



# Full Site Audit Report

[www.proleviate.com](http://www.proleviate.com)

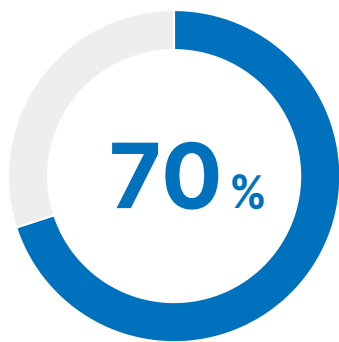
# Full Site Audit Report

Subdomain: www.proleviate.com

Last Update: October 27, 2024

Crawled Pages: 144

## Site Health



## Crawled Pages

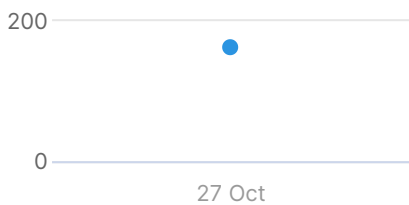
# 144

● Healthy (4) 
 ● Broken (3) 
 ● Have issues (117) 
 ● Redirected (7) 
 ● Blocked (13)



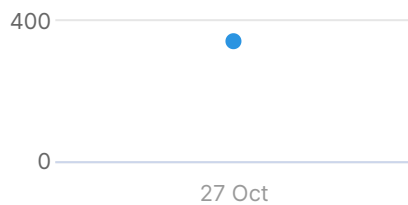
## Errors

# 162



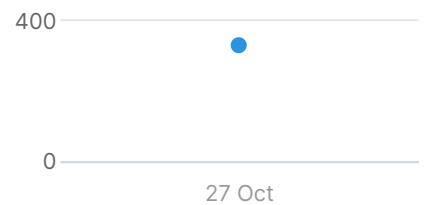
## Warnings

# 341



## Notices

# 334



## Top Issues

6 pages have duplicate content issues	errors	1% of total issues
32 pages have slow load speed	errors	4% of total issues
108 internal links are broken	errors	13% of total issues

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162 <sup>0</sup>

### 108 internal links are broken

About this issue: Broken internal links lead users from one website to another and bring them to non-existent webpages. Multiple broken links negatively affect user experience and may worsen your search engine rankings because crawlers may think that your website is poorly maintained or coded. Please note that our crawler may detect a working link as broken. Generally, this happens if the server hosting the website you're referring to blocks our crawler from accessing this website. How to fix: Please follow all links reported as broken. If a target webpage returns an error, remove the link leading to the error page or replace it with another resource.

If the links reported as broken do work when accessed with a browser, you should contact the website's owner and inform them about the issue.

108 <sup>0</sup>

### 32 pages have slow load speed

About this issue: Page (HTML) load speed is one of the most important ranking factors. The quicker your page loads, the higher the rankings it can receive. Moreover, fast-loading pages positively affect user experience and may increase your conversion rates.

Please note that "page load speed" usually refers to the amount of time it takes for a webpage to be fully rendered by a browser. However, crawler only measures the time it takes to load a webpage's HTML code - load times for images, JavaScript and CSS are not factored in. How to fix: The main factors that negatively affect your HTML page generation time are your server's performance and the density of your webpage's HTML code. So, try to clean up your webpage's HTML code. If the problem is with your web server, you should think about moving to a better hosting service with more resources.

32 <sup>0</sup>

### 6 issues with duplicate title tags

About this issue: Our crawler reports pages that have duplicate title tags only if they are exact matches. Duplicate <title> tags make it difficult for search engines to determine which of a website's pages is relevant for a specific search query, and which one should be prioritized in search results. Pages with duplicate titles have a lower chance of ranking well and are at risk of being banned.

Moreover, identical <title> tags confuse users as to which webpage they should follow. How to fix: Provide a unique and concise title for each of your pages that contains your most important keywords. For information on how to create effective titles, please see this Google article: <https://support.google.com/webmasters/answer/35624>.

6 <sup>0</sup>

### 6 pages have duplicate content issues

60

About this issue: Webpages are considered duplicates if their content is 85% identical. Having duplicate content may significantly affect your SEO performance. First of all, Google will typically show only one duplicate page, filtering other instances out of its index and search results, and this page may not be the one you want to rank. In some cases, search engines may consider duplicate pages as an attempt to manipulate search engine rankings and, as a result, your website may be downgraded or even banned from search results. Moreover, duplicate pages may dilute your link profile. How to fix. Here are a few ways to fix duplicate content issues: 1. Add a rel="canonical" link to one of your duplicate pages to inform search engines which page to show in search results. 2. Use a 301 redirect from a duplicate page to the original one. 3. Use a rel="next" and a rel="prev" link attribute to fix pagination duplicates. 4. Instruct GoogleBot to handle URL parameters differently using Google Search Console. 5. Provide some unique content on the webpage. For more information, please read these articles: <https://support.google.com/webmasters/answer/66359?hl=en> and <https://support.google.com/webmasters/answer/139066?hl=en>.

