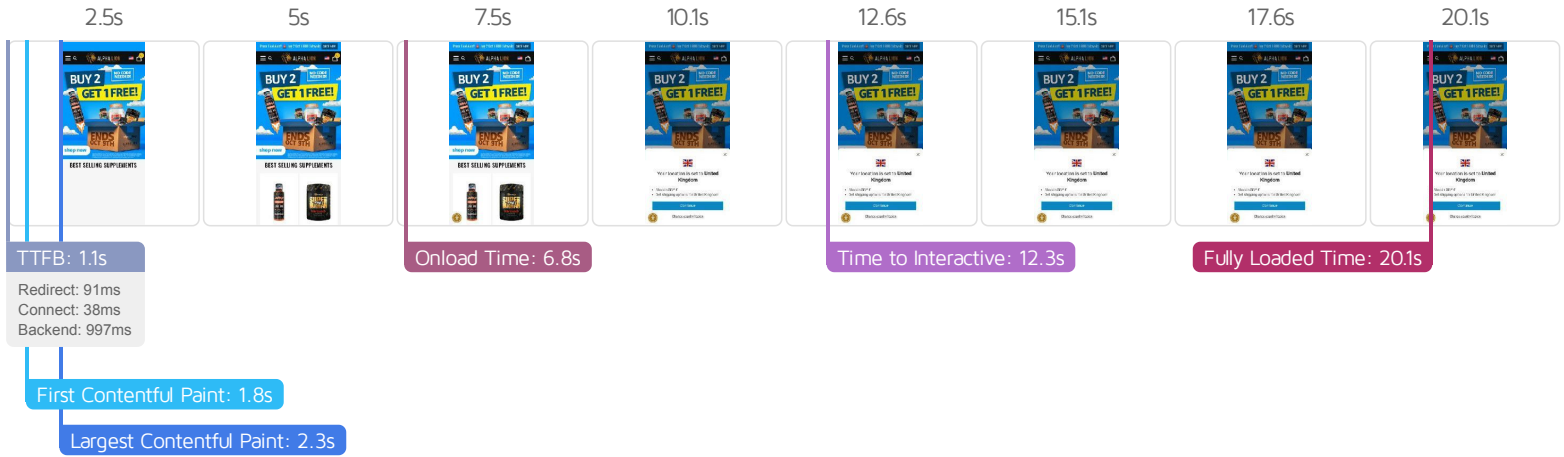
modern/	200	alphalion.com	24.3KB		36ms		
modern/	200	alphalion.com	22.8KB		36ms		
POST produce_batch	200	alphalion.com	0		136ms		
alphalion.com.json	200	c.heatmap.com	1.01KB		34ms		
heatmap.php?_req=_cip&_s	200	dashboard.heatmap.co	262B		148ms		
worker.modern.js	200	alphalion.com	22.5KB		54ms		
worker.modern.js	200	alphalion.com	22.4KB		43ms		
worker.modern.js	200	alphalion.com	22.5KB		63ms		
worker.modern.js	200	alphalion.com	22.5KB		55ms		
worker.modern.js	200	alphalion.com	22.5KB		46ms		
worker.modern.js	200	alphalion.com	22.5KB		58ms		
worker.modern.js	200	alphalion.com	22.5KB		62ms		
worker.modern.js	200	alphalion.com	22.4KB		62ms		
settings?shop=alphalion-sta	200	api.getfondue.com	1.42KB		361ms		
OPTIONS settings?shop=alp	204	api.getfondue.com	0		252ms		
POST produce_batch	200	alphalion.com	0		126ms		
POST produce_batch	200	alphalion.com	0		132ms		
POST produce_batch	200	alphalion.com	0		117ms		
ig_1728319194804.88bb78a0	200	cdn.intelligems.io	3.96KB		20ms		
onsite?company_id=PBNiKf	200	fast.a.klaviyo.com	511B		50ms		
full-forms	200	static-forms.klaviyo.com	13.7KB		46ms		
31264194-7238-4532-8709-6a	200	oirt.aggle.net	76B		189ms		
POST produce_batch	200	alphalion.com	0		126ms		
js?id=G-5JKBLHWPBJM	200	googletagmanager.com	113KB		100ms		
config.js	200	shopify-gtm-suite.getele	535B		128ms		
js?id=AW-1000409919	200	googletagmanager.com	94.7KB		76ms		
mixpanel-2-latest.min.js	200	cdn.mxpnl.com	18.6KB		38ms		
css2?family=Bebas+Neue:iti	200	fonts.googleapis.com	80.9KB		55ms		
ig_1728319194804.36fde7e2l	200	cdn.intelligems.io	12.2KB		21ms		
ig_1728319194804.45dc4276	200	cdn.intelligems.io	22.1KB		21ms		
POST update.js?_fondue_in	200	alphalion.com	2.27KB		669ms		
sdk-z3K3DrDV3xYZ29P0	200	cdn.growthbook.io	10.1KB		36ms		
POST csc	200	oirt.aggle.net	16B		713ms		
OPTIONS csc	200	oirt.aggle.net	0		497ms		
dl-web-pixel-lax-custom.js	200	shopify-gtm-suite.getele	13.0KB		9ms		
lion-icon.png?v=1494644662	200	alphalion.com	2.17KB		38ms		
JTUSJlg69CK48gW7PXoo9W	200	fonts.gstatic.com	8.41KB		210ms		
iJWZBXyIfDnIV5PNhY1KTN7	200	fonts.gstatic.com	18.5KB		208ms		
destination?id=MC-QL087Hf	200	googletagmanager.com	88.0KB		36ms		
1000409919?random=17284f	200	googleads.g.doubleclick	2.36KB		78ms		
count	200	api.alphalion.com	1.30KB		387ms		
ig_1728319194804.f968a98f2	200	cdn.intelligems.io	7.30KB		27ms		
ig_1728319194804.c3ded2bf	200	cdn.intelligems.io	19.0KB		20ms		
ig_1728319194804.d6da0747	200	cdn.intelligems.io	4.04KB		17ms		
POST produce_batch	200	alphalion.com	0		153ms		
v1?api_key=5913516c002b4f	200	ipgeolocation.abstracta	981B		261ms		
bat.js	200	bat.bing.com	14.1KB		59ms		
POST update.js	200	alphalion.com	2.05KB		653ms		
POST csc	200	oirt.aggle.net	16B		200ms		
vendors~reviews~atlas~Clie	200	static.klaviyo.com	8.16KB		6ms		
ClientStore.86d2d82c698aeb	200	static.klaviyo.com	18.5KB		7ms		
consent-tracking-api.js	200	alphalion.com	5.22KB		45ms		
alphalion-staging.js?t=17284	200	upsell-cart-drawer.nyc3	11.9KB		149ms		
config.js	200	alphalion.com	0		7ms		
consent-tracking-api.js	200	cdn.shopify.com	4.45KB		35ms		
POST badges	200	stamped.io	43.3KB		1.1s		
OPTIONS badges	204	stamped.io	0		528ms		
POST batch	200	stamped.io	8.13KB		1.2s		
OPTIONS batch	200	stamped.io	0		520ms		
widget_app_base_17284012	200	cdn.userway.org	39.5KB		28ms		
1000409919?random=17284f	200	google.com	42B		51ms		
1000409919?random=17284f	200	google.co.uk	42B		52ms		

ig_1728319194804.7e5bd4bcd	200	cdn.intelligems.io	7.28KB			29ms		
POST update.js	200	alphalion.com	2.08KB			584ms		
27035560.js	200	bat.bing.com	1.67KB			24ms		
532.fa051703115da6a50763.c	200	static.klaviyo.com	8.81KB			33ms		
styles.c55c43061a96111d7f0	200	static.klaviyo.com	3.57KB			12ms		
vendors~Render.0c2564801i	200	static.klaviyo.com	13.0KB			29ms		
Render.6bb97075144519144i	200	static.klaviyo.com	32.2KB			36ms		
POST track-analytics?comp	202	a.klaviyo.com	50B			301ms		
POST track-analytics?comp	202	a.klaviyo.com	50B			324ms		
OPTIONS track-analytics?co	200	a.klaviyo.com	0			157ms		
OPTIONS track-analytics?co	200	a.klaviyo.com	0			164ms		
?view=ucd&t=172846453545	200	alphalion.com	2.23KB			153ms		
dl-app-embed-block.js	200	alphalion.com	15.8KB			144ms		
POST VjYl0LL6lc	200	api.userway.org	1.77KB			522ms		
27035560	200	clarity.ms	917B			296ms		
0?ti=27035560&Ver=2&mid=	204	bat.bing.com	288B			197ms		
Burn2O_Grapezilla_Render_	200	alphalion.com	32.4KB			73ms		
SuperhumanPRELionsblood	200	alphalion.com	50.7KB			52ms		
SH-BURN-HULK-JUICE_1_1_	200	alphalion.com	64.5KB			80ms		
SH-Protein_CinnamonSwole	200	alphalion.com	86.6KB			75ms		
KFOICnqEu92Fr1MmSU5fBE	200	fonts.gstatic.com	13.2KB			27ms		
POST heatmap.php	200	dashboard.heatmap.co	0			156ms		
gtm.js?id=GTM-WT6Z2VT	200	googletagmanager.com	123KB			58ms		
POST elevar?source_url=htt (canceled)	alphalion.com	0				573ms		
stamped-font.ttf?rkevfi	200	cdn1.stamped.io	9.31KB			58ms		
clarity.js	200	clarity.ms	26.8KB			20ms		
POST landing?gcs=G111&gc	302	google.com	42B			49ms		
events.js?sdkid=C8JA8F2MI	200	analytics.tiktok.com	3.08KB			135ms		
quant.js	200	secure.quantserve.com	9.56KB			95ms		
fbevents.js	200	connect.facebook.net	57.7KB			91ms		
scevent.min.js	200	sc-static.net	23.1KB			57ms		
en-US.json	200	cdn.userway.org	1.02KB			9ms		
landing?gcs=G111&gcd=13t	200	googleads.g.doublecl	42B			44ms		
memvYaGs126MiZpBA-UvW	200	fonts.gstatic.com	42.1KB			164ms		
shopify_verified-by-shop-gr	200	s3-us-west-2.amazona	6.85KB			537ms		
main.MWEzNzVIZGY0Mw.js	200	analytics.tiktok.com	95.1KB			21ms		
rules-p_xdNhTf0FFQSV.js	200	rules.quantcount.com	160B			43ms		
1864228593790160?v=2.9.17	200	connect.facebook.net	24.7KB			183ms		
POST collect	204	s.clarity.ms	0			249ms		
08a3b3c7-4ab6-4dc7-a27f-94	200	tr.snapchat.com	208B			155ms		
i?pid=08a3b3c7-4ab6-4dc7-a	200	tr.snapchat.com	201B			38ms		
identify_7bf75739.js	200	analytics.tiktok.com	38.3KB			10ms		
POST pixel	200	analytics.tiktok.com	713B			112ms		
pixel;r=2134664659;source=	200	pixel.quantserve.com	35B			39ms		
remediation_1728401297040	200	cdn.userway.org	26.8KB			7ms		
SUD5OwE8wVohTeSX.json	200	cdn.userway.org	34.2KB			18ms		
widget_base.css?v=1728401	200	cdn.userway.org	5.28KB			7ms		
POST p	200	tr.snapchat.com	0			36ms		
body_wh.svg	200	cdn.userway.org	2.76KB			16ms		
spin_wh.svg	200	cdn.userway.org	1.27KB			16ms		
remediation-tool.js?ts=17284	200	cdn.userway.org	23.6KB			7ms		
tr?id=1864228593790160&ev	200	facebook.com	273B			38ms		
POST act	200	analytics.tiktok.com	716B			112ms		
POST p	200	tr6.snapchat.com	193B			80ms		
SUD5OwE8wVohTeSX.json	200	cdn.userway.org	0			8ms		
launcher.js?shop=alphalion-	200	cdn.verifypass.com	1.80KB			110ms		
widget.min.js?shop=alphalic	200	cdn1.stamped.io	28.9KB			25ms		
device.js?shop=alphalion-st	200	services.nofraud.com	7.66KB			349ms		
gmw.js?organization_id=64b	200	widgets.automizely.com	1.22KB			107ms		
widget.min.js?shop=alphalic	200	static.rechargedn.com	118KB			130ms		
grin-sdk.js?shop=alphalion-	200	d38xvr37kwwhcm.clou	16.4KB			51ms		
socioh_shopify_v2.js?shop=	(failed)	d3t0blvjvadsrq.cloudfro	0			395ms		

ge.js?shop=alphalion-stagin (canceled) cdn.shopify.com			0			254ms		
shopify_app_add_to_cart_s	200	cdn.shopify.com	1.48KB			162ms		
script.js?shop=alphalion-sta	200	geolocation-recommen	23.5KB			205ms		
webbridge.umd.js?shop=alp	200	cdn.tapcart.com	67.6KB			114ms		
sdk-script-loader.bundle.js?	200	sdk.postscript.io	1.68KB			129ms		
alphalion-staging-170969291	200	amaicdn.com	7.36KB			156ms		
widget.js?account=VjYIOLL6	200	cdn.userway.org	1.70KB			54ms		
upsell-cart-drawer___shopif	200	cdn.shopify.com	67.9KB			59ms		
init.js?a=4A5I5x0W1d&shop	200	searchanise-ef84.kxcdn	2.57KB			120ms		
218640362?shop=alphalion-	200	form-assets.mailchimp.	77.0KB			226ms		
4f1233c6dbae4e21288fea0e9	200	chimpstatic.com	4.29KB			294ms		
pushowl-shopify.js?subdom	200	cdn.pushowl.com	1.52KB			204ms		
alphalion-staging-172839420	200	amaicdn.com	90.3KB			211ms		
alphalion-staging-172839420	200	amaicdn.com	148KB			239ms		
rebuy.js?shop=alphalion-sta	200	cdn.rebuyengine.com	19.0KB			260ms		
polyfills.legWBDja.js	200	cdn.shopify.com	14.1KB			78ms		
smile-shopify.js?shop=alph	200	js.smile.io	1.25KB			286ms		
c.gif	302	c.clarity.ms	0			171ms		
destination?id=AW-10004091	200	googletagmanager.com	94.8KB			85ms		
uwt.js	200	static.ads-twitter.com	15.1KB			71ms		
bat.js	200	bat.bing.com	0			44ms		
tfa.js	200	cdn.taboola.com	21.5KB			143ms		
script?pid=138998&origin=S	200	tracking.markethero.io	224B			285ms		
POST p	200	tr.snapchat.com	0			26ms		
c.gif?ctsa=mr&CtsSyncId=0!	302	c.bing.com	0			52ms		
SH-PUMP-MANGO-VEINIAC_	200	alphalion.com	68.3KB			91ms		
AlphaLion_Glycerol_1500X1	200	alphalion.com	31.6KB			63ms		
AlphaLion_Creatine_1500X1	200	alphalion.com	29.8KB			83ms		
GAINSCANDYTURKESTERC	200	alphalion.com	43.5KB			92ms		
SHEXTREMEGRAPEZILLAFI	200	alphalion.com	57.1KB			88ms		
favicon.png?v=1722895283	200	alphalion.com	2.26KB			64ms		
c.gif?ctsa=mr&CtsSyncId=0!	200	c.clarity.ms	42B			19ms		
POST p	200	tr6.snapchat.com	0			18ms		
app.DsH9QYNm.js	200	cdn.shopify.com	366KB			71ms		
browsing_context_suggesti	200	alphalion.com	1.87KB			96ms		
pushowl-main.js?environme	200	cdn.pushowl.com	512B			26ms		
dc.js	200	sdk.s.automizely-analyti	14.4KB			45ms		
sdk.bundle.js?shopId=2579	200	sdk.postscript.io	83.0KB			42ms		
widget_settings.json	200	static.rechargedcdn.com	1.95KB			226ms		
OPTIONS widget_settings.js	200	static.rechargedcdn.com	0			110ms		
templates.4A5I5x0W1d.js	200	searchanise-ef84.kxcdn	976B			12ms		
jquery-3.6.0.min.js	200	ajax.aspnetcdn.com	30.3KB			29ms		
preload_data.4A5I5x0W1d.js	200	searchanise-ef84.kxcdn	9.45KB			12ms		
global.js?build=1728068618	200	cdn.rebuyengine.com	185KB			57ms		
global.min.css?build=17280	200	cdn.rebuyengine.com	18.4KB			35ms		
init?channel_key=channel_F	200	platform.smile.io	5.45KB			134ms		
OPTIONS init?channel_key=	200	platform.smile.io	0			35ms		
smile-lite-52142dbee6.js	200	js.smile.io	5.71KB			12ms		
json?tim=1728464537983&d	200	trc.taboola.com	1.66KB			25ms		
218640362	200	form-assets.mailchimp.	2.77KB			159ms		
1000409919?random=17284	200	googleads.g.doubleclick	2.32KB			33ms		
adsct?bci=4&eci=3&event=%	200	t.co	43B			165ms		
adsct?bci=4&eci=3&event=%	200	analytics.twitter.com	43B			146ms		
nav_menu_helper_17284012	200	cdn.userway.org	6.74KB			12ms		
25547	200	services.nofraud.com	297B			235ms		
POST ant_squire	200	d-ipv6.mmapiws.com	269B			158ms		
POST collect	204	s.clarity.ms	0			321ms		
page-Information.Cd2gyPZV	200	cdn.shopify.com	4.47KB			40ms		
gb.svg	200	cdn.shopify.com	421B			24ms		
cart.js	200	alphalion.com	1.62KB			96ms		
store_settings.json	200	static.rechargedcdn.com	183B			191ms		
OPTIONS store_settings.jso	200	static.rechargedcdn.com	0			91ms		

config?shop_id=2579	200	sdk-api.postscript.io	987B				427ms	
1000409919?random=17284f	200	google.com	42B				57ms	
1000409919?random=17284f	200	google.co.uk	42B				69ms	
items_singlecolumn_light_n	200	searchanise-ef84.kxcdn	6.17KB				42ms	
items_singlecolumn_light_n	200	searchanise-ef84.kxcdn	2.32KB				42ms	
results_big_pictures_new.94	200	searchanise-ef84.kxcdn	11.5KB				50ms	
results_big_pictures_new.m	200	searchanise-ef84.kxcdn	6.49KB				47ms	
recommendation.94887.css	200	searchanise-ef84.kxcdn	4.42KB				48ms	
widgets.94887.min.js	200	searchanise-ef84.kxcdn	49.6KB				26ms	
trace	200	cloudflare.com	470B				40ms	
pushowl-bootstrap-592a623f	200	cdn.pushowl.com	31.4KB				15ms	
config?shop=alphalion-stag	200	cached.rebuyengine.co	551B				40ms	
alts.json?dto=%7B%22sorte	200	cdn77.api.userway.org	1.19KB				442ms	
alts.json?dto=%7B%22sorte	200	cdn77.api.userway.org	1.29KB				711ms	
OPTIONS alts.json?dto=%7E	200	cdn77.api.userway.org	0				226ms	
OPTIONS alts.json?dto=%7E	200	cdn77.api.userway.org	0				528ms	
smile-shopify-68c16bf2d949	200	js.smile.io	18.9KB				13ms	
vendor-298e5c2d9a4b7d755f	200	js.smile.io	63.6KB				16ms	
PurchaseOptionsAgreement	200	cdn.shopify.com	3.10KB				24ms	
PrimeNotAvailable.xkTngrsb	200	cdn.shopify.com	1.57KB				25ms	
snize-autocomplete.94887.m	200	searchanise-ef84.kxcdn	10.1KB				20ms	
SmartBanner.js?id=fd42815c	200	cdn.rebuyengine.com	1.01KB				37ms	
widget?guid=89c9c710-2366	200	cdn.pushowl.com	6.21KB				17ms	
OPTIONS widget?guid=89c9	200	cdn.pushowl.com	0				8ms	
translations1-cc8c72e76422f	200	js.smile.io	2.48KB				6ms	
2579	200	sdk-api.postscript.io	37B				25ms	
mobile.html?shopId=2579&s	301	sdk.postscript.io	167B				45ms	
DeliveryMethodSelectorSect	200	cdn.shopify.com	21.0KB				29ms	
mobile.html?shopId=2579&s	308	sdk.postscript.io	0				55ms	
HEAD service-worker.js?v=2	200	alphalion.com	0				246ms	
heatmap-light.min.js?sid=42	200	dashboard.heatmap.co	48.7KB				9ms	
mobile?shopId=2579&shopC	200	sdk.postscript.io	967B				48ms	
3553047	200	api.userway.org	51B				696ms	
3553047	200	api.userway.org	86B				252ms	
stylesheet?shop=alphalion-4	200	cached.rebuyengine.co	2.27KB				320ms	
vendor-flickity.js?id=173b1a	200	cdn.rebuyengine.com	12.9KB				46ms	
?key=nGKmRVusCI5Ke8uSt	200	geo.rebuyengine.com	342B				52ms	
font-awesome.min.css	200	stackpath.bootstrapcdn	8.15KB				41ms	
settings?id=171006&cache_	200	cached.rebuyengine.co	3.32KB				6ms	
settings?id=172298&cache_	200	cached.rebuyengine.co	3.11KB				10ms	
cart.json	200	alphalion.com	1.62KB				79ms	
useUnauthenticatedErrorMo	200	cdn.shopify.com	1.52KB				35ms	
src_smile-ui_app_container:	200	js.smile.io	2.65KB				5ms	
src_smile-ui_app_container:	200	js.smile.io	2.79KB				6ms	
mobile.css	200	sdk.postscript.io	7.82KB				40ms	
mobile.bundle.js?shopId=25	200	sdk.postscript.io	105KB				64ms	
unip?en=pre_d_eng_tb&tos:	204	trc-events.taboola.com	249B				58ms	
LegacyVaultedShippingMeth	200	cdn.shopify.com	1.26KB				28ms	
styles?id=171006&format=c:	200	cached.rebuyengine.co	1.10KB				309ms	
POST envelope?sentry_key:	200	o142330.ingest.sentry.i	2B				50ms	
rebuy-flickity.min.css?build:	200	cdn.rebuyengine.com	1.33KB				46ms	
2579	200	sdk-api.postscript.io	14B				312ms	
styles?id=172298&format=c:	200	cached.rebuyengine.co	921B				8ms	
launcher-container-styles.04	200	js.smile.io	897B				6ms	
launcher-container-styles-a3	200	js.smile.io	186B				7ms	
launcher-content-styles-673f	200	js.smile.io	10.0KB				7ms	
POST collect?v=2>m=amv	200	automizely-analytics.co	43B				164ms	
POST ack	200	oirt.aggle.net	16B				352ms	
OPTIONS ack	200	oirt.aggle.net	0				165ms	
181281?key=nGKmRVusCI5f	200	rebuyengine.com	8.19KB				190ms	
POST ack	200	oirt.aggle.net	16B				361ms	
OPTIONS ack	200	oirt.aggle.net	0				165ms	

182563?key=nGKmRVusCI5I	200	rebuyengine.com	8.35KB					211ms	
src_smile-ui_app_componer	200	js.smile.io	16.2KB					7ms	
src_smile-ui_app_container	200	js.smile.io	9.19KB					7ms	
Rollup.Cv7dA9-W.js	200	cdn.shopify.com	2.37KB					64ms	
mobile	200	sdk-api.postscript.io	14B					354ms	
SubscriptionPriceBreakdow	200	cdn.shopify.com	3.24KB					28ms	
prompt-container-styles.650	200	js.smile.io	941B					5ms	
prompt-container-styles-208	200	js.smile.io	184B					5ms	
prompt-content-styles-8e0c1	200	js.smile.io	10.3KB					6ms	
Widget-templates-Widget-rei	200	cdn.rebuyengine.com	2.65KB					50ms	
RageClickCapture.DlpMbH-7	200	cdn.shopify.com	2.07KB					24ms	
stars-emoji-abe616e695d354	200	cdn.sweettooth.io	4.61KB					28ms	
sh-protein-sample-pb-gains_	200	cdn.shopify.com	27.1KB					52ms	
SH_ST_BURN_HulkJuice-2_	200	cdn.shopify.com	19.2KB					52ms	
ep_arrow-down-bold2.png?i	200	cdn.shopify.com	1.13KB					49ms	
iJWKBXylfDnlV7nBrXyw023i	200	fonts.gstatic.com	34.5KB					164ms	
superhuman-sleep-sample-s	200	cdn.shopify.com	17.9KB					30ms	
superhuman-pump-sample-r	200	cdn.shopify.com	19.4KB					30ms	
StickPack_SH-Extreme_Graj	200	cdn.shopify.com	18.5KB					29ms	
SH_ST_PRE_HulkJuice_400	200	cdn.shopify.com	19.0KB					34ms	
POST bulk?cache_key=1728	200	rebuyengine.com	27B					236ms	
OPTIONS bulk?cache_key=1	204	rebuyengine.com	0					119ms	
ShopPayLogo.rVm1zey.js	200	cdn.shopify.com	2.23KB					26ms	
iJWKBXylfDnlV7nPrXyw023i	200	fonts.gstatic.com	18.7KB					37ms	
PickupPointCarrierLogo.lgqi	200	cdn.shopify.com	2.47KB					37ms	
hooks.BbxvSiLb.js	200	cdn.shopify.com	3.82KB					22ms	
useAmazonContact.Dc1hr5L	200	cdn.shopify.com	3.60KB					24ms	
POST event	200	api.config-security.com	2B					461ms	
app.C5brhKql.css	200	cdn.shopify.com	22.7KB					43ms	
alts.json?dto=%7B%22sorte	200	cdn77.api.userway.org	702B					364ms	
OPTIONS alts.json?dto=%7E	200	cdn77.api.userway.org	0					180ms	
PrimeNotAvailable.B6bwbcC	200	cdn.shopify.com	865B					30ms	
DeliveryMethodSelectorSect	200	cdn.shopify.com	2.94KB					63ms	
Rollup.o9Mx-fKL.css	200	cdn.shopify.com	1.07KB					40ms	
SubscriptionPriceBreakdow	200	cdn.shopify.com	813B					24ms	
RageClickCapture.DnkQ4tsk	200	cdn.shopify.com	829B					20ms	
status	200	api.userway.org	77B					169ms	
ShopPayLogo.D_HPU8Dh.cs	200	cdn.shopify.com	815B					23ms	
PickupPointCarrierLogo.C0v	200	cdn.shopify.com	765B					29ms	
3553047	200	api.userway.org	0					2ms	
useAmazonContact.D-Ox6Di	200	cdn.shopify.com	875B					30ms	
alpha-lion-call-img-updated_	200	cdn.shopify.com	56.1KB					40ms	
cart.js?r=2.50092481127	200	alphalion.com	1.64KB					87ms	
POST collect	204	s.clarity.ms	0					333ms	
unip?en=pre_d_eng_tb&tos:	204	trc-events.taboola.com	248B					12ms	
POST heatmap.php	200	dashboard.heatmap.coi	0					141ms	
3553047	200	api.userway.org	51B					169ms	
alts.json?dto=%7B%22sorte	200	cdn77.api.userway.org	0.99KB					202ms	
OPTIONS alts.json?dto=%7E	200	cdn77.api.userway.org	0					179ms	
3553047	200	api.userway.org	0					2ms	
POST collect	204	s.clarity.ms	0					175ms	
3553047	200	api.userway.org	51B					237ms	
POST ost	200	oirt.aggle.net	16B					354ms	
OPTIONS ost	200	oirt.aggle.net	0					165ms	
unip?en=pre_d_eng_tb&tos:	204	trc-events.taboola.com	248B					12ms	
POST heatmap.php	200	dashboard.heatmap.coi	0					140ms	
POST ost	200	oirt.aggle.net	16B					190ms	
POST collect	204	s.clarity.ms	0					87ms	



Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Much longer than recommended 1.8s	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Much longer than recommended 12.3s
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Much longer than recommended 4.6s	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	Much longer than recommended 2.0s
Largest Contentful Paint How long it takes for the largest element of content (i.e., a hero image) to be painted on your page. A good user experience is 1.2s or less.	Longer than recommended 2.3s	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	Good - Nothing to do here 0

Browser Timings

Redirect	91ms	Connect	38ms	Backend	997ms
TTFB	1.1s	First Paint	1.8s	DOM Int.	4.4s
DOM Loaded	4.6s	Onload	6.8s	Fully Loaded	20.1s

IMPACT AUDIT

High

Avoid enormous network payloads LCP

Total size was 6.57MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://cdn.shopify.com/shopifycloud/checkout-web/assets/c1.en/app.DsH9QYNm.js	367KB
https://aca.506.io/public/store?shop=alphalion-staging.myshopify.com	327KB
https://cdn.rebuyengine.com/onsite/js/global.js?build=1728068618	185KB
https://amaicdn.com/storelocator-prod/wtb/alphalion-staging-1728394208.js?shop=alphalion-staging.myshopify.com	148KB
https://www.googletagmanager.com/gtm.js?id=GTM-WT6Z2VT	123KB
https://static.rechargecdn.com/assets/js/widget.min.js?shop=alphalion-staging.myshopify.com	119KB
https://www.googletagmanager.com/gtag/js?id=G-5JKBLHWPBJM	114KB
https://www.alphalion.com/	113KB
https://sdk.postscript.io/mobile.bundle.js?shopId=2579&shopShop=alphalion-staging&sessionId=bDZETYk_IznF-oebmqBar&status=&splitTests=&flags=action_segment_filters%2Cdynamic_terms%2Clog_headless_shops%2Cpopup_auto_apply_coupon%2Cpopup_auto_apply_fondue%2Cpopup_block_editor%2Cpopup_new_compliance_text%2Cpopup_subscriber_targeting%2Credshift_segments%2Csdk_klaviyo_context_checks&disclaimer=%7B%22privacy_policy%22%3A%7B%22text%22%3A%22Privacy+Policy%22%2C%22url%22%3A%22https%3A%2F%2Fterms.pscr.pt%2Flegal%2Fshop%2Falphalion-staging%2Fprivacy_policy%22%7D%2C%22terms_of_service%22%3A%7B%22text%22%3A%22Terms+of+Service%22%2C%22url%22%3A%22https%3A%2F%2Fterms.pscr.pt%2Flegal%2Fshop%2Falphalion-staging%2Fterms_of_service%22%7D%2C%22text%22%3A%22%22By+providing+your+phone+number%2C+you+agree+to+receive+recurring+automated+marketing+text+messages+%28e.g.+cart+reminders%29+from+this+shop+and+third+parties+acting+on+its+behalf.+Consent+is+not+a+condition+to+obtain+goods+or+services.+Msg+%26+data+rates+may+apply.+Msg+frequency+varies.+Reply+HELP+for+help+and+STOP+to+cancel.+You+also+agree+to+the+%7Bterms_of_service%7D+and+%7Bprivacy_policy%7D.%22%7D&subscriberId=&origin=https%3A%2F%2Fwww.alphalion.com%2F&country=GB	105KB
https://api.config-security.com/first?host=alphalion-staging.myshopify.com&plat=SHOPIFY	104KB

High

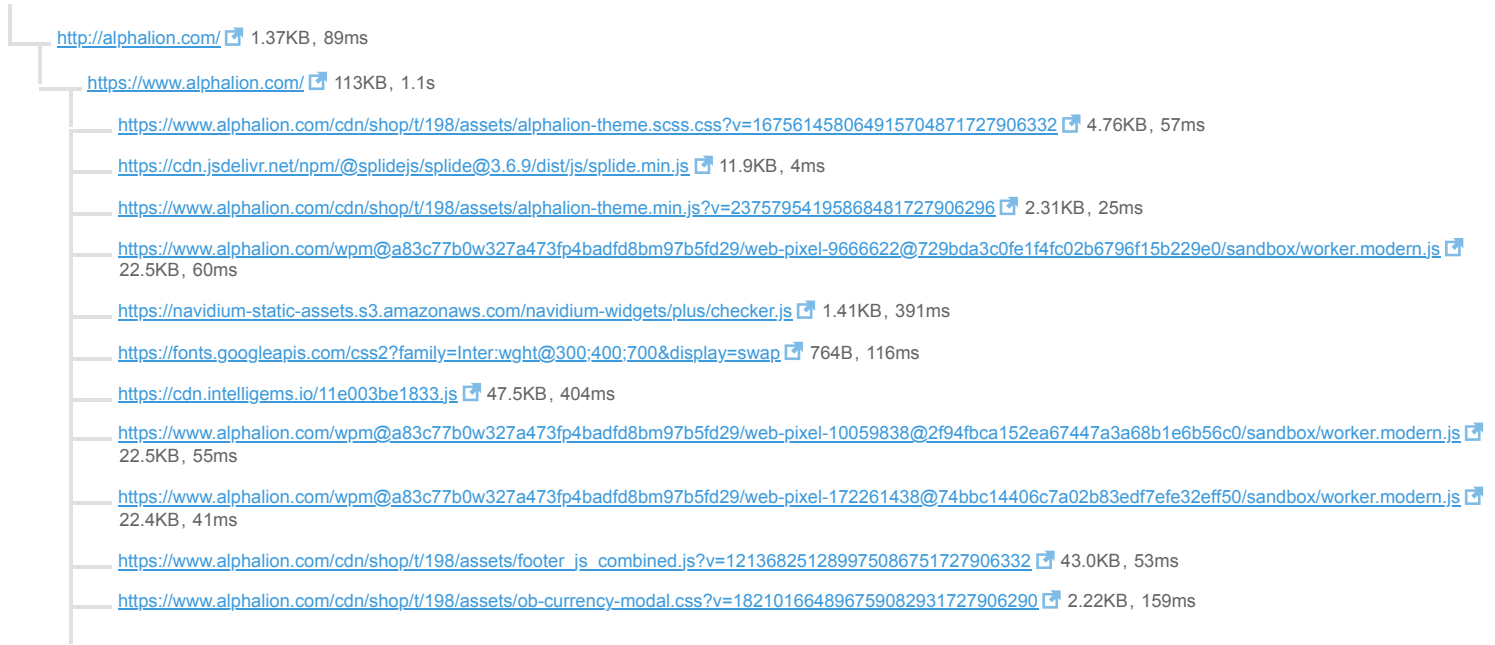
Avoid chaining critical requests FCP LCP

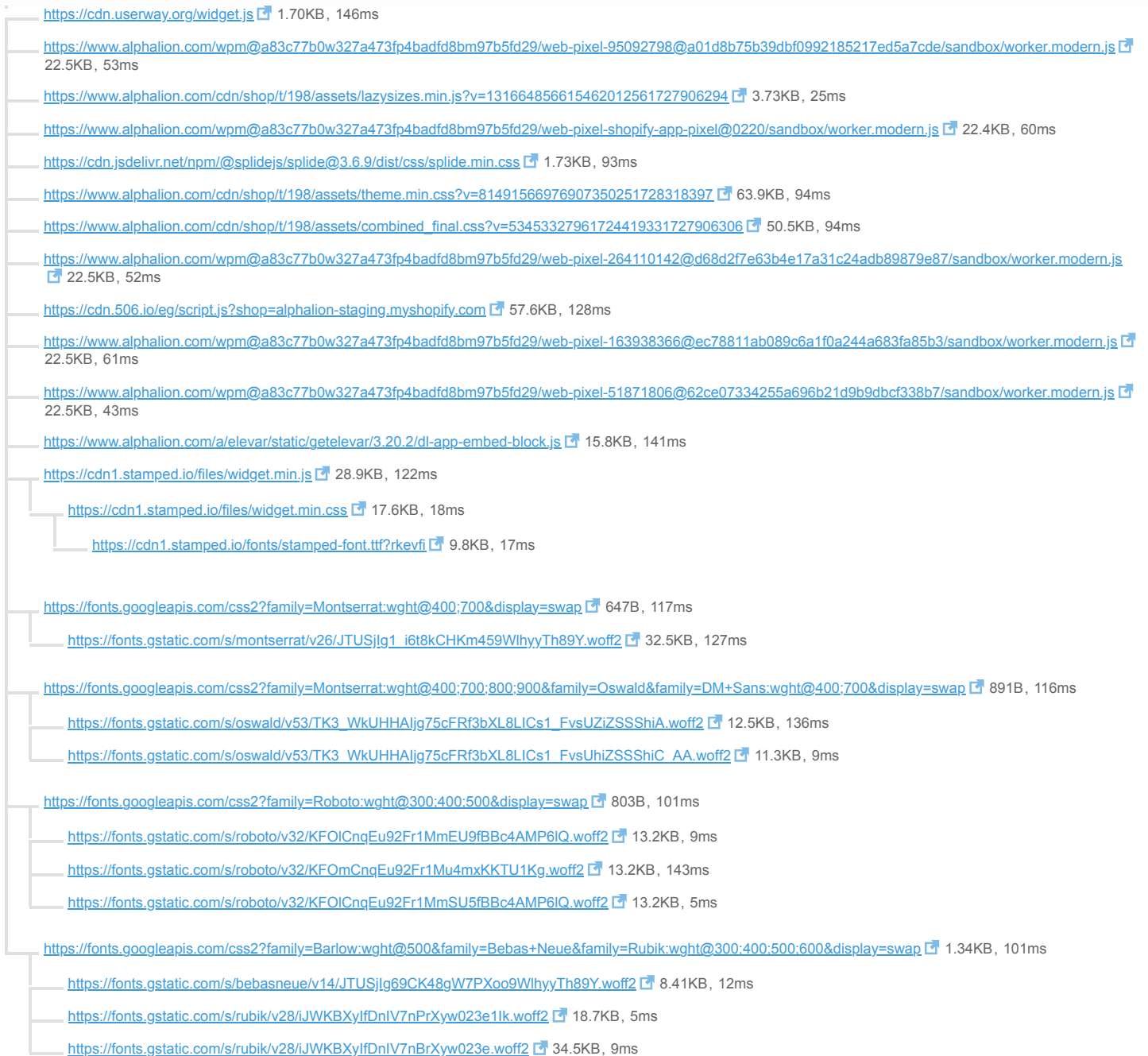
33 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: 10.9s