### 4 pages have duplicate meta descriptions

40

About this issue: Our crawler reports pages that have duplicate meta descriptions only if they are exact matches. A <meta description> tag is a short summary of a webpage's content that helps search engines understand what the page is about and can be shown to users in search results. Duplicate meta descriptions on different pages mean a lost opportunity to use more relevant keywords. Also, duplicate meta descriptions make it difficult for search engines and users to differentiate between different webpages. It is better to have no meta description at all than to have a duplicate one. How to fix: Provide a unique, relevant meta description for each of your webpages. For information on how to create effective meta descriptions, please see this Google article: <https://support.google.com/webmasters/answer/35624>.

### 3 pages returned 4XX status code

30

About this issue: A 4xx error means that a webpage cannot be accessed. This is usually the result of broken links. These errors prevent users and search engine robots from accessing your webpages, and can negatively affect both user experience and search engine crawlability. This will in turn lead to a drop in traffic driven to your website. Please be aware that crawler may detect a working link as broken if your website blocks our crawler from accessing it. This usually happens due to the following reasons: 1. DDoS protection system. 2. Overloaded or misconfigured server. How to fix: If a webpage returns an error, remove all links leading to the error page or replace it with another resource. To identify all pages on your website that contain links to a 4xx page, click "View broken links" next to the error page. If the links reported as 4xx do work when accessed with a browser, you can try either of the following: 1. Contact your web hosting support team. 2. Instruct search engine robots not to crawl your website too frequently by specifying the "crawl-delay" directive in your robots.txt.

## 2 structured data items are invalid

2 0

About this issue: This issue is triggered if structured data items contain fields that do not meet Google's guidelines <https://developers.google.com/search/docs/data-types/article>. Implementing and maintaining your structured data correctly is important if you want to get an edge over your competitors in search results. If your website markup has errors, crawlers will not be able to properly understand it, and you may run the risk of losing the chance of gaining rich snippets and getting more favorable rankings.

For more information on the structured data requirements, see <https://schema.org>, Google documentation <https://developers.google.com/search/docs/data-types/article> or our article <https://www.semrush.com/kb/1084-structured-data-items-site-audit>. How to fix: Check structured data on your webpages with a validation tool. Please note that different markup testing tools may show different results.

We recommend that you use the Rich Results Test tool <https://search.google.com/test/rich-results> to review and validate your pages' structured data against their rich snippet requirements.

## 1 incorrect page found in sitemap.xml

1 0

About this issue: A sitemap.xml file makes it easier for crawlers to discover the pages on your website. Only good pages intended for your visitors should be included in your sitemap.xml file. This error is triggered if your sitemap.xml contains URLs that: 1.

lead to webpages with the same content. 2. redirect to a different webpage.

3. return non-200 status code. Populating your file with such URLs will confuse search engines, cause unnecessary crawling or may even result in your sitemap being rejected.

How to fix: Review your sitemap.xml for any redirected, non-canonical or non-200 URLs. Provide the final destination URLs that are canonical and return a 200 status code.

0 pages returned 5XX status code

0 0

0 pages don't have title tags

0 0

0 pages couldn't be crawled

0 0

0 pages couldn't be crawled (DNS resolution issues)

0 0

0 pages couldn't be crawled (incorrect URL formats)

0 0

0 internal images are broken

0 0

Robots.txt file has format errors

0 0

0 sitemap.xml files have format errors

0 0

0 pages have a WWW resolve issue	0
This page has no viewport tag	0
0 pages have too large HTML size	0
0 AMP pages have no canonical tag	0
0 issues with hreflang values	0
0 hreflang conflicts within page source code	0
0 issues with incorrect hreflang links	0
0 non-secure pages	0
0 issues with expiring or expired certificate	0
0 issues with old security protocol	0
0 issues with incorrect certificate name	0
0 issues with mixed content	0
No redirect or canonical to HTTPS homepage from HTTP version	0
0 redirect chains and loops	0
0 pages with a broken canonical link	0
0 pages have multiple canonical URLs	0

0 pages have a meta refresh tag

0 0

0 issues with broken internal JavaScript and CSS files

0 0

0 subdomains don't support secure encryption algorithms

0 0

0 sitemap.xml files are too large

0 0

0 links couldn't be crawled (incorrect URL formats)

0 0

0 pages are missing the viewport width value

0 0

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341 <sup>0</sup>**115 pages have low text-HTML ratio**

About this issue: Your text to HTML ratio indicates the amount of actual text you have on your webpage compared to the amount of code. This issue is triggered when your text to HTML is 10% or less. Search engines have begun focusing on pages that contain more content.