INITIAL NAVIGATION





Med-High

Avoid long main-thread tasks TBT

20 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• https://cdn.rebuyengine.com/onsite/js/Widget-templates-Widget-recommended-template.js?id=a34b22b8f97b5ccaae71	10.5s	267ms
• https://www.alphalion.com/cdn/shopifycloud/shopify/assets/shop_events_listener-61fa9e0a912c675e178777d2b27f6cbd482f8912a6b0aa31fa3515985a8cd626.js	8.0s	240ms
• https://static.klaviyo.com/onsite/js/default-signup_forms-onsite-triggering_c8f9e1cf499bdab782a9.js?cb=1&v2-route=1	4.4s	219ms
• https://www.alphalion.com/	4.6s	209ms
• https://www.alphalion.com/cdn/wpm/ba83c77b0w327a473fp4badfd8bm97b5fd29m.js	2.5s	192ms
• https://www.alphalion.com/cdn/shop/t/198/assets/footer_js_combined.js?v=121368251289975086751727906332	8.3s	147ms
• https://www.googletagmanager.com/gtag/js?id=G-5JKBLHWBJM	6.7s	135ms
• https://www.googletagmanager.com/gtm.js?id=GTM-WT6Z2VT	5.7s	124ms
• https://cdn.userway.org/remediation/2024-10-08-15-28-17/paid/remediation-tool.js?ts=1728401297040	9.5s	122ms
• https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/remediation/remediation_1728401297040.js	7.9s	119ms
• https://www.alphalion.com/	1.7s	116ms
• https://d38xvr37kwwhcm.cloudfront.net/js/grin-sdk.js?shop=alphalion-staging.myshopify.com	8.5s	114ms
• https://upsell-cart-drawer.nyc3.cdn.digitaloceanspaces.com/settings/alphalion-staging.js?t=1728464534750	5.0s	112ms
• https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/remediation/remediation_1728401297040.js	9.0s	112ms
• https://cdn.rebuyengine.com/onsite/js/SmartBanner.js?id=fd428153bd7aa071e5b0	9.6s	110ms
• https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js	5.9s	101ms
• https://analytics.tiktok.com/i18n/pixel/static/main.MWEzNzVlZGY0Mw.js	6.3s	100ms
• https://www.alphalion.com/	2.0s	84ms
• https://static.rechargecdn.com/assets/js/widget_min.js?shop=alphalion-staging.myshopify.com	7.4s	80ms
• https://www.alphalion.com/cdn/shop/t/198/assets/footer_js_combined.js?v=121368251289975086751727906332	7.5s	79ms

Med-High

Avoid an excessive DOM size

TBT

3,481 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		3481
Maximum DOM Depth	Price 	18
Maximum Child Elements	body.index <body class="index " style="" data-uw-rm-skl="">	74

Med-High

Reduce JavaScript execution time

TBT

5.6s spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• https://www.alphalion.com/	2.9s	938ms	121ms
• Unattributable	1.9s	200ms	0ms
• https://www.alphalion.com/cdn/shop/t/198/assets/footer_js_combined.js?v=121368251289975086751727906332	402ms	171ms	3ms
• https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/remediation/remediation_1728401297040.js	400ms	342ms	1ms
• https://cdn.rebuyengine.com/onsite/js/Widget-templates-Widget-recommended-template.js?id=a34b22b8f97b5ccaae71	372ms	234ms	0ms
• https://cdn.intelligems.io/ig_1728319194804_b55cde2f9d6ee047a11c.js	335ms	325ms	0ms
• https://www.alphalion.com/cdn/shopifycloud/shopify/assets/shop_events_listener-61fa9e0a912c675e178777d2b27f6cbd482f8912a6b0aa31fa3515985a8cd626.js	303ms	290ms	0ms
• https://www.alphalion.com/cdn/wpm/ba83c77b0w327a473fp4badfd8bm97b5fd29m.js	295ms	271ms	6ms
• https://cdn.userway.org/remediation/2024-10-08-15-28-17/paid/remediation-tool.js?ts=1728401297040	268ms	238ms	1ms
• https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js	178ms	81ms	1ms
• https://www.googletagmanager.com/gtm.js?id=GTM-WT622VT	166ms	129ms	9ms
• https://cdn.intelligems.io/11e003be1833.js	156ms	147ms	3ms
• https://www.googletagmanager.com/gtag/js?id=G-5JKBLHWPBJM	155ms	144ms	6ms
• https://d38xvr37kwwhcm.cloudfront.net/js/grin-sdk.js?shop=alphalion-staging.myshopify.com	144ms	139ms	1ms
• https://public.getfondue.com/cashback-extension/cart/fundle.js?v=7662962492cd4e0cdcedfb510b7969ff63ab247a	141ms	121ms	18ms
• https://dashboard.heatmap.com/heatmap-light.min.js?sid=427&src=prep	130ms	111ms	5ms
• https://upsell-cart-drawer.nyc3.cdn.digitaloceanspaces.com/settings/alphalion-staging.js?t=1728464534750	129ms	109ms	8ms
• https://sdfs.automizely-analytics.com/analytics/v1/dc.js	126ms	117ms	0ms
• https://cdn.506.io/eg/script.js?shop=alphalion-staging.myshopify.com	125ms	65ms	3ms
• https://cdn.rebuyengine.com/onsite/js/vendor-flickity.js?id=173b1a75ff3dadd963c0	123ms	94ms	0ms
• https://cdn.rebuyengine.com/onsite/js/global.js?build=1728068618	118ms	87ms	10ms
• https://www.clarity.ms/s/0.7.47/clarity.js	115ms	87ms	1ms
• https://analytics.tiktok.com/i18n/pixel/static/main.MWEzNzVIZGY0Mw.js	108ms	102ms	5ms
• https://cdn.rebuyengine.com/onsite/js/SmartBanner.js?id=fd428153bd7aa071e5b0	103ms	101ms	0ms
• https://www.googletagmanager.com/gtag/js?id=AW-1000409919	92ms	77ms	4ms
• https://sc-static.net/scevent.min.js	91ms	82ms	0ms
• https://static.klaviyo.com/onsite/js/default~signup_forms~onsite-triggering_c8f9e1cf499bdab782a9.js?cb=1&v2-route=1	84ms	76ms	0ms
• https://static.rechargecdn.com/assets/js/widget.min.js?shop=alphalion-staging.myshopify.com	80ms	64ms	7ms
• https://cdn.jsdelivr.net/npm/@splidejs/splide@3.6.9/dist/js/splide.min.js	79ms	18ms	0ms
• https://js.smile.io/v1/prompt-content-styles-8e0c166fc9a9faaae652.modern.js	78ms	72ms	1ms
• https://www.alphalion.com/cdn/shopifycloud/boomerang/shopify-boomerang-1.0.0.min.js	67ms	55ms	1ms
• https://www.googletagmanager.com/gtag/destination?id=AW-1000409919&l=dataLayer&cx=c	58ms	53ms	4ms
• https://www.alphalion.com/wpm@a83c77b0w327a473fp4badfd8bm97b5fd29/custom/web-pixel-21200958@1/sandbox/modern/	58ms	16ms	5ms
• https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/widget_app_base_1728401297040.js	55ms	37ms	5ms
• https://dashboard.heatmap.com/preprocessor.min.js?sid=427	54ms	30ms	0ms
• https://js.smile.io/v1/smile-shopify-68c16bf2d949ed27738a.modern.js	51ms	49ms	0ms
• https://cdn.taboola.com/libtrc/unip/1277074/tfa.js	51ms	47ms	1ms

Med

Use explicit width and height on image elements CLS

13 images found

Set an explicit width and height on image elements to reduce layout shifts and improve CLS.

ALPHA LION | SHOP NOW

```

```

SUPERHUMAN PROTEIN SAMPLE - WHEY PROTEIN ISOLATE PB & GAINS (Peanut Butter Cand...

```

```

SUPERHUMAN® BURN SAMPLE - 2 in 1 Fat Burning Pre-Workout† HULK JUICE (Sour Gumm...

```

```

SUPERHUMAN SLEEP SAMPLE - PM Sleep Aid and Fat Burner† Slaughtermelon (Watermel...

```

```

SUPERHUMAN PUMP SAMPLE - Stim Free Pre Workout MANGO VEINIAC (Mango Strawberry ...

```

```

SUPERHUMAN® EXTREME SAMPLE - Extreme Energy for Intense Workouts† GRAPEZILLA (G...

```

```

SUPERHUMAN® PRE SAMPLE - Original Performance Pre-Workout† HULK JUICE (Sour Gum...

```

```

SUPERHUMAN PROTEIN SAMPLE - WHEY PROTEIN ISOLATE PB & GAINS (Peanut Butter Cand...

```

```

SUPERHUMAN® BURN SAMPLE - 2 in 1 Fat Burning Pre-Workout† HULK JUICE (Sour Gumm...

```

```

SUPERHUMAN SLEEP SAMPLE - PM Sleep Aid and Fat Burner† Slaughtermelon (Watermel...

```

```

SUPERHUMAN PUMP SAMPLE - Stim Free Pre Workout MANGO VEINIAC (Mango Strawberry ...

```

```

SUPERHUMAN® EXTREME SAMPLE - Extreme Energy for Intense Workouts† GRAPEZILLA (G...

```

```

SUPERHUMAN® PRE SAMPLE - Original Performance Pre-Workout† HULK JUICE (Sour Gum...

```

```

Med

Serve static assets with an efficient cache policy

Potential savings of 815KB

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
https://cdn1.stamped.io/files/widget.min.js	none	28.9KB
https://cdn1.stamped.io/files/widget.min.js?shop=alphalion-staging.myshopify.com	none	28.9KB
https://cdn1.stamped.io/files/widget.min.css	none	17.6KB
https://d38xvr37kwwhcm.cloudfront.net/js/grin-sdk.js?shop=alphalion-staging.myshopify.com	none	16.4KB
https://s.opensend.com/os.min.js	none	10.3KB
https://cdn1.stamped.io/fonts/stamped-font.ttf?rkevf1	none	9.8KB
https://cdn.aggle.net/oir/oir.min.js	none	7.38KB
https://s3-us-west-2.amazonaws.com/stamped.io/cdn/images/shopify_verified-by-shop-gray.svg	none	6.85KB
https://xp2023-pix.s3.amazonaws.com/px_5RTSy.js	none	5.28KB
https://cdn.sweettooth.io/assets/hudges/icons/stars-emoji-abe616e695d3540a9c8fd616cb837bdf58b0456ff9ec784177142b1c8c5f1bdc.png?color=%23E9C519&theme=light	none	4.61KB
https://trc.taboola.com/1277074/trc/3/json?tim=1728464537983&data=%7B%22id%22%3A374%2C%22ii%22%3A%22%2F%22%2C%22it%22%3A%22video%22%2C%22sd%22%3Anull%2C%22ui%22%3Anull%2C%22vi%22%3A1728464537969%2C%22cv%22%3A%2220241006-3-RELEASE%22%2C%22uiv%22%3A%22default%22%2C%22u%22%3A%22https%3A%2F%2Fwww.alphalion.com%2F%22%2C%22e%22%3Anull%2C%22cb%22%3A%22TFASC.trkCallback%22%2C%22qs%22%3A%22%22%2C%22r%22%3A%5B%7B%22li%22%3A%22rbox-tracking%22%2C%22s%22%3A0%2C%22uim%22%3A%22rbox-tracking%3Apub%3Dadpros-alphalion-sc%3Aabp%3D0%22%2C%22uip%22%3A%22rbox-tracking%22%2C%22orig_uip%22%3A%22rbox-tracking%22%7D%5D%2C%22mpvd%22%3A%7B%22en%22%3A%22page_view%22%2C%22tim%22%3A1728464537979%2C%22ref%22%3Anull%2C%22item-url%22%3A%22https%3A%2F%2Fwww.alphalion.com%2F%22%2C%22tos%22%3A%2C%22ssd%22%3A1%2C%22scd%22%3A0%2C%22it%22%3A%22JS_PIXEL%22%2C%22supv%22%3Atrue%7D%7D&pubit=i	none	1.66KB
https://navidium-static-assets.s3.amazonaws.com/navidium-widgets/plus/checker.js	none	1.41KB
https://tr.snapchat.com/config/com/08a3b3c7-4ab6-4dc7-a27f-94f561f99711.js?v=3.33.0-2409301510	none	478B
https://www.facebook.com/tr/?id=1864228593790160&ev=PageView&dl=https%3A%2F%2Fwww.alphalion.com&rl=&if=false&ts=1728464536944&sw=390&sh=844&udf[external_id]=9aec6b2ccb0c44ac050bde628d5fe9aabdadebaa9600a705f342c35a8975c05&v=2.9.170&r=stable&ec=0&o=12316&fbp=fb.1.1728464535839.9549158795&cs_est=true&pm=1&hrl=1ac50b&ler=empty&cdl=A.PI_unavailable&it=1728464536572&coo=false&eid=df549917-4b7b-4459-8f20-a567b30f2eaf&cs_cc=1&cas=1389050031148649%2C746853599866107%2C7821241447895056%2C7456900107730966%2C26156376577340140%2C7490199961060923%2C7175191815923165%2C3910398535657006%2C7582531911873244%2C7653712674726887%2C26115978041350962%2C7128700567231464%2C7941433595919346%2C7838230406268791%2C5912591428760031%2C5537019639679887%2C6080029438725337%2C5727921713933204%2C8140355296034847%2C5623014711114537%2C5407179639392333%2C5669746059749494%2C5916384678405765%2C4301098906577794%2C3462897660430291%2C3419471808181994%2C3348924411828401%2C4655906297814805%2C3489774454423689%2C434355335714893%2C3220947374617567%2C2770129406430344%2C2468190063277559%2C2186377874750011%2C2493129394040884%2C2188559131230612%2C225233834197611%2C1908709352590064%2C1093740390749902%2C1952254581554199%2C1762098457252918%2C2031389696883874%2C2275941885809559%2C1908633752590086%2C1882824635106442%2C1484778641627440%2C1558080584318158&rqm=GET	none	273B
https://tracking.markethero.io/v1/!st/script?pid=138998&origin=SHOPIFY	none	224B
https://form-assets.mailchimp.com/snippet/account/218640362?shop=alphalion-staging.myshopify.com	60 seconds	77.0KB
https://shop.app/checkouts/internal/preloads.js?locale=en-US&shop_id=23216571	60 seconds	525B
https://app.amped.io/snippet/shopify?store=alphalion-staging.myshopify.com	2 minutes	379B
https://cdn.intelligems.io/ig_1728319194804.b55cde2f9d6ee047a11c.js	5 minutes	49.5KB
https://cdn.intelligems.io/ig_11e003be1833.js	5 minutes	47.5KB
https://cdn.intelligems.io/ig_1728319194804.45dc4276f1be06fa66ba.js	5 minutes	22.3KB
https://cdn.intelligems.io/ig_1728319194804.c3ded2bf659a7ac9d811.js	5 minutes	19.2KB
https://cdn.intelligems.io/ig_1728319194804.36fde7e2ba2ff52d1352.js	5 minutes	12.4KB
https://cdn.intelligems.io/ig_1728319194804.ad92636ba44730cd7404.js	5 minutes	11.9KB
https://cdn.intelligems.io/ig_1728319194804.f968a98f27b4248e092a.js	5 minutes	7.52KB
https://cdn.intelligems.io/ig_1728319194804.7e5bd4bd958cd472f0f8.js	5 minutes	7.51KB
https://cdn.intelligems.io/ig_1728319194804.d6da0747de7c2416355d.js	5 minutes	4.23KB
https://cdn.intelligems.io/ig_1728319194804.88bb78a0d2b95d7b0017.js	5 minutes	4.16KB
https://cdn.intelligems.io/ig_1728319194804.329192c077d6e52ec96c.js	5 minutes	566B
https://cdn.mxpnl.com/libs/mixpanel-2-latest.min.js	10 minutes	19.1KB
https://cdn.shopify.com/proxy/6d6d5753964348f3f7cd2fd92a3efa2e11230c41abed11c679a29fcb6f8814dd/app_retention.com/shopify/shopify_app_add_to_cart_script.js?shop=alphalion-staging.myshopify.com&sp-cache-control=chVibGJlLCBTYXgtYWdlPTkwMA	10 minutes	2.08KB
https://connect.facebook.net/en_US/fbevents.js	20 minutes	60.1KB
https://connect.facebook.net/signals/config/1864228593790160?v=2.9.170&r=stable&domain=www.alphalion.com&hme=d82868061a8c707cd31395a3055e7449daa03bd520872727258c39e6af34523e&ex_m=70%2C120%2C106%2C110%2C61%2C4%2C99%2C69%2C16%2C96%2C88%2C7%2C51%2C27%2C6%2C171%2C174%2C18%2C182%2C183%2C185%2C29%2C100%2C53%2C77%2C184%2C166%2C169%2C179%2C180%2C187%2C130%2C41%2C34%2C142%2C15%2C50%2C193%2C192%2C132%2C18%2C40%2C1%2C43%2C65%2C66%2C67%2C71%2C92%2C17%2C14%2C95%2C91%2C90%2C107%2C52%2C109%2C39%2C108%2C30%2C93%2C26%2C167%2C170%2C139%2C28%2C11%2C12%2C13%2C6%2C7%2C25%2C22%2C23%2C57%2C62%2C64%2C75%2C101%2C27%2C76%2C9%2C8%2C80%2C48%2C21%2C103%2C102%2C104%2C97%2C10%2C20%2C3%2C38%2C74%2C19%2C85%2C56%2C83%2C33%2C73%2C0%2C94%2C32%2C82%2C87%2C47%2C46%2C86%2C37%2C5%2C89%2C81%2C44%2C35%2C84%2C2%2C36%2C63%2C42%2C105%2C45%2C79%2C68%2C111%2C60%2C59%2C31%2C98%2C58%2C55%2C49%2C78%2C72%2C24%2C12	20 minutes	24.7KB

URL	CACHE TTL	TRANSFER SIZE
• https://chimpstatic.com/mcjs-connected/js/users/ce0808c83eebf196c56fd2dc6/4f1233c6dbae4e21288fea0e9.js?shop=alphalion-staging.myshopify.com	29 minutes	4.29KB
• https://cdn.tapcart.com/webbridge-sdk/webbridge.umd.js?shop=alphalion-staging.myshopify.com	60 minutes	68.1KB
• https://dashboard.heatmap.com/heatmap-light.min.js?sid=427&src=prep	60 minutes	48.7KB
• https://dashboard.heatmap.com/preprocessor.min.js?sid=427	60 minutes	13.9KB
• https://upsell-cart-drawer.nyc3.cdn.digitaloceanspaces.com/settings/alphalion-staging.js?t=1728464534750	60 minutes	12.5KB
• https://cdn.userway.org/widget.js?account=VjYl0LL6lc&platfAppInstalledSiteId=3553047&shop=alphalion-staging.myshopify.com	60 minutes	1.70KB
• https://cdn.userway.org/widget.js	60 minutes	1.70KB
• https://shopify-gtm-suite.getelevar.com/configs/208a3e0f803f6a4802ba3793785a920ed1447040/config.js	60 minutes	1.13KB
• https://rules.quantcount.com/rules-p-_xdNhTf0FFQSV.js	60 minutes	640B
• https://www.alphalion.com/a/elevar/static/configs/208a3e0f803f6a4802ba3793785a920ed1447040/config.js	60 minutes	0B
• https://amaicdn.com/storelocator-prod/wtb/alphalion-staging-1728394208.js?shop=alphalion-staging.myshopify.com	3 hours	148KB
• https://amaicdn.com/storelocator-prod/setting/alphalion-staging-1728394207.js?shop=alphalion-staging.myshopify.com	3 hours	90.3KB
• https://amaicdn.com/storelocator-prod/stockist-form/alphalion-staging-1709692913.js?shop=alphalion-staging.myshopify.com	3 hours	7.36KB
• https://cdn.verifypass.com/seller/launcher.js?shop=alphalion-staging.myshopify.com	4 hours	1.80KB
• https://www.clarity.ms/s/0.7.47/clarity.js	24 hours	26.8KB
• https://sdfs.automizely-analytics.com/analytics/v1/dc.js	24 hours	14.4KB
• https://searchanise-ef84.kxcdn.com/preload_data.4A5I5x0W1d.js	24 hours	9.9KB
• https://cdn.506.io/eg/script.js?shop=alphalion-staging.myshopify.com	7 days	57.6KB
• https://cdn.506.io/eg/debug.js	7 days	20.3KB
• https://cdn.userway.org/styles/2024-10-08-15-28-17/widget_base.css?v=1728401297040	10 days	5.28KB
• https://widgets.automizely.com/aftership/gmv.js?organization_id=64bec4a68de844f088331fee9e479bda&shop=alphalion-staging.myshopify.com	30 days	1.22KB

Med-Low

Enable text compression

FCP

LCP

Potential savings of 555KB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://aca.506.io/public/store?shop=alphalion-staging.myshopify.com	326KB	303KB
• https://api.config-security.com/first?host=alphalion-staging.myshopify.com&plat=SHOPIFY	104KB	65.1KB
• https://cdn.tapcart.com/webbridge-sdk/webbridge.umd.js?shop=alphalion-staging.myshopify.com	67.6KB	43.7KB
• https://stamped.io/api/widget/badges	43.3KB	41.0KB
• https://cdn.intelligems.io/ig_1728319194804.b55cde2f9d6ee047a11c.js	49.2KB	34.3KB
• https://cdn.intelligems.io/ig_1728319194804.45dc4276f1be06fa66ba.js	22.1KB	17.8KB
• https://cdn.intelligems.io/ig_1728319194804.c3ded2bf659a7ac9d811.js	19.0KB	13.6KB
• https://cdn.intelligems.io/ig_1728319194804.36fde7e2ba2ff52d1352.js	12.2KB	8.54KB
• https://cdn.intelligems.io/ig_1728319194804.ad92636ba44730cd7404.js	11.7KB	7.18KB
• https://cdn.intelligems.io/ig_1728319194804.7e5bd4bd958cd472f0f8.js	7.28KB	4.58KB
• https://cdn.intelligems.io/ig_1728319194804.f968a98f27b4248e092a.js	7.30KB	4.57KB
• https://cdn.pushowl.com/config/api/v1/alphalion-staging/subscriber/config/widget/?guid=89c9c710-2366-4cfe-9871-a7cbace2a995&platform=shopify	5.82KB	4.01KB
• https://xp2023-pix.s3.amazonaws.com/px_5RtSy.js	4.79KB	2.99KB
• https://cdn.intelligems.io/ig_1728319194804.d6da0747de7c2416355d.js	4.04KB	2.37KB
• https://cdn.intelligems.io/ig_1728319194804.88bb78a0d2b95d7b0017.js	3.96KB	2.33KB

Med-Low	Avoid document.write()	1 instance found
---------	------------------------	------------------

For users on slow connections, external scripts dynamically injected via `document.write()` can delay page load by tens of seconds.

URL	LOCATION
https://js.smile.io/v1/vendor-298e5c2d9a4b7d75560f.modern.js	Line:1

Med-Low

Avoid CSS @import

FCP

LCP

1 resource found

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

<https://fonts.googleapis.com/css2?family=Bebas+Neue:ital,wght@0,400&family=Caveat:ital,wght@0,400&family=Didact+Gothic:ital,wght@0,400&family=Jost:ital,wght@0,400&family=Mulish:ital,wght@0,400&family=Noto+Sans:ital,wght@0,400,0,700&family=Noto+Sans+HK:ital,wght@0,400,0,500&family=Oswald:ital,wght@0,400&family=Poppins:ital,wght@0,100,0,200,0,300,0,400,0,500,0,600,0,700,0,800,0,900&family=Rubik:ital,wght@0,400&display=swap>

Low

Use a Content Delivery Network (CDN)

6 resources found

CDNs can give an equally fast web experience to your users across the globe.

URL
https://www.google.co.uk/pagead/1p-user-list/1000409919/?random=1728464534457&cv=11&fst=1728464400000&bg=ffffff&guid=ON&async=1&gtm=45be4a70v9116129989za200&gcd=131313111&dma=0&tag_exp=101671035~101747727&u_w=390&u_h=844&url=https%3A%2F%2Fwww.alphalion.com%2Fwpm%40a83c77b0w327a473fp4badfd8bm97b5fd29%2Fcustom%2Fweb-pixel-21626942%402%2Fsandbox%2Fmodern%2F&hn=www.googleadservices.com&frm=2&tiba=High%20Performance%20Supplements%20For%20Superhumans%20%7C%20Alpha%20Lion&npa=0&pscdl=noapi&aid=1263314882.1728464534&uaa=&uab=&uafvl=&uamb=0&uam=&uap=&uapv=&uaw=0&fdr=QA&data=event%3Dgtag.config&rftm=3&fnt=3&is_vtc=1&cid=CAQSGwDpaXnfJKXH8DoSvXu7XQFFHpigLLi0UiDjIA&random=1965065193&rmt_tld=1&ipr=y https://services.nofraud.com/js/device.js?shop=alphalion-staging.myshopify.com https://tracking.markethero.io/v1/lst/script?pid=138998&origin=SHOPIFY https://c.clarity.ms/c.gif?ctsa=mr&CtsSyncId=09147314907445E1BAC7D7740CC5A2AE&MUID=206EDDF54CD269CC1383C8E64DD468CF https://analytics.twitter.com/1/i/adsc?bci=4&eci=3&event=%7B%7D&event_id=4d4957da-2f4b-4e72-b9bc-71b9d2d4ffed&external_id=9aec6b2ccb0c44ac050bdde628d5fe9aabdadebaa9600a705f342c35a8975c05&integration=gtm&p_id=Twitter&p_user_id=0&pl_id=79e56de9-c466-4dfa-8236-45b5be7f0271&tw_document_href=https%3A%2F%2Fwww.alphalion.com%2F&tw_iframe_status=0&txn_id=ofo1d&type=javascript&version=2.3.30 https://www.google.co.uk/pagead/1p-user-list/1000409919/?random=1728464538159&cv=11&fst=1728464400000&bg=ffffff&guid=ON&async=1&gtm=45be4a70v9116129989z8836146942za201zb836146942&gcd=131313151&dma=0&tag_exp=101671035~101747727&u_w=390&u_h=844&url=https%3A%2F%2Fwww.alphalion.com%2F&hn=www.googleadservices.com&frm=0&tiba=High%20Performance%20Supplements%20For%20Superhumans%20%7C%20Alpha%20Lion&did=dNzYwYj&qdid=dNzYwYj&rdp=0&npa=0&pscdl=noapi&aid=1263314882.1728464534&uaa=&uab=&uafvl=&uamb=0&uam=&uap=&uapv=&uaw=0&fdr=QA&data=ecomm_pagetype%3Dhome&rftm=3&fnt=3&is_vtc=1&cid=CAQSGwDpaXnfJ3uqerHkVf8usS2fY6lM8gw1LA0Uw&random=667702873&rmt_tld=1&ipr=y

Low

Eliminate render-blocking resources

FCP

LCP

Potential savings of 133ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://fonts.googleapis.com/css2?family=Barlow:wght@500&family=Bebas+Neue&family=Rubik:wght@300;400;500;600&display=swap	1.34KB	767ms
https://fonts.googleapis.com/css2?family=Roboto:wght@300;400;500&display=swap	803B	150ms
https://cdn.jsdelivr.net/npm/@splidejs/splide@3.6.9/dist/css/splide.min.css	1.73KB	755ms
https://www.alphalion.com/cdn/shop/t/198/assets/combined_final.css?v=53453327961724419331727906306	50.5KB	1.4s
https://www.alphalion.com/cdn/shop/t/198/assets/alphalion-theme.scss.css?v=167561458064915704871727906332	4.76KB	150ms
https://www.alphalion.com/cdn/shop/t/198/assets/theme.min.css?v=81491566976907350251728318397	63.9KB	750ms
https://cdn.506.io/eg/script.js?shop=alphalion-staging.myshopify.com	57.6KB	1.9s
https://cdn1.stamped.io/files/widget.min.js	28.9KB	1.4s
https://cdn.intelligems.io/11e003be1833.js	47.5KB	1.7s

Low

Allow back/forward cache restoration

4 failure reasons

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations.

FAILURE REASON	FAILURE TYPE
Pages that use WebXR are not currently eligible for back/forward cache. https://www.alphalion.com/	Actionable
Pages that use WebHID are not currently eligible for back/forward cache. https://www.alphalion.com/	Actionable
The page has an unload handler in the main frame. https://www.alphalion.com/	Actionable
Pages with WebSocket cannot enter back/forward cache. https://www.alphalion.com/	Pending browser support

Low

Reduce unused JavaScript
LCP

Potential savings of 0.96MB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://cdn.rebuyengine.com/onsite/js/global.js?build=1728068618	185KB	96.4KB
https://static.rechargecdn.com/assets/js/widget.min.js?shop=alphalion-staging.myshopify.com	119KB	75.3KB
https://cdn.shopify.com/s/files/1/0537/1265/0427/t/3/assets/upsell-cart-drawer____shopify.js?v=20240729-02&shop=alphalion-staging.myshopify.com	68.7KB	67.1KB
https://sdk.postscript.io/sdk.bundle.js?shopId=2579	83.0KB	62.0KB
...../node_modules/@fingerprintjs/fingerprintjs/dist/fp.esm.js	8.99KB	8.54KB
...../node_modules/intl-tel-input/build/js/intlTelInput.js	10.7KB	7.86KB
...../src/sdk/back-in-stock/widget/components/mobile/mobileStyles.js	3.17KB	3.17KB
...../node_modules/webfontloader/webfontloader.js	3.46KB	3.05KB
...../node_modules/mutation-summary/dist/umd/mutation-summary.js	8.02KB	2.99KB
https://form-assets.mailchimp.com/snippet/account/218640362?shop=alphalion-staging.myshopify.com	77.0KB	60.2KB
https://www.googletagmanager.com/gtag/js?id=G-5JKBLHWBJM	114KB	49.8KB
https://www.googletagmanager.com/gtag/destination?id=MC-QL087H84ZX&l=dataLayer&cx=c	88.3KB	49.3KB
https://public.getfondue.com/cashback-extension/cart/fundle.js?v=7662962492cd4e0cdcedfb510b7969ff63ab247a	74.6KB	45.3KB
https://www.googletagmanager.com/gtm.js?id=GTM-WT6Z2VT	123KB	45.1KB
https://www.googletagmanager.com/gtag/destination?id=AW-1000409919&l=dataLayer&cx=c	94.8KB	44.2KB
https://analytics.tiktok.com/i18n/pixel/static/main.MWEzNzVIZGY0Mw.js	95.7KB	42.9KB
https://www.googletagmanager.com/gtag/js?id=AW-1000409919	95.4KB	38.7KB
https://cdn.506.io/eg/script.js?shop=alphalion-staging.myshopify.com	57.6KB	36.8KB
https://cdn.tapcart.com/webbridge-sdk/webbridge.umd.js?shop=alphalion-staging.myshopify.com	68.1KB	36.5KB
https://searchanise-ef84.kxcdn.com/widgets.94887.min.js	50.1KB	31.3KB
https://cdn1.stamped.io/files/widget.min.js?shop=alphalion-staging.myshopify.com	28.9KB	28.8KB
https://www.alphalion.com/cdn/shop/t/198/assets/footer_js_combined.js?v=121368251289975086751727906332	43.0KB	28.5KB
https://cdn.shopify.com/s/files/1/0490/6483/7279/t/3/assets/upsell-cart-drawer____shopify.js?shop=alphalion-staging.myshopify.com&t=20241009-02-01	67.5KB	27.9KB
https://js.smile.io/v1/vendor-298e5c2d9a4b7d75560f.modern.js	63.6KB	27.0KB
https://static.klaviyo.com/onsite/js/Render.6bb97075144519144dfb.js	32.5KB	24.0KB
https://cdn1.stamped.io/files/widget.min.js	28.9KB	23.2KB
https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/widget_app_base_1728401297040.js	39.5KB	20.8KB
https://cdn.intelligems.io/ig_1728319194804.45dc4276f1be06fa66ba.js	22.3KB	20.8KB

Low

Defer offscreen images

Potential savings of 522KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.alphalion.com/cdn/shop/products/SH-PUMP-MANGO-VEINIAC_1_1_540x.png?v=1693863824	67.4KB	67.4KB
https://www.alphalion.com/cdn/shop/files/SHEXTREMEGRAPEZILLAFRONT1500X1500_540x.png?v=1725986530	56.2KB	56.2KB
https://www.alphalion.com/cdn/shop/files/GAINSCANDYTURKESTERONE15003_540x.png?v=1698396949	42.6KB	42.6KB
https://www.alphalion.com/cdn/shop/files/DBD-Offer2_270x.png?v=1728399833	25.9KB	25.9KB
https://www.alphalion.com/cdn/shop/products/SUPERHUMAN-MUSCLE-STACK-SLEEP_0002_STACK_PostMarg_SleepTropical_Muscle_1_270x.png?v=1681760694	21.6KB	21.6KB
https://www.alphalion.com/cdn/shop/products/1-month_270x.png?v=1665610761	21.5KB	21.5KB
https://www.alphalion.com/cdn/shop/products/SH-Fat-Loss-Stack_0020_FATLOSS-STACK-SleepSlaughtermelo-BurnSmurf_1_270x.png?v=1681759939	20.7KB	20.7KB
https://www.alphalion.com/cdn/shop/files/SH-Woman-LionessLemonade_Burn20-Grapezilla_557e3f96-5323-486b-9192-289194e32668_270x.png?v=1725043952	19.8KB	19.8KB
https://www.alphalion.com/cdn/shop/files/SH-Test_Burn20Grapezilla_270x.png?v=1724704328	18.6KB	18.6KB
https://www.alphalion.com/cdn/shop/files/LegacyMeshShorts-LionEcho-SkyBlue_270x.png?v=1700716856	18.0KB	18.0KB
https://www.alphalion.com/cdn/shop/products/GLUCOVANTAGE-NO-BG-1_270x.png?v=1663163392	17.4KB	17.4KB
https://www.alphalion.com/cdn/shop/products/RIPFACTOR-NO-BG-1_270x.png?v=1663164127	16.9KB	16.9KB
https://www.alphalion.com/cdn/shop/products/gains-candy-nitrosigine-1b_4d45f095-2cc7-4b1f-8ef9-034231c00085_270x.png?v=1669677468	15.8KB	15.8KB
https://www.alphalion.com/cdn/shop/files/SHSleep-TropicalTerminator_Render_270x.png?v=1726675263	15.8KB	15.8KB
https://www.alphalion.com/cdn/shop/products/S7-NO-BG-1_270x.png?v=1663164167	15.5KB	15.5KB
https://www.alphalion.com/cdn/shop/files/SHEXTREMEGRAPEZILLAFRONT1500X1500_270x.png?v=1725986530	15.3KB	15.3KB
https://www.alphalion.com/cdn/shop/files/LegacyMeshShorts-Varsity-Gold_270x.png?v=1700716768	13.7KB	13.7KB
https://www.alphalion.com/cdn/shop/files/SH_CPW_ALPHA_PUNCH_ns_270x.png?v=1720562175	12.9KB	12.9KB
https://www.alphalion.com/cdn/shop/files/GAINS-CANDY_CaloriBurn-Thermogenesis_270x.png?v=1712276213	12.2KB	12.2KB
https://www.alphalion.com/cdn/shop/files/GAINS-CANDY_Mitoburn-Thermogenesis_270x.png?v=1712276804	12.1KB	12.1KB
https://www.alphalion.com/cdn/shop/files/GAINSCANDYTURKESTERONE15003_270x.png?v=1698396949	11.5KB	11.5KB
https://www.alphalion.com/cdn/shop/files/RelaxedTee-Devotion-Mocha_270x.png?v=1700716192	9.42KB	9.42KB
https://www.alphalion.com/cdn/shop/files/LegacyTee-Persevere-StoneBlue_270x.png?v=1700717000	9.00KB	9.00KB
https://www.alphalion.com/cdn/shop/files/LegacyTee-Redacted-VintageGray_270x.png?v=1700717572	8.51KB	8.51KB
https://www.alphalion.com/cdn/shop/files/RelaxedTee-Varsity-Black_270x.png?v=1700716500	7.76KB	7.76KB
https://s3-us-west-2.amazonaws.com/stamped.io/cdn/images/shopify_verified-by-shop-gray.svg	6.41KB	6.41KB
https://www.alphalion.com/cdn/shop/files/WomensFlexTank-Black_270x.png?v=1700716114	5.21KB	5.21KB
https://www.alphalion.com/cdn/shop/files/WomensFlexLeggings-Black_270x.png?v=1700716174	4.64KB	4.64KB

Low

Minify JavaScript

FCP

LCP

Potential savings of 2.50KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://chimpstatic.com/mcjs-connected/js/users/ce0808c83eebf196c56fd2dc6/4f1233c6dbae4e21288fea0e9.js?shop=alphalion-staging.myshopify.com	4.29KB	2.50KB

Low

Remove duplicate modules in JavaScript bundles

TBT

Potential savings of 4.32KB

Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity.

SOURCE	TRANSFER SIZE	POTENTIAL SAVINGS
../src/index.ts		4.32KB
https://www.alphalion.com/cdn/shopifycloud/consent-tracking-api/v0.1/consent-tracking-api.js	4.52KB	
https://cdn.shopify.com/shopifycloud/consent-tracking-api/v0.1/consent-tracking-api.js	4.32KB	
Low Minify CSS FCP LCP Potential savings of 12.9KB		

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://fonts.googleapis.com/css2?family=Bebas+Neue:ital,wght@0,400&family=Caveat:ital,wght@0,400&family=Didact+Gothic:ital,wght@0,400&family=Jost:ital,wght@0,400&family=Mulish:ital,wght@0,400&family=Noto+Sans:ital,wght@0,400;0,700&family=Noto+Sans+HK:ital,wght@0,400;0,500&family=Oswald:ital,wght@0,400&family=Poppins:ital,wght@0,100;0,200;0,300;0,400;0,500;0,600;0,700;0,800;0,900&family=Rubik:ital,wght@0,400&display=swap https://www.alphalion.com/cdn/shop/t/198/assets/combined_final.css?v=53453327961724419331727906306	80.9KB 50.5KB	9.23KB 3.64KB

Low	Properly size images	Potential savings of 590KB
-----	----------------------	----------------------------

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.alphalion.com/cdn/shop/files/SH-Protein_CinnamonSwoleCereal_RenderFlavorSplash_ae24a145-54ad-4fb4-a851-5cab32717e23_540x.png?v=1726687194	85.7KB	71.9KB
https://www.alphalion.com/cdn/shop/products/SH-PUMP-MANGO-VEINIAC_1_1_540x.png?v=1693863824	67.4KB	56.5KB
https://www.alphalion.com/cdn/shop/products/SH-BURN-HULK-JUICE_1_1_540x.png?v=1706628381	63.6KB	53.3KB
https://www.alphalion.com/cdn/shop/products/SuperhumanPRELionsblood1bottle_540x.png?v=1721412610	49.8KB	41.8KB
https://www.alphalion.com/cdn/shop/files/GAINSCANDYTURKESTERONE15003_540x.png?v=1698396949	42.6KB	35.8KB
https://www.alphalion.com/cdn/shop/files/Burn2O_Grapezilla_Render_July2024_540x.png?v=1724145427	31.5KB	26.4KB
https://www.alphalion.com/cdn/shop/files/AlphaLion_Glycerol_1500X1500_9898f1c7-2cc8-4dfa-adecc7b700245f5d_540x.png?v=1699043831	30.7KB	25.8KB
https://cdn.shopify.com/s/files/1/2321/6571/products/sh-protein-sample-pb-gains_eae6d380-6a16-4544-adcb-40ac2c4b489f_400x400.png?v=1712075471	26.2KB	24.5KB
https://www.alphalion.com/cdn/shop/files/AlphaLion_Creatine_1500X1500_60f8a8fe-9f12-40c6-a61d-5703ee7de030_540x.png?v=1700716254	28.9KB	24.2KB
https://cdn.shopify.com/s/files/1/2321/6571/products/superhuman-pump-sample-mango-veiniac_400x400.png?v=1698773236	18.5KB	17.3KB
https://cdn.shopify.com/s/files/1/2321/6571/products/SH_ST_BURN_HulkJuice-2_400x400.png?v=1695048814	18.3KB	17.2KB
https://cdn.shopify.com/s/files/1/2321/6571/products/SH_ST_PRE_HulkJuice_400x400.png?v=1664998898	18.1KB	17.0KB
https://cdn.shopify.com/s/files/1/2321/6571/files/StickPack_SH-Extreme_Grapezilla_700x700_5a1992eb-b966-45a7-92cb-3a45462995fc_400x400.png?v=1705498680	17.6KB	16.5KB
https://cdn.shopify.com/s/files/1/2321/6571/products/superhuman-sleep-sample-slaughtermelon_aeca4958-7a9a-4ad3-92de-dac338bba4fe_400x400.png?v=1666280887	17.0KB	15.9KB
https://www.alphalion.com/cdn/shop/products/Mass-Stack_grapezilla_1_270x.png?v=1663802541	27.9KB	9.9KB
https://www.alphalion.com/cdn/shop/files/DBD-Offer2_270x.png?v=1728399833	25.9KB	9.24KB
https://www.alphalion.com/cdn/shop/products/alpha_stack_1month_270x.png?v=1661271319	25.2KB	8.97KB
https://www.alphalion.com/cdn/shop/products/SUPERHUMAN-MUSCLE-STACK-SLEEP_0002_STACK_PostMarg_SleepTropical_Muscle_1_270x.png?v=1681760694	21.6KB	7.70KB
https://www.alphalion.com/cdn/shop/products/1-month_270x.png?v=1665610761	21.5KB	7.66KB
https://www.alphalion.com/cdn/shop/files/MassMonsterstackCCPBLL_b314d1c3-7616-4154-b384-fb9ba93403c4_270x.png?v=1692714341	21.3KB	7.58KB
https://www.alphalion.com/cdn/shop/products/SH-Fat-Loss-Stack_0020_FATLOSS-STACK-SleepSlaughtermelo-BurnSmurf_1_270x.png?v=1681759939	20.7KB	7.38KB
https://www.alphalion.com/cdn/shop/files/SH-Woman-LionessLemonade_Burn20-Grapezilla_557e3f96-5323-486b-9192-289194e32668_270x.png?v=1725043952	19.8KB	7.08KB
https://www.alphalion.com/cdn/shop/files/SH-Test_Burn20Grapezilla_270x.png?v=1724704328	18.6KB	6.62KB
https://www.alphalion.com/cdn/shop/files/LegacyMeshShorts-LionEcho-SkyBlue_270x.png?v=1700716856	18.0KB	6.42KB
https://www.alphalion.com/cdn/shop/products/GLUCOVANTAGE-NO-BG-1_270x.png?v=1663163392	17.4KB	6.21KB
https://www.alphalion.com/cdn/shop/products/RIPFACTOR-NO-BG-1_270x.png?v=1663164127	16.9KB	6.03KB
https://www.alphalion.com/cdn/shop/files/LegacyMeshShorts-Iconic-ForestGreen_270x.png?v=1700717673	16.4KB	5.85KB
https://www.alphalion.com/cdn/shop/products/gains-candy-nitrosigine-1b_4d45f095-2cc7-4b1f-8ef9-034231c00085_270x.png?v=1669677468	15.8KB	5.63KB
https://www.alphalion.com/cdn/shop/files/SHSleep-TropicalTerminator_Render_270x.png?v=1726675263	15.8KB	5.63KB
https://www.alphalion.com/cdn/shop/products/S7-NO-BG-1_270x.png?v=1663164167	15.5KB	5.54KB
https://www.alphalion.com/cdn/shop/files/SHEXTREMEGRAPEZILLAFRONT1500X1500_270x.png?v=1725986530	15.3KB	5.46KB
https://www.alphalion.com/cdn/shop/files/LegacyMeshShorts-Varsity-Gold_270x.png?v=1700716768	13.7KB	4.90KB
https://www.alphalion.com/cdn/shop/files/SH_CPW_ALPHA_PUNCH_ns_270x.png?v=1720562175	12.9KB	4.59KB
https://www.alphalion.com/cdn/shop/files/LegacyMeshShorts-Cracked-White_270x.png?v=1700716070	12.7KB	4.51KB
https://www.alphalion.com/cdn/shop/files/GAINS-CANDY_CaloriBurn-Thermogenesis_270x.png?v=1712276213	12.2KB	4.35KB
https://www.alphalion.com/cdn/shop/files/GAINS-CANDY_Mitoburn-Thermogenesis_270x.png?v=1712276804	12.1KB	4.30KB
https://www.alphalion.com/cdn/shop/files/GAINSCANDYTURKESTERONE15003_270x.png?v=1698396949	11.5KB	4.09KB

Low

Reduce unused CSS FCP LCP

Potential savings of 250KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://fonts.googleapis.com/css2?family=Bebas+Neue:ital,wght@0,400&family=Caveat:ital,wght@0,400&family=Didact+Gothic:ital,wght@0,400&family=Jost:ital,wght@0,400&family=Mulish:ital,wght@0,400&family=Noto+Sans:ital,wght@0,400;0,700&family=Noto+Sans+HK:ital,wght@0,400;0,500&family=Oswald:ital,wght@0,400&family=Poppins:ital,wght@0,100;0,200;0,300;0,400;0,500;0,600;0,700;0,800;0,900&family=Rubik:ital,wght@0,400&display=swap	80.9KB	80.9KB
https://www.alphalion.com/cdn/shop/t/198/assets/theme.min.css?v=81491566976907350251728318397	63.9KB	63.3KB
https://www.alphalion.com/cdn/shop/t/198/assets/combined_final.css?v=53453327961724419331727906306	50.5KB	48.3KB
https://cdn.rebuyengine.com/onsite/css/global.min.css?build=1728068618	18.4KB	17.7KB
https://cdn1.stamped.io/files/widget.min.css	17.6KB	17.1KB
https://searchanise-ef84.kxcdn.com/results_big_pictures_new.94887.css	11.9KB	11.9KB
.d-inline-block{display:inline-block!important} ...	10.5KB	10.5KB

Low

Avoid multiple page redirects FCP LCP

Potential savings of 90ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://alphalion.com/	90ms
https://www.alphalion.com/	0ms

Low

Avoid non-composited animations CLS

127 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME
SUPERHUMAN® PRE-WORKOUT - Original Performance Pre-Workout† LION'S BLOOD (Red G... <pre></pre> Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('40290378121278', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre> Unsupported CSS Property: visibility	visibility
SUPERHUMAN® EXTREME - EXTREME ENERGY PRE-WORKOUT FORMULA <pre><a aria-label="SUPERHUMAN® EXTREME - Extreme Energy Pre-Workout Formula" style="flex-direction: column;" href="/products/superhuman-extreme" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-extreme"></pre> Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart BURN2O" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39899525840958', 1);" data-uw-rm-kbnav="click"></pre> Unsupported CSS Property: visibility	visibility
SUPERHUMAN® PRE-WORKOUT - ORIGINAL PERFORMANCE PRE-WORKOUT† <pre><a aria-label="SUPERHUMAN® PRE-WORKOUT - Original Performance Pre-Workout†" style="flex-direction: column;" href="/products/superhuman-pre-workout" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-pre-workout"></pre> Unsupported CSS Property: visibility SUPERHUMAN PUMP - STIM FREE PRE WORKOUT <pre><a aria-label="SUPERHUMAN PUMP - Stim Free Pre Workout" style="flex-direction: column;" href="/products/superhuman-pump" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-pump"></pre> Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart SUPERHUMAN® EXTREME - Extreme Energy Pre-Workout Formula" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('40090254803006', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre> Unsupported CSS Property: visibility	visibility
ADD TO CART <pre><button aria-label="Add to Cart DAD BOD DESTROYER STACK" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('40425895952446', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre> Unsupported CSS Property: visibility SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE CINNAMON SWOLE CEREAL (Cinnamon Cerea... <pre></pre> Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart SUPERHUMAN® BURN - 2 in 1 Fat Burning Pre-Workout†" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('31625491546174', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre> Unsupported CSS Property: visibility	visibility
SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE <pre><a aria-label="SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE" style="flex-direction: column;" href="/products/superhuman-protein" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-protein"></pre> Unsupported CSS Property: visibility DAD BOD DESTROYER STACK <pre></pre> Unsupported CSS Property: visibility SUPERHUMAN® BURN - 2 IN 1 FAT BURNING PRE-WORKOUT†	visibility

```
<a aria-label="SUPERHUMAN® BURN - 2 in 1 Fat Burning Pre-Workout†" style="flex-direction: column;" href="/products/superhuman-burn-pre-workout-fat-burner" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-burn-pre-workout-fat-burner">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN SLEEP - PM Sleep Aid and Fat Burner† TROPICAL TERMINATOR (Fruit Punc...

```
<a class="item-grid-link" href=" /products/superhuman-sleep " tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-sleep">
```

Unsupported CSS Property: visibility

visibility

BURN2O Grapezilla (Grape Bubble Gum) - Alpha Lion

```
<a class="item-grid-link" href=" /products/burn2o " data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/burn2o">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN PUMP - Stim Free Pre Workout MANGO VEINIAC (Mango Strawberry Sherbet...

```
<a class="item-grid-link" href=" /products/superhuman-pump " tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-pump">
```

Unsupported CSS Property: visibility

visibility

BURN2O

```
<a aria-label="BURN2O" style="flex-direction: column;" href="/products/burn2o" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/burn2o">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN® EXTREME - Extreme Energy Pre-Workout Formula - Alpha Lion

```
<a class="item-grid-link" href=" /products/superhuman-extreme " tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-extreme">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN® BURN - 2 in 1 Fat Burning Pre-Workout†. HULK JUICE (Sour Gummy Bear...

```
<a class="item-grid-link" href=" /products/superhuman-burn-pre-workout-fat-burner " tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-burn-pre-workout-fat-burner">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart SUPERHUMAN PUMP - Stim Free Pre Workout" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('12354582347840', 1);" tabindex="-1" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN SLEEP - PM SLEEP AID AND FAT BURNER†

```
<a aria-label="SUPERHUMAN SLEEP - PM Sleep Aid and Fat Burner†" style="flex-direction: column;" href="/products/superhuman-sleep" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-sleep">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart SUPERHUMAN® PRE-WORKOUT - Original Performance Pre-Workout†" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39953018191934', 1);" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

DAD BOD DESTROYER STACK

```
<a aria-label="DAD BOD DESTROYER STACK" style="flex-direction: column;" href="/products/dad-bod-destroyer-stack" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/dad-bod-destroyer-stack">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart SUPERHUMAN SLEEP - PM Sleep Aid and Fat Burner†" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39557122359358', 1);" tabindex="-1" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

GAINS CANDY™ TURKESTERONE® - MORE MUSCLE STRENGTH AND SIZE†

```
<a aria-label="GAINS CANDY™ TURKESTERONE® - More Muscle Strength and Size†" style="flex-direction: column;" href="/products/gains-candy-turkesterone" class="block2-name dis-block12 s-text3 p-b-5">
```

ELEMENT	NAME
tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-turkesterone"> Unsupported CSS Property: visibility	visibility
ADD TO CART <button aria-label="Add to Cart SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('40290378121278', 1);" data-uw-rm-kbnav="click"> Unsupported CSS Property: visibility	visibility
SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE CINNAMON SWOLE CEREAL (Cinnamon Cerea... Unsupported CSS Property: visibility	visibility
SUPERHUMAN® EXTREME - EXTREME ENERGY PRE-WORKOUT FORMULA <a aria-label="SUPERHUMAN® EXTREME - Extreme Energy Pre-Workout Formula" style="flex-direction: column;" href="/products/superhuman-extreme" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-extreme"> Unsupported CSS Property: visibility	visibility
CREATINE - STRENGTH. POWER. RECOVERY. <a aria-label="CREATINE - STRENGTH. POWER. RECOVERY." style="flex-direction: column;" href="/products/creatine" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/creatine"> Unsupported CSS Property: visibility	visibility
SUPERHUMAN® CORE - PRE-WORKOUT PERFORMANCE ESSENTIALS <a aria-label="SUPERHUMAN® CORE - PRE-WORKOUT PERFORMANCE ESSENTIALS" style="flex-direction: column;" href="/products/superhuman-core" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-core"> Unsupported CSS Property: visibility	visibility
ADD TO CART <button aria-label="Add to Cart CREATINE - STRENGTH. POWER. RECOVERY." class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('40258749923390', 1);" tabindex="-1" data-uw-rm-kbnav="click"> Unsupported CSS Property: visibility	visibility
GLYCEROL - PUMPS. VOLUME. HYDRATION. 1 Bottle - Alpha Lion Unsupported CSS Property: visibility	visibility
SUPERHUMAN® CORE - PRE-WORKOUT PERFORMANCE ESSENTIALS - Alpha Lion Unsupported CSS Property: visibility	visibility
GAINS CANDY™ TURKESTERONE® - More Muscle Strength and Size† 1 Bottle - Alpha L... Unsupported CSS Property: visibility	visibility
CREATINE - STRENGTH. POWER. RECOVERY. 1 Bottle - Alpha Lion Unsupported CSS Property: visibility	visibility
ADD TO CART <button aria-label="Add to Cart SUPERHUMAN® EXTREME - Extreme Energy Pre-Workout Formula" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('40090254803006', 1);" tabindex="-1" data-uw-rm-kbnav="click"> Unsupported CSS Property: visibility	visibility
SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE <a aria-label="SUPERHUMAN PROTEIN - WHEY PROTEIN ISOLATE" style="flex-direction: column;" href="/products/superhuman-protein" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-protein"> Unsupported CSS Property: visibility	visibility

ELEMENT	NAME
<code>tabindex="-1" data-uw-rm-kbnav="click"></code> Unsupported CSS Property: visibility	visibility
WOMEN'S FLEX LEGGINGS <code><a aria-label="Women's Flex Leggings" style="flex-direction: column;" href="/products/womens-flex-leggings" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/womens-flex-leggings"></code> Unsupported CSS Property: visibility	visibility
SHOP NOW <code><button aria-label="Shop now Women's Flex Tank" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="location.href='/products/womens-flex-tank';" tabindex="-1" data-uw-rm-kbnav="click"></code> Unsupported CSS Property: visibility	visibility
LEGACY TEE "PERSEVERE" PRINT <code><a aria-label="Legacy Tee " persevere"="" print="" style="flex-direction: column;" href="/products/legacy-tee-persevere-print" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/legacy-tee-persevere-print"></code> Unsupported CSS Property: visibility	visibility
Women's Flex Leggings XS / Black - Alpha Lion <code></code> Unsupported CSS Property: visibility	visibility
Women's Flex Tank XS / Black - Alpha Lion <code></code> Unsupported CSS Property: visibility	visibility
Legacy Mesh Shorts "Lion Echo" XS / Sky Blue - Alpha Lion <code></code> Unsupported CSS Property: visibility	visibility
SHOP NOW <code><button aria-label="Shop now Legacy Mesh Shorts " iconic"="" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="location.href='/products/legacy-mesh-shorts-iconic';" data-uw-rm-kbnav="click"></code> Unsupported CSS Property: visibility	visibility
SHOP NOW <code><button aria-label="Shop now Legacy Tee " persevere"="" print="" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="location.href='/products/legacy-tee-persevere-print';" tabindex="-1" data-uw-rm-kbnav="click"></code> Unsupported CSS Property: visibility	visibility
RELAXED TEE "VARSITY" PRINT <code><a aria-label="Relaxed Tee " varsity"="" print="" style="flex-direction: column;" href="/products/relaxed-tee-varsity-print" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/relaxed-tee-varsity-print"></code> Unsupported CSS Property: visibility	visibility
Legacy Mesh Shorts "Cracked" XS / White - Alpha Lion <code></code> Unsupported CSS Property: visibility	visibility
Legacy Tee "Persevere" Print XS / Stone Blue - Alpha Lion <code></code> Unsupported CSS Property: visibility	visibility
LEGACY TEE "REDACTED" PRINT <code><a aria-label="Legacy Tee " redacted"="" print="" style="flex-direction: column;" href="/products/legacy-tee-redacted-print" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/legacy-tee-redacted-print"></code>	

ELEMENT	NAME
Unsupported CSS Property: visibility LEGACY MESH SHORTS "CRACKED" <pre><a aria-label="Legacy Mesh Shorts " cracked""="" style="flex-direction: column;" href="/products/legacy-mesh-shorts-cracked" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/legacy-mesh-shorts-cracked"></pre>	visibility
Unsupported CSS Property: visibility The Alpha Stack - (SuperHuman Muscle & SuperHuman Test) 1 Month Supply (Save 10... <pre></pre>	visibility
Unsupported CSS Property: visibility LIONESS SHRED STACK <pre><a aria-label="Lioness Shred Stack" style="flex-direction: column;" href="/products/female-shred-stack" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/female-shred-stack"></pre>	visibility
Unsupported CSS Property: visibility DAMAGE CONTROL STACK <pre><a aria-label="Damage Control Stack" style="flex-direction: column;" href="/products/gains-candy-fat-loss-stack" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-fat-loss-stack"></pre>	visibility
Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart Lioness Shred Stack" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39899526889534', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre>	visibility
Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart Mass Monster Stack" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39954122244158', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre>	visibility
Unsupported CSS Property: visibility MASS MONSTER STACK <pre><a aria-label="Mass Monster Stack" style="flex-direction: column;" href="/products/mass-monster-stack" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/mass-monster-stack"></pre>	visibility
Unsupported CSS Property: visibility MASS SHREDDER STACK 1 Month Supply (Save 20%) / Male / GRAPEZILLA (Grape Bubble... <pre></pre>	visibility
Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart SUPERHUMAN MUSCLE STACK - Post, Sleep & Muscle" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39567895232574', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre>	visibility
Unsupported CSS Property: visibility MASS SHREDDER STACK <pre><a aria-label="MASS SHREDDER STACK" style="flex-direction: column;" href="/products/mass-shredder-stack-build-muscle-burn-fat" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/mass-shredder-stack-build-muscle-burn-f..."></pre>	visibility
Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart Damage Control Stack" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add_multiple([{ 'id': 39551797526590, 'quantity': 1 }, { 'id': 39552575..." ""="" tabindex="-1" data-uw-rm-kbnav="click"></pre>	visibility
Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart SuperHuman Shred Stack (For Him)" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add_multiple([{ 'id': 39480805457982, 'quantity': 1 }, { 'id': 39899525..." ""="" tabindex="-1" data-uw-rm-kbnav="click"></pre>	visibility
Unsupported CSS Property: visibility	visibility

SUPERHUMAN FAT LOSS STACK - SUPERHUMAN BURN + SUPERHUMAN ...

```
<a aria-label="SUPERHUMAN FAT LOSS STACK - SuperHuman Burn + SuperHuman Sleep" style="flex-direction: column;" href="/products/superhuman-fat-loss-stack" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-fat-loss-stack">
```

Unsupported CSS Property: visibility

visibility

Lioness Shred Stack 1 Month Supply (Save 10%) / Grapezilla (Grape Bubblegum) / ...

```
<a class="item-grid-link" href="/products/female-shred-stack" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/female-shred-stack">
```

Unsupported CSS Property: visibility

visibility

Mass Monster Stack - Alpha Lion

```
<a class="item-grid-link" href="/products/mass-monster-stack" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/mass-monster-stack">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart MASS SHREDDER STACK" class="atc-button grid-item-add-btn" data-loading-text="Loading..." onclick="cart.add('39771449524286', 1);" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN MUSCLE STACK - Post, Sleep & Muscle TROPICAL TERMINATOR (Fruit Punch...

```
<a class="item-grid-link" href="/products/superhuman-muscle-stack" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-muscle-stack">
```

Unsupported CSS Property: visibility

visibility

SuperHuman Shred Stack (For Him) Grapezilla (Grape Bubblegum) - Alpha Lion

```
<a class="item-grid-link" href="/products/male-shred-stack" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/male-shred-stack">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN FAT LOSS STACK - SuperHuman Burn + SuperHuman Sleep SMURF JUICE (Blu...

```
<a class="item-grid-link" href="/products/superhuman-fat-loss-stack" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-fat-loss-stack">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN MUSCLE STACK - POST, SLEEP & MUSCLE

```
<a aria-label="SUPERHUMAN MUSCLE STACK - Post, Sleep & Muscle" style="flex-direction: column;" href="/products/superhuman-muscle-stack" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/superhuman-muscle-stack">
```

Unsupported CSS Property: visibility

visibility

THE ALPHA STACK - (SUPERHUMAN MUSCLE & SUPERHUMAN TEST)

```
<a aria-label="The Alpha Stack - (SuperHuman Muscle & SuperHuman Test)" style="flex-direction: column;" href="/products/the-alpha-stack" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/the-alpha-stack">
```

Unsupported CSS Property: visibility

visibility

Damage Control Stack 1 Month Supply (Save 10%) - Alpha Lion

```
<a class="item-grid-link" href="/products/gains-candy-fat-loss-stack" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-fat-loss-stack">
```

Unsupported CSS Property: visibility

visibility

SUPERHUMAN SHRED STACK (FOR HIM)

```
<a aria-label="SuperHuman Shred Stack (For Him)" style="flex-direction: column;" href="/products/male-shred-stack" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/male-shred-stack">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart SUPERHUMAN FAT LOSS STACK - SuperHuman Burn + SuperHuman ..." class="atc-button grid-item-add-btn" data-loading-text="Loading..." onclick="cart.add('32611145908286', 1);" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart The Alpha Stack - (SuperHuman Muscle & SuperHuman Test)" class="atc-button grid-item-add-btn" data-loading-text="Loading..." onclick="cart.add_multiple({'id': 39480805457982, 'quantity': 1 },{'id': 32605032..." data-uw-rm-kbnav="click">
```

ELEMENT	NAME
Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart GAINS CANDY™ MITOBURN® - Calorie Burn Amplifier †" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39520599408702', 1);" data-uw-rm-kbnav="click"></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ TURKESTERONE® - More Muscle Strength and Size† 1 Bottle - Alpha L... <pre></pre>	visibility
Unsupported CSS Property: visibility Damage Control Stack 1 Month Supply (Save 10%) - Alpha Lion <pre></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ GLUCOVANTAGE® - Insulin Mimicker For Fat Loss & Muscle Building 1... <pre></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ TURKESTERONE® - MORE MUSCLE STRENGTH AND SIZE† <pre><a aria-label="GAINS CANDY™ TURKESTERONE® - More Muscle Strength and Size†" style="flex-direction: column;" href="/products/gains-candy-turkesterone" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-turkesterone"></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ S7® - PUMP & PERFORMANCE <pre><a aria-label="GAINS CANDY™ S7® - Pump & Performance" style="flex-direction: column;" href="/products/gains-series-s7" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-series-s7"></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ CALORIBURN® - Burn More Calories† 1 Bottle - Alpha Lion <pre></pre>	visibility
Unsupported CSS Property: visibility ADD TO CART <pre><button aria-label="Add to Cart Gains Candy™ Nitrosigine®" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39928598069310', 1);" tabindex="-1" data-uw-rm-kbnav="click"></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ MITOBURN® - Calorie Burn Amplifier † 1 Bottle - Alpha Lion <pre></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ CALORIBURN® - BURN MORE CALORIES† <pre><a aria-label="GAINS CANDY™ CALORIBURN® - Burn More Calories†" style="flex-direction: column;" href="/products/gains-candy-caloriburn" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-caloriburn"></pre>	visibility
Unsupported CSS Property: visibility Gains Candy™ Nitrosigine® 1 Bottle - Alpha Lion <pre></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ GLUCOVANTAGE® - INSULIN MIMICKER FOR FAT LO... <pre><a aria-label="GAINS CANDY™ GLUCOVANTAGE® - Insulin Mimicker For Fat Loss & Muscle Build..." style="flex-direction: column;" href="/products/gains-candy-glucovantage" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-glucovantage"></pre>	visibility
Unsupported CSS Property: visibility GAINS CANDY™ RIFFACTOR® - INCREASE MUSCLE STRENGTH & SIZE†	visibility

```
<a aria-label="GAINS CANDY™ RIPFACTOR® - Increase Muscle Strength & Size†" style="flex-direction: column;" href="/products/gains-candy-ripfactor" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-ripfactor">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart GAINS CANDY™ TURKESTERONE® - More Muscle Strength and Size†" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('40216775295038', 1);" tabindex="-1" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

GAINS CANDY™ RIPFACTOR® - Increase Muscle Strength & Size† 1 Bottle - Alpha Li...

```
<a class="item-grid-link" href=" /products/gains-candy-ripfactor " data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-ripfactor">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart Damage Control Stack" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add_multiple([{ 'id': 39551797526590, 'quantity': 1 }, { 'id': 39552575..." "="" tabindex="-1" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

GAINS CANDY™ S7® - Pump & Performance 1 Bottle - Alpha Lion

```
<a class="item-grid-link" href=" /products/gains-series-s7 " tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-series-s7">
```

Unsupported CSS Property: visibility

visibility

GAINS CANDY™ MITO BURN® - CALORIE BURN AMPLIFIER †

```
<a aria-label="GAINS CANDY™ MITO BURN® - Calorie Burn Amplifier †" style="flex-direction: column;" href="/products/gains-candy-mitoburn" class="block2-name dis-block12 s-text3 p-b-5" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-mitoburn">
```

Unsupported CSS Property: visibility

visibility

DAMAGE CONTROL STACK

```
<a aria-label="Damage Control Stack" style="flex-direction: column;" href="/products/gains-candy-fat-loss-stack" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-fat-loss-stack">
```

Unsupported CSS Property: visibility

visibility

GAINS CANDY™ NITROSIGINE®

```
<a aria-label="Gains Candy™ Nitrosigine®" style="flex-direction: column;" href="/products/gains-candy-nitrosigine" class="block2-name dis-block12 s-text3 p-b-5" tabindex="-1" data-uw-rm-brl="PR" data-uw-original-href="https://www.alphalion.com/products/gains-candy-nitrosigine">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart GAINS CANDY™ S7® - Pump & Performance" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39551739265086', 1);" tabindex="-1" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart GAINS CANDY™ RIPFACTOR® - Increase Muscle Strength & Size†" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('32569851576382', 1);" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart GAINS CANDY™ CALORIBURN® - Burn More Calories†" class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39551797526590', 1);" tabindex="-1" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

ADD TO CART

```
<button aria-label="Add to Cart GAINS CANDY™ GLUCOVANTAGE® - Insulin Mimicker For Fat Lo..." class="atc-button grid-item-add-btn " data-loading-text="Loading..." onclick="cart.add('39552575340606', 1);" tabindex="-1" data-uw-rm-kbnav="click">
```

Unsupported CSS Property: visibility

visibility

SHOP NOW

ELEMENT	NAME
>	
Unsupported CSS Property: visibility	visibility
Accessibility Menu	
<div ><="" aria-haspopup="dialog" aria-label="Accessibility Menu" class="uai userway_dark" div="" id="userwayAccessibilityIcon" role="button" style="background: rgb(162, 119, 26) !important; " tabindex="0"></div>	
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: visibility	visibility
Translations Menu	
<div ><="" class="uwu umb userway_p5" data-uw-feature-ignore="true" data-uw-rm-ignore="true" div="" style="background-color: transparent !important; overflow: initial !important; "></div>	
Unsupported CSS Property: visibility	visibility
09/29/2024 Great flavor I love the extreme versions they give me lots of energy...	
<div ><="" class="stamped-carousel-scroll-wrapper" div="" id="stamped-carousel-scroll-wrapper" style="left: -1080px"></div>	
Unsupported CSS Property: left	left
N/A Reduce the impact of third-party codeTBT Third-party code blocked the main thread for 488ms	

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
USERWAY.ORG	153KB	180ms
• https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/remediation/remediation_1728401297040.js	26.8KB	99ms
• https://cdn.userway.org/remediation/2024-10-08-15-28-17/paid/remediation-tool.js?ts=1728401297040	23.6KB	80ms
• https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/widget_app_base_1728401297040.js	39.5KB	0ms
• https://cdn.userway.org/remediations/consolidated/3553047/SUD5OwE8wVohTeSX.json	34.2KB	0ms
• Other resources	28.9KB	0ms
REBUYENGINE.COM	270KB	134ms
• https://cdn.rebuyengine.com/onsite/js/Widget-templates-Widget-recommended-template.js?id=a34b22b8f97b5ccaae71	2.65KB	101ms
• https://cdn.rebuyengine.com/onsite/js/SmartBanner.js?id=fd428153bd7aa071e5b0	1.01KB	27ms
• https://cdn.rebuyengine.com/onsite/js/global.js?build=1728068618	185KB	5ms
• https://cdn.rebuyengine.com/onsite/js/rebuy.js?shop=alphalion-staging.myshopify.com	19.0KB	0ms
• https://cdn.rebuyengine.com/onsite/css/global.min.css?build=1728068618	18.4KB	0ms
• Other resources	43.7KB	0ms
CLOUDFRONT.NET	16.4KB	64ms
• https://d38xvr37kwwhcm.cloudfront.net/js/grin-sdk.js?shop=alphalion-staging.myshopify.com	16.4KB	64ms
DIGITALOCEANSPACES.COM	12.5KB	37ms
• https://upsell-cart-drawer.nyc3.cdn.digitaloceanspaces.com/settings/alphalion-staging.js?t=1728464534750	12.5KB	37ms
GOOGLE TAG MANAGER	516KB	36ms
• https://www.googletagmanager.com/gtm.js?id=GTM-WT6Z2VT	123KB	36ms
• https://www.googletagmanager.com/gtag/js?id=G-5JKBLHWBJM	114KB	0ms
• https://www.googletagmanager.com/gtag/js?id=AW-1000409919	95.4KB	0ms
• https://www.googletagmanager.com/gtag/destination?id=AW-1000409919&l=dataLayer&cx=c	94.8KB	0ms
• https://www.googletagmanager.com/gtag/destination?id=MC-QL087H84ZX&l=dataLayer&cx=c	88.3KB	0ms
TIKTOK	139KB	35ms
• https://analytics.tiktok.com/i18n/pixel/static/main.MWEzNzVIZGY0Mw.js	95.7KB	35ms
• https://analytics.tiktok.com/i18n/pixel/static/identify_7bf75739.js	38.9KB	0ms
SHOPIFY	814KB	0ms
• https://cdn.shopify.com/shopifycloud/checkout-web/assets/c1.en/app.DsH9QYNm.js	367KB	0ms
• https://cdn.shopify.com/s/files/1/05371265/0427/t3/assets/upsell-cart-drawer_shopify.js?v=20240729-02&shop=alphalion-staging.myshopify.com	68.7KB	0ms
• https://cdn.shopify.com/s/files/1/0490/6483/7279/t3/assets/upsell-cart-drawer_shopify.js?shop=alphalion-staging.myshopify.com&t=20241009-02-01	67.5KB	0ms
• https://cdn.shopify.com/s/files/1/2321/6571/files/alpha-lion-call-img-updated_x320.png?v=1670516229	56.1KB	0ms
• Other resources	254KB	0ms
506.IO	405KB	0ms
• https://aca.506.io/public/store?shop=alphalion-staging.myshopify.com	327KB	0ms
• https://cdn.506.io/eg/script.js?shop=alphalion-staging.myshopify.com	57.6KB	0ms
• https://cdn.506.io/eg/debug.js	20.3KB	0ms
GOOGLE FONTS	305KB	0ms
• https://fonts.googleapis.com/css2?family=Bebas+Neue:ital,wght@0,400&family=Caveat:ital,wght@0,400&family=Didact+Gothic:ital,wght@0,400&family=Jost:ital,wght@0,400&family=Mulish:ital,wght@0,400&family=Noto+Sans:ital,wght@0,400;0,700&family=Noto+Sans+HK:ital,wght@0,400;0,500&family=Oswald:ital,wght@0,400&family=Poppins:ital,wght@0,100;0,200;0,300;0,400;0,500;0,600;0,700;0,800;0,900&family=Rubik:ital,wght@0,400&display=swap	80.9KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2QVTS-mu0SC55l.woff2	42.1KB	0ms
• https://fonts.gstatic.com/s/rubik/v28/iJWKBXylfDnIV7nBrXyw023e.woff2	34.5KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUSjlg1_i6t8kCHKm459WlhyTh89Y.woff2	32.5KB	0ms
• https://fonts.gstatic.com/s/rubik/v28/iJWKBXylfDnIV7nPrXyw023e1lk.woff2	18.7KB	0ms

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
Other resources	96.3KB	0ms
AMAICDN.COM	246KB	0ms
https://amaicdn.com/storelocator-prod/wtb/alphalion-staging-1728394208.js?shop=alphalion-staging.myshopify.com https://amaicdn.com/storelocator-prod/setting/alphalion-staging-1728394207.js?shop=alphalion-staging.myshopify.com	148KB	0ms
	90.3KB	0ms
POSTSCRIPT.IO	202KB	0ms
https://sdk.postscript.io/mobile.bundle.js?shopId=2579&shopShop=alphalion-staging&sessionId=bDZETyKlZnF-oebmqBar&status=&splitTests=&flags=action_segment_filters%2Cdynamic_terms%2Clog_headless_shops%2Cpopup_auto_apply_coupon%2Cpopup_auto_apply_fondue%2Cpopup_block_editor%2Cpopup_new_compliance_text%2Cpopup_subscriber_targeting%2Credshift_segments%2Csdk_klaviyo_context_checks&disclaimer=%7B%22privacy_policy%22%3A%7B%22text%22%3A%22Privacy+Policy%22%2C%22url%22%3A%22https%3A%2F%2Fterms.pscr.pt%2Flegal%2Fshop%2Falphalion-staging%2Fprivacy_policy%22%7D%2C%22terms_of_service%22%3A%7B%22text%22%3A%22Terms+of+Service%22%2C%22url%22%3A%22https%3A%2F%2Fterms.pscr.pt%2Flegal%2Fshop%2Falphalion-staging%2Fterms_of_service%22%7D%2C%22text%22%3A%22*By+providing+your+phone+number%2C+you+agree+to+receive+recurring+automated+marketing+text+messages+%28e.g.+cart+reminders%29+from+this+shop+and+third+parties+acting+on+its+behalf.+Consent+is+not+a+condition+to+obtain+goods+or+services.+Msg+%26+data+rates+may+apply.+Msg+frequency+varies.+Reply+HELP+for+help+and+STOP+to+cancel.+You+also+agree+to+the+%7Bterms_of_service%7D+and+%7Bprivacy_policy%7D.%22%7D&subscriberId=&origin=https%3A%2F%2Fwww.alphalion.com%2F&country=GB https://sdk.postscript.io/sdk.bundle.js?shopId=2579 - Other resources	105KB	0ms
	83.0KB	0ms
	14.7KB	0ms
INTELLIGEMS.IO	190KB	0ms
https://cdn.intelligems.io/ig_1728319194804.b55cde2f9d6ee047a11c.js https://cdn.intelligems.io/11e003be1833.js https://cdn.intelligems.io/ig_1728319194804.45dc4276f1be06fa66ba.js https://cdn.intelligems.io/ig_1728319194804.c3ded2bf659a7ac9d811.js https://cdn.intelligems.io/ig_1728319194804.36fde7e2ba2ff52d1352.js - Other resources	49.5KB	0ms
	47.5KB	0ms
	22.3KB	0ms
	19.2KB	0ms
	12.4KB	0ms
	39.5KB	0ms
KLAVIYO	179KB	0ms
https://static.klaviyo.com/onsite/js/Render.6bb97075144519144dfb.js https://static.klaviyo.com/onsite/js/ClientStore.86d2d82c698aeb86b836.js https://static.klaviyo.com/onsite/js/sharedUtils.c9b96b96876059a4f73e.js?cb=1&v2-route=1 https://static-forms.klaviyo.com/forms/api/v7/PBNiK5/full-forms https://static.klaviyo.com/onsite/js/vendors~Render.0c25648017ae73d787f3.js - Other resources	32.5KB	0ms
	18.7KB	0ms
	18.3KB	0ms
	14.3KB	0ms
	13.5KB	0ms
	82.0KB	0ms
SMILE.IO	151KB	0ms
https://js.smile.io/v1/vendor-298e5c2d9a4b7d75560f.modern.js https://js.smile.io/v1/smile-shopify-68c16bf2d949ed27738a.modern.js https://js.smile.io/v1/src_smile-ui_app_components_Panel_Cards_Shared_ReferralUrlShare_tsx-src_smile-ui_app_componen-05962e-c9b81fb3b845a76a2d53.modern.js https://js.smile.io/v1/prompt-content-styles-8e0c166fc9a9faaae652.modern.js https://js.smile.io/v1/launcher-content-styles-6736aadb896dc0f93248.modern.js - Other resources	63.6KB	0ms
	18.9KB	0ms
	16.2KB	0ms
	10.3KB	0ms
	10.0KB	0ms
	32.4KB	0ms
STAMPED.IO	137KB	0ms
https://stamped.io/api/widget/badges https://cdn1.stamped.io/files/widget.min.js https://cdn1.stamped.io/files/widget.min.js?shop=alphalion-staging.myshopify.com https://cdn1.stamped.io/files/widget.min.css https://cdn1.stamped.io/fonts/stamped-font.ttf?rkevf - Other resources	43.6KB	0ms
	28.9KB	0ms
	28.9KB	0ms
	17.6KB	0ms
	9.8KB	0ms
	8.42KB	0ms
RECHARGECDN.COM	121KB	0ms
https://static.rechargecdn.com/assets/js/widget.min.js?shop=alphalion-staging.myshopify.com	119KB	0ms

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
KEY CDN	108KB	0ms
• https://searchanise-ef84.kxcdn.com/widgets.94887.min.js	50.1KB	0ms
• https://searchanise-ef84.kxcdn.com/results_big_pictures_new.94887.css	11.9KB	0ms
• https://searchanise-ef84.kxcdn.com/snize-autocomplete.94887.min.js	10.6KB	0ms
• https://searchanise-ef84.kxcdn.com/preload_data.4A5I5x0W1d.js	9.9KB	0ms
• https://searchanise-ef84.kxcdn.com/results_big_pictures_new.mobile.94887.css	6.94KB	0ms
• Other resources	18.7KB	0ms
CONFIG-SECURITY.COM	105KB	0ms
• https://api.config-security.com/first?host=alphalion-staging.myshopify.com&plat=SHOPIFY	104KB	0ms
FACEBOOK	85.1KB	0ms
• https://connect.facebook.net/en_US/fbevents.js	60.1KB	0ms
• https://connect.facebook.net/signals/config/1864228593790160?v=2.9.170&r=stable&domain=www.alphalion.com&hme=d82868061a8c707cd31395a3055e7449daa03bd520872727258c39e6af34523e&ex_m=70%2C120%2C106%2C110%2C61%2C4%2C99%2C69%2C16%2C96%2C88%2C51%2C54%2C171%2C174%2C186%2C182%2C183%2C185%2C29%2C100%2C53%2C77%2C184%2C166%2C169%2C179%2C180%2C187%2C130%2C41%2C34%2C142%2C15%2C50%2C193%2C192%2C132%2C18%2C40%2C1%2C43%2C65%2C66%2C67%2C71%2C92%2C17%2C14%2C95%2C91%2C90%2C107%2C52%2C109%2C39%2C108%2C30%2C93%2C26%2C167%2C170%2C139%2C28%2C11%2C12%2C13%2C6%2C7%2C25%2C22%2C23%2C57%2C62%2C64%2C75%2C101%2C27%2C76%2C9%2C8%2C80%2C48%2C21%2C103%2C102%2C104%2C97%2C10%2C20%2C3%2C38%2C74%2C19%2C85%2C56%2C83%2C33%2C73%2C0%2C94%2C32%2C82%2C87%2C47%2C46%2C86%2C37%2C5%2C89%2C81%2C44%2C35%2C84%2C2%2C36%2C63%2C42%2C105%2C45%2C79%2C68%2C111%2C60%2C59%2C31%2C98%2C58%2C55%2C49%2C78%2C72%2C24%2C112	24.7KB	0ms
MAILCHIMP	84.0KB	0ms
• https://form-assets.mailchimp.com/snippet/account/218640362?shop=alphalion-staging.myshopify.com	77.0KB	0ms
• https://chimpstatic.com/mcjs-connected/js/users/ce0808c83eebf196c56fd2dc6/4f1233c6dbae4e21288fea0e9.js?shop=alphalion-staging.myshopify.com	4.29KB	0ms
GETFONDUE.COM	76.2KB	0ms
• https://public.getfondue.com/cashback-extension/cart/fundle.js?v=7662962492cd4e0cdcedfb510b7969ff63ab247a	74.6KB	0ms
TAPCART.COM	68.1KB	0ms
• https://cdn.tapcart.com/webbridge-sdk/webbridge.umd.js?shop=alphalion-staging.myshopify.com	68.1KB	0ms
HEATMAP.COM	64.3KB	0ms
• https://dashboard.heatmap.com/heatmap-light.min.js?sid=427&src=prep	48.7KB	0ms
• https://dashboard.heatmap.com/preprocessor.min.js?sid=427	13.9KB	0ms
PUSHOWL.COM	39.7KB	0ms
• https://cdn.pushowl.com/latest/sdks/pushowl-bootstrap-592a6238.js	31.4KB	0ms
• https://cdn.pushowl.com/config/api/v1/alphalion-staging/subscriber/config/widget/?guid=89c9c710-2366-4cfe-9871-a7cbace2a995&platform=shopify	6.21KB	0ms
GOOGLE CDN	33.4KB	0ms
• https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js	33.4KB	0ms
MICROSOFT HOSTED LIBS	30.5KB	0ms
• https://ajax.aspnetcdn.com/ajax/jQuery/jquery-3.6.0.min.js	30.5KB	0ms
CLARITY	30.3KB	0ms
• https://www.clarity.ms/s/0.7.47/clarity.js	26.8KB	0ms
SNAPCHAT	24.5KB	0ms
• https://sc-static.net/scevent.min.js	23.6KB	0ms
TABOOLA	24.3KB	0ms
• https://cdn.taboola.com/libtrc/unip/1277074/tfa.js	22.0KB	0ms

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
MIXPANEL	19.1KB	0ms
• https://cdn.mxpnl.com/libs/mixpanel-2-latest.min.js	19.1KB	0ms
BING ADS	17.2KB	0ms
• https://bat.bing.com/bat.js	14.5KB	0ms
TWITTER ONLINE CONVERSION TRACKING	16.1KB	0ms
• https://static.ads-twitter.com/uwt.js	15.4KB	0ms
AUTOMIZELY-ANALYTICS.COM	14.7KB	0ms
• https://sdfs.automizely-analytics.com/analytics/v1/dc.js	14.4KB	0ms
GETELEVAR.COM	14.4KB	0ms
• https://shopify-gtm-suite.getelevar.com/getelevar/3.20.2/dl-web-pixel-lax-custom.js	13.2KB	0ms
JSDELIVR CDN	13.7KB	0ms
• https://cdn.jsdelivr.net/npm/@splidejs/splide@3.6.9/dist/js/splide.min.js	11.9KB	0ms
AMAZON WEB SERVICES	13.5KB	0ms
• https://s3-us-west-2.amazonaws.com/stamped.io/cdn/images/shopify_verified-by-shop-gray.svg	6.85KB	0ms
• https://xp2023-pix.s3.amazonaws.com/px_5RtSy.js	5.28KB	0ms
QUANTCAST	10.6KB	0ms
• https://secure.quantserve.com/quant.js	9.56KB	0ms
GROWTHBOOK.IO	10.5KB	0ms
• https://cdn.growthbook.io/api/features/sdk-z3K3DrDV3xYZ29P0	10.5KB	0ms
OPENSEND.COM	10.3KB	0ms
• https://s.opensend.com/os.min.js	10.3KB	0ms
AGGLE.NET	9.72KB	0ms
• https://cdn.aggle.net/oir/oir.min.js	7.38KB	0ms
NOFRAUD.COM	8.25KB	0ms
• https://services.nofraud.com/js/device.js?shop=alphalion-staging.myshopify.com	7.66KB	0ms
BOOTSTRAP CDN	8.15KB	0ms
• https://stackpath.bootstrapcdn.com/font-awesome/4.7.0/css/font-awesome.min.css	8.15KB	0ms
GOOGLE/DOUBLECLICK ADS	5.82KB	0ms
SWEET TOOTH	4.61KB	0ms
• https://cdn.sweettooth.io/assets/nudges/icons/stars-emoji-abe616e695d3540a9c8fd616cb837bdf58b0456ff9ec784177142b1c8c5f1bdc.png?color=%23E9C519&theme=light	4.61KB	0ms
OTHER GOOGLE APIS/SDKS	2.01KB	0ms
VERIFYPASS.COM	1.80KB	0ms
ABSTRACTAPI.COM	1.22KB	0ms
AUTOMIZELY.COM	1.22KB	0ms
TWITTER SHORT URL	631B	0ms
SHOP.APP	525B	0ms
CLOUDFLARE.COM	470B	0ms
AMPED.IO	379B	0ms
SENTRY	300B	0ms
MMAPIWS.COM	269B	0ms
MARKETHERO.IO	224B	0ms

N/A

Largest Contentful Paint element LCP

2,280 ms

This is the largest contentful element painted within the viewport.

ELEMENT

ALPHA LION | SHOP NOW

```

```

PHASE	% OF LCP	TIMING
TTFB	7%	154ms
Load Delay	65%	1.5s
Load Time	12%	264ms
Render Delay	17%	383ms

N/A	User Timing marks and measures	224 user timings
-----	--------------------------------	------------------

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences.

NAME	TYPE	START TIME	DURATION
wpm:completed	Measure	1.6s	2.3s
fondue-runtime	Measure	2.3s	1.3s
wpm:pixel:register:264110142:app	Measure	2.5s	1.2s
wpm:pixel:register:252149822:app	Measure	2.5s	963ms
wpm:pixel:register:172261438:app	Measure	2.5s	1.2s
wpm:pixel:register:163938366:app	Measure	2.5s	1.4s
wpm:pixel:register:95092798:app	Measure	2.5s	1.4s
wpm:pixel:register:51871806:app	Measure	2.5s	1.2s
wpm:pixel:register:10059838:app	Measure	2.5s	1.2s
wpm:pixel:register:9666622:app	Measure	2.5s	1.2s
wpm:pixel:register:13795390:custom	Measure	2.5s	1.1s
wpm:pixel:register:21200958:custom	Measure	2.5s	1.1s
wpm:pixel:register:21626942:custom	Measure	2.5s	1.1s
wpm:pixel:register:24379454:custom	Measure	2.5s	1.1s
wpm:pixel:register:shopify-app-pixel:app	Measure	2.5s	1.2s
wpm:pixel:register:shopify-custom-pixel:custom	Measure	2.5s	1.1s
ig__updateDom	Measure	6.7s	5ms
ig__updateDom	Measure	6.8s	13ms
ig__updateDom	Measure	6.9s	15ms
ig__updateDom	Measure	7.2s	6ms
ig__updateDom	Measure	7.2s	2ms
ig__updateDom	Measure	7.2s	12ms
ig__updateDom	Measure	7.3s	4ms
ig__updateDom	Measure	7.4s	10ms
ig__updateDom	Measure	7.4s	2ms
ig__updateDom	Measure	7.5s	2ms
ig__updateDom	Measure	7.6s	3ms

NAME	TYPE	START TIME	DURATION
ig__updateDom	Measure	7.6s	5ms
ig__updateDom	Measure	7.6s	5ms
ig__updateDom	Measure	7.7s	4ms
ig__updateDom	Measure	7.8s	4ms
ig__updateDom	Measure	7.9s	3ms
ig__updateDom	Measure	7.9s	7ms
ig__updateDom	Measure	8.3s	4ms
ig__updateDom	Measure	8.5s	3ms
ig__updateDom	Measure	8.7s	8ms
ig__updateDom	Measure	8.8s	2ms
ig__updateDom	Measure	8.8s	7ms
ig__updateDom	Measure	8.9s	2ms
ig__updateDom	Measure	8.9s	3ms
ig__updateDom	Measure	9.0s	5ms
ig__updateDom	Measure	9.0s	2ms
ig__updateDom	Measure	9.2s	3ms
ig__updateDom	Measure	9.2s	2ms
ig__updateDom	Measure	9.2s	3ms
ig__updateDom	Measure	9.3s	2ms
ig__updateDom	Measure	9.4s	7ms
ig__updateDom	Measure	9.4s	9ms
ig__updateDom	Measure	9.4s	9ms
ig__updateDom	Measure	9.5s	3ms
ig__updateDom	Measure	9.5s	2ms
ig__updateDom	Measure	9.7s	9ms
ig__updateDom	Measure	9.7s	18ms
ig__updateDom	Measure	9.8s	5ms

NAME	TYPE	START TIME	DURATION
ig__updateDom	Measure	9.8s	3ms
ig__updateDom	Measure	9.8s	6ms
ig__updateDom	Measure	9.9s	5ms
ig__updateDom	Measure	9.9s	4ms
ig__updateDom	Measure	10.0s	7ms
ig__updateDom	Measure	10.0s	6ms
ig__updateDom	Measure	10.0s	10ms
ig__updateDom	Measure	10.0s	8ms
ig__updateDom	Measure	10.0s	6ms
ig__updateDom	Measure	10.0s	2ms
ig__updateDom	Measure	10.1s	12ms
ig__updateDom	Measure	10.2s	2ms
ig__updateDom	Measure	10.3s	3ms
ig__updateDom	Measure	10.3s	2ms
ig__updateDom	Measure	10.3s	3ms
ig__updateDom	Measure	10.3s	1ms
ig__updateDom	Measure	10.3s	5ms
ig__updateDom	Measure	10.4s	2ms
ig__updateDom	Measure	10.4s	3ms
ig__updateDom	Measure	10.4s	4ms
ig__updateDom	Measure	10.4s	4ms
ig__updateDom	Measure	10.5s	4ms
ig__updateDom	Measure	10.5s	5ms
ig__updateDom	Measure	10.6s	2ms
ig__updateDom	Measure	10.7s	3ms
ig__updateDom	Measure	10.7s	3ms
ig__updateDom	Measure	10.7s	3ms

NAME	TYPE	START TIME	DURATION
ig__updateDom	Measure	10.8s	7ms
ig__updateDom	Measure	10.9s	5ms
ig__updateDom	Measure	11.1s	5ms
ig__updateDom	Measure	11.1s	6ms
ig__updateDom	Measure	11.2s	9ms
ig__updateDom	Measure	11.2s	13ms
ig__updateDom	Measure	11.2s	5ms
ig__updateDom	Measure	11.3s	12ms
ig__updateDom	Measure	11.4s	5ms
ig__updateDom	Measure	11.5s	4ms
ig__updateDom	Measure	11.5s	2ms
ig__updateDom	Measure	11.5s	8ms
ig__updateDom	Measure	11.6s	5ms
ig__updateDom	Measure	11.6s	4ms
ig__updateDom	Measure	11.7s	4ms
shopify.content_for_header.start	Mark	1.5s	0ms
shopify.content_for_header.end	Mark	1.5s	0ms
wpm:start	Mark	1.6s	0ms
intelligems_loaded	Mark	2.2s	0ms
fondue-start	Mark	2.3s	0ms
wpm:pixel:register:started:264110142:app	Mark	2.5s	0ms
wpm:pixel:register:started:252149822:app	Mark	2.5s	0ms
wpm:pixel:register:started:172261438:app	Mark	2.5s	0ms
wpm:pixel:register:started:163938366:app	Mark	2.5s	0ms
wpm:pixel:register:started:95092798:app	Mark	2.5s	0ms
wpm:pixel:register:started:51871806:app	Mark	2.5s	0ms
wpm:pixel:register:started:10059838:app	Mark	2.5s	0ms

NAME	TYPE	START TIME	DURATION
wpm:pixel:register:started:9666622:app	Mark	2.5s	0ms
wpm:pixel:register:started:13795390:custom	Mark	2.5s	0ms
wpm:pixel:register:started:21200958:custom	Mark	2.5s	0ms
wpm:pixel:register:started:21626942:custom	Mark	2.5s	0ms
wpm:pixel:register:started:24379454:custom	Mark	2.5s	0ms
wpm:pixel:register:started:shopify-app-pixel:app	Mark	2.5s	0ms
wpm:pixel:register:started:shopify-custom-pixel:custom	Mark	2.5s	0ms
wpm:pixel:register:completed:252149822:app	Mark	3.5s	0ms
wpm:pixel:register:completed:13795390:custom	Mark	3.6s	0ms
wpm:pixel:register:completed:21200958:custom	Mark	3.6s	0ms
wpm:pixel:register:completed:21626942:custom	Mark	3.6s	0ms
wpm:pixel:register:completed:24379454:custom	Mark	3.6s	0ms
wpm:pixel:register:completed:shopify-custom-pixel:custom	Mark	3.6s	0ms
fondue-end	Mark	3.7s	0ms
wpm:pixel:register:completed:10059838:app	Mark	3.7s	0ms
wpm:pixel:register:completed:172261438:app	Mark	3.7s	0ms
wpm:pixel:register:completed:264110142:app	Mark	3.7s	0ms
wpm:pixel:register:completed:shopify-app-pixel:app	Mark	3.7s	0ms
wpm:pixel:register:completed:51871806:app	Mark	3.7s	0ms
wpm:pixel:register:completed:9666622:app	Mark	3.7s	0ms
wpm:pixel:register:completed:163938366:app	Mark	3.9s	0ms
wpm:pixel:register:completed:95092798:app	Mark	3.9s	0ms
wpm:pixels:resolved	Mark	3.9s	0ms
snaptr	Mark	6.2s	0ms
fbevents:start:estPageViewProcessing	Mark	6.6s	0ms
fbevents:end:estPageViewProcessing	Mark	6.6s	0ms
fbevents:start:unwantedDataProcessing_1864228593790160	Mark	6.6s	0ms

NAME	TYPE	START TIME	DURATION
fbevents:end:unwantedDataProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:start:unwantedParamsProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:end:unwantedParamsProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:start:validateUrlProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:end:validateUrlProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:start:customConversionProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:end:customConversionProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:start:standardParamChecksProcessing_1864228593790160	Mark	6.6s	0ms
fbevents:end:standardParamChecksProcessing_1864228593790160	Mark	6.6s	0ms
_updateDom start	Mark	6.7s	0ms
_updateDom start	Mark	6.8s	0ms
_updateDom start	Mark	6.9s	0ms
_updateDom start	Mark	7.2s	0ms
_updateDom start	Mark	7.2s	0ms
_updateDom start	Mark	7.2s	0ms
_updateDom start	Mark	7.3s	0ms
_updateDom start	Mark	7.4s	0ms
_updateDom start	Mark	7.4s	0ms
_updateDom start	Mark	7.5s	0ms
_updateDom start	Mark	7.6s	0ms
_updateDom start	Mark	7.6s	0ms
_updateDom start	Mark	7.6s	0ms
_updateDom start	Mark	7.7s	0ms
_updateDom start	Mark	7.8s	0ms
_updateDom start	Mark	7.9s	0ms
_updateDom start	Mark	7.9s	0ms
_updateDom start	Mark	8.3s	0ms

NAME	TYPE	START TIME	DURATION
_updateDom start	Mark	8.5s	0ms
_updateDom start	Mark	8.7s	0ms
_updateDom start	Mark	8.8s	0ms
_updateDom start	Mark	8.8s	0ms
_updateDom start	Mark	8.9s	0ms
_updateDom start	Mark	8.9s	0ms
_updateDom start	Mark	9.0s	0ms
_updateDom start	Mark	9.0s	0ms
_updateDom start	Mark	9.2s	0ms
_updateDom start	Mark	9.2s	0ms
_updateDom start	Mark	9.2s	0ms
_updateDom start	Mark	9.3s	0ms
_updateDom start	Mark	9.4s	0ms
_updateDom start	Mark	9.4s	0ms
_updateDom start	Mark	9.4s	0ms
_updateDom start	Mark	9.5s	0ms
_updateDom start	Mark	9.5s	0ms
_updateDom start	Mark	9.7s	0ms
_updateDom start	Mark	9.7s	0ms
_updateDom start	Mark	9.8s	0ms
_updateDom start	Mark	9.8s	0ms
_updateDom start	Mark	9.8s	0ms
_updateDom start	Mark	9.9s	0ms
_updateDom start	Mark	9.9s	0ms
_updateDom start	Mark	10.0s	0ms
_updateDom start	Mark	10.0s	0ms
_updateDom start	Mark	10.0s	0ms

NAME	TYPE	START TIME	DURATION
_updateDom start	Mark	10.0s	0ms
_updateDom start	Mark	10.0s	0ms
_updateDom start	Mark	10.0s	0ms
_updateDom start	Mark	10.1s	0ms
_updateDom start	Mark	10.2s	0ms
_updateDom start	Mark	10.3s	0ms
_updateDom start	Mark	10.3s	0ms
_updateDom start	Mark	10.3s	0ms
_updateDom start	Mark	10.3s	0ms
_updateDom start	Mark	10.3s	0ms
_updateDom start	Mark	10.4s	0ms
_updateDom start	Mark	10.4s	0ms
_updateDom start	Mark	10.4s	0ms
_updateDom start	Mark	10.4s	0ms
_updateDom start	Mark	10.5s	0ms
_updateDom start	Mark	10.5s	0ms
_updateDom start	Mark	10.6s	0ms
_updateDom start	Mark	10.7s	0ms
_updateDom start	Mark	10.7s	0ms
_updateDom start	Mark	10.7s	0ms
_updateDom start	Mark	10.8s	0ms
_updateDom start	Mark	10.9s	0ms
_updateDom start	Mark	11.1s	0ms
_updateDom start	Mark	11.1s	0ms
_updateDom start	Mark	11.2s	0ms
_updateDom start	Mark	11.2s	0ms
_updateDom start	Mark	11.2s	0ms

NAME	TYPE	START TIME	DURATION
_updateDom start	Mark	11.3s	0ms
_updateDom start	Mark	11.4s	0ms
_updateDom start	Mark	11.5s	0ms
_updateDom start	Mark	11.5s	0ms
_updateDom start	Mark	11.5s	0ms
_updateDom start	Mark	11.6s	0ms
_updateDom start	Mark	11.6s	0ms
_updateDom start	Mark	11.7s	0ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 93.5KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://js.smile.io/v1/src_smile-ui_app_containers_Nudges_Nudges_tsx-e2a5a09ea4949581abca.modern.js	14.0KB
Line:0 Column:5653	Arra y.pr otot ype. some
https://cdn.506.io/eg/script.js?shop=alphalion-staging.myshopify.com	13.7KB
Line:0 Column:36793	Arra y.pr otot ype. filt er
Line:0 Column:36974	Arra y.pr otot ype. forE ach
Line:0 Column:37087	Arra y.fr om
Line:0 Column:38089	Arra y.is Arra y
Line:0 Column:38569	Arra y.pr otot ype. map
Line:0 Column:41453	Obje ct.d efin ePro pert ies
Line:0 Column:41604	Obje ct.d efin ePro pert y
Line:0 Column:41973	Obje ct.g etOw nPro pert yDes crip tors
Line:0 Column:42207	Obje ct.k eys
Line:0 Column:185138	Arra y.pr otot ype. find
Line:0 Column:185388	Arra y.pr otot ype.

URL	POTENTIAL SAVINGS
	find Index
Line:0 Column:186712	Array.prototype.some
Line:0 Column:188092	Date.now
Line:0 Column:188203	Date.prototype.toISOString
Line:0 Column:191985	Object.getPrototypeOf
Line:0 Column:192127	Object.setPrototypeOf
https://cdn.506.io/eg/debug.js	13.2KB
Line:0 Column:35835	Array.prototype.filter
Line:0 Column:36016	Array.prototype.forEach
Line:0 Column:36129	Array.from
Line:0 Column:37131	Array.isArray
Line:0 Column:37611	Array.prototype.map
Line:0 Column:40495	Object.defineProperty
Line:0 Column:40646	Object

URL	POTENTIAL SAVINGS
	efin ePro pert y
Line:0 Column:41015	Obje ct.g etOw nPro pert yDes crip tors
Line:0 Column:41249	Obje ct.k eys
https://js.smile.io/v1/vendor-298e5c2d9a4b7d75560f.modern.js	11.8KB
Line:1 Column:79169	@bab el/p lugi n-tr ansf orm- clas ses
Line:1 Column:169988	Arra y.pr otot ype. filt er
Line:1 Column:170247	Arra y.pr otot ype. find
Line:1 Column:170422	Arra y.pr otot ype. forE ach
Line:1 Column:171693	Arra y.pr otot ype. map
Line:1 Column:172666	Arra y.pr otot ype. some
Line:1 Column:174719	Obje ct.d efin ePro pert ies
Line:1 Column:174881	Obje ct.d efin ePro pert y

Line:1 Column:175289	Object.ownPropertyDescriptor	
Line:1 Column:175752	Object.keys	
Line:1 Column:182260	String.fromCharCodePoint	
https://connect.facebook.net/en_US/fbevents.js		10.6KB
Line:23 Column:2302	@babel/plugin-transform-class	
Line:270 Column:9361	Array.prototype.filter	
Line:270 Column:15478	Array.from	
Line:270 Column:17228	Array.prototype.map	
Line:270 Column:18020	Array.prototype.find	
https://cdn.userway.org/widgetapp/2024-10-08-15-28-17/widget_app_base_1728401297040.js		10.5KB
Line:0 Column:2805	Array.prototype.find	
https://analytics.tiktok.com/i18n/pixel/static/main.MWEzNzVIZGY0Mw.js		10.5KB
Line:1 Column:7085	@babel/plugin-transform-class	
Line:1 Column:296419	Object.defineProperty	

URL	POTENTIAL SAVINGS
	per ties
Line:1 Column:296908	Obje ct.e ntri es
Line:1 Column:297685	Obje ct.f reez e
Line:1 Column:299488	Obje ct.g etOw nPro pert yDes crip tors
Line:1 Column:300189	Obje ct.g etPr otot ypeO f
Line:1 Column:300462	Obje ct.i sExt ensi ble
Line:1 Column:300620	Obje ct.i sFro zen
Line:1 Column:300772	Obje ct.i sSea led
Line:1 Column:300899	Obje ct.k eys
Line:1 Column:301076	Obje ct.p reve ntEx tens ions
Line:1 Column:301274	Obje ct.s eal
Line:1 Column:301780	Obje ct.s etPr otot ypeO f
Line:1 Column:301847	Obje ct.v alue s
https://cdn.mxpnl.com/libs/mixpanel-2-latest.min.js	8.60KB
Line:17 Column:319	Dat e.no

URL	POTENTIAL SAVINGS
https://www.alphalion.com/cdn/shopifycloud/shopify/assets/shopify_pay/storefront-80e528be853eac23af2454534897ca9536b1d3d04aa043b042f34879a3c111c8.js?v=20220906	123B
Line:1 Column:15384	@babel/plugin-transform-orm-classes
Line:1 Column:18677	@babel/plugin-transform-orm-regenerator
https://www.alphalion.com/cdn/shopifycloud/shopify/assets/shop_events_listener-61fa9e0a912c675e178777d2b27f6cbd482f8912a6b0aa31fa3515985a8cd626.js	70B
Line:0 Column:400	@babel/plugin-transform-orm-classes
https://static.klaviyo.com/onsite/js/vendors-signup_forms.ffb16c5d33241b7ebc9d.js?cb=1&v2-route=1	58B
Line:1 Column:2166	@babel/plugin-transform-orm-classes
https://sdks.automizely-analytics.com/analytics/v1/dc.js	56B
Line:0 Column:7290	@babel/plugin-transform-orm-classes
https://analytics.tiktok.com/i18n/pixel/static/identify_7bf75739.js	54B
Line:0 Column:102498	@babel/plugin-transform-orm-classes
https://js.smile.io/v1/src_smile-ui_app_containers_Prompt_Prompt_tsx-c5781c18840f7db53dd9.modern.js	54B
Line:0 Column:7537	@babel/plugin-transform-orm-

URL		POTENTIAL SAVINGS
	clas ses	
https://static.klaviyo.com/onsite/js/vendors~Render.0c25648017ae73d787f3.js		51B
Line:0 Column:2424	@bab el/p lugi n-tr ansf orm- clas ses	
https://sdk.postscript.io/sdk.bundle.js?shopId=2579		49B
Line:1 Column:121645	@bab el/p lugi n-tr ansf orm- clas ses	
https://cdn.shopify.com/s/files/1/0490/6483/7279/t/3/assets/upsell-cart-drawer_shopify.js?shop=alphalion-staging.myshopify.com&t=20241009-02-01		46B
Line:1 Column:233698	@bab el/p lugi n-tr ansf orm- clas ses	
https://cdn.shopify.com/s/files/1/0537/1265/0427/t/3/assets/upsell-cart-drawer_shopify.js?v=20240729-02&shop=alphalion-staging.myshopify.com		46B
Line:1 Column:239672	@bab el/p lugi n-tr ansf orm- clas ses	
https://connect.facebook.net/signals/config/1864228593790160?v=2.9.170&r=stable&domain=www.alphalion.com&hme=d82868061a8c707cd31395a3055e7449daa03bd520872727258c39e6af34523e&ex_m=70%2C120%2C106%2C110%2C61%2C4%2C99%2C69%2C16%2C96%2C88%2C51%2C54%2C171%2C174%2C186%2C182%2C183%2C185%2C29%2C100%2C53%2C77%2C184%2C166%2C169%2C179%2C180%2C187%2C130%2C41%2C34%2C142%2C15%2C50%2C193%2C192%2C132%2C18%2C40%2C1%2C43%2C65%2C66%2C67%2C71%2C92%2C17%2C14%2C95%2C91%2C90%2C107%2C52%2C109%2C39%2C108%2C30%2C93%2C26%2C167%2C170%2C139%2C28%2C11%2C12%2C13%2C6%2C7%2C25%2C22%2C23%2C57%2C62%2C64%2C75%2C101%2C27%2C76%2C9%2C8%2C80%2C48%2C21%2C103%2C102%2C104%2C97%2C10%2C20%2C3%2C38%2C74%2C19%2C85%2C56%2C83%2C33%2C73%2C0%2C94%2C32%2C82%2C87%2C47%2C46%2C86%2C37%2C5%2C89%2C81%2C44%2C35%2C84%2C2%2C36%2C63%2C42%2C105%2C45%2C79%2C68%2C111%2C60%2C59%2C31%2C98%2C58%2C55%2C49%2C78%2C72%2C24%2C112		36B
Line:27 Column:509	@bab el/p lugi n-tr ansf orm- clas ses	
N/A Reduce initial server response time FCP LCP Root document took 23ms		

Keep the server response time for the main document short because all other requests depend on it.

URL

- <https://www.alphalion.com/>

TIME SPENT

23ms

N/A

Minimize main-thread work TBT

Main-thread busy for 11.5s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY

TIME SPENT

Script Evaluation

6.5s

Other

2.5s

Style & Layout

1.4s

Script Parsing & Compilation

389ms

Parse HTML & CSS

359ms

Rendering

290ms

Garbage Collection

161ms

N/A

Avoid large layout shifts CLS

Nothing to do here, good job!