That's why a higher text to HTML ratio means your page has a better chance of getting a good position in search results. Less code increases your page's load speed and also helps your rankings. It also helps search engine robots crawl your website faster.

How to fix: Split your webpage's text content and code into separate files and compare their size. If the size of your code file exceeds the size of the text file, review your page's HTML code and consider optimizing its structure and removing embedded scripts and styles.

115 <sup>0</sup>**84 pages have duplicate H1 and title tags**

About this issue: It is a bad idea to duplicate your title tag content in your first-level header. If your page's <title> and <h1> tags match, the latter may appear over-optimized to search engines. Also, using the same content in titles and headers means a lost opportunity to incorporate other relevant keywords for your page.

For more information, please see this Google article:

<https://support.google.com/webmasters/answer/35624>. How to fix: Try to create different content for your <title> and <h1> tags.

84 <sup>0</sup>**81 pages don't have meta descriptions**

About this issue: Though meta descriptions don't have a direct influence on rankings, they are used by search engines to display your page's description in search results. A good description helps users know what your page is about and encourages them to click on it. If your page's meta description tag is missing, search engines will usually display its first sentence, which may be irrelevant and unappealing to users.

For more information, please see these article: Create good titles and snippets in Search Results: <https://support.google.com/webmasters/answer/35624>. How to fix: In order to gain a higher click-through rate, you should ensure that all of your webpages have meta descriptions that contain relevant keywords.

81 <sup>0</sup>**19 pages don't have an h1 heading**

About this issue: While less important than <title> tags, h1 headings still help define your page's topic for search engines and users. If an <h1> tag is empty or missing, search engines may place your page lower than they would otherwise. Besides, a lack of an <h1> tag breaks your page's heading hierarchy, which is not SEO friendly.

How to fix: Provide a concise, relevant h1 heading for each of your page.

19 <sup>0</sup>



### 18 issues with blocked internal resources in robots.txt

18 <sup>0</sup>

About this issue: Blocked resources are resources (e.g., CSS, JavaScript, image files, etc.) that are blocked from crawling by a "Disallow" directive in your robots.txt file. By disallowing these files, you're preventing search engines from accessing them and, as a result, properly rendering and indexing your webpages. This, in return, may lead to lower rankings.

For more information, please see <a

href="https://developers.google.com/search/docs/advanced/robots/intro" target="\_blank"

rel="nofollow">this article</a>. How to fix: To unblock a resource, simply update your robots.txt file.

### 9 URLs with a temporary redirect

9 <sup>0</sup>

About this issue: Temporary redirects (i.e., a 302 and a 307 redirect) mean that a page has been temporarily moved to a new location. Search engines will continue to index the redirected page, and no link juice or traffic is passed to the new page, which is why temporary redirects can damage your search rankings if used by mistake. How to fix: Review all URLs to make sure the use of 302 and 307 redirects is justified.

If so, don't forget to remove them when they are no longer needed. However, if you permanently move any page, replace a 302/307 redirect with a 301/308 one.

### 7 pages don't have enough text within the title tags

7 <sup>0</sup>

About this issue: Generally, using short titles on webpages is a recommended practice.

However, keep in mind that titles containing 10 characters or less do not provide enough information about what your webpage is about and limit your page's potential to show up in search results for different keywords. For more information, please see this Google article: <https://support.google.com/webmasters/answer/35624>.

How to fix: Add more descriptive text inside your page's <title> tag.

### 4 pages have too much text within the title tags

4 <sup>0</sup>

About this issue: Most search engines truncate titles containing more than 70 characters.

Incomplete and shortened titles look unappealing to users and won't entice them to click on your page. For more information, please see this Google article:

<https://support.google.com/webmasters/answer/35624>.

How to fix: Try to rewrite your page titles to be 70 characters or less.

### 3 pages have a low word count

3 <sup>0</sup>

About this issue: This issue is triggered if the number of words on your webpage is less than 200. The amount of text placed on your webpage is a quality signal to search engines.

Search engines prefer to provide as much information to users as possible, so pages with longer content tend to be placed higher in search results, as opposed to those with lower word counts.

For more information, please view this video: <https://www.youtube.com/watch?v=w3-obcXkyA4>.

How to fix: Improve your on-page content and be sure to include more than 200 meaningful words.

**1 external link is broken**

1 0

About this issue: Broken external links lead users from one website to another and bring them to non-existent webpages. Multiple broken links negatively affect user experience and may worsen your search engine rankings because crawlers may think that your website is poorly maintained or coded. Please note that our crawler may detect a working link as broken.

Generally, this happens if the server hosting the website you're referring to blocks our crawler from accessing this website. How to fix: Please follow all links reported as broken. If a target webpage returns an error, remove the link leading to the error page or replace it with another resource.

If the links reported as broken do work when accessed with a browser, you should contact the website's owner and inform them about the issue.

0 external images are broken

0 0

0 links on HTTPS pages lead to HTTP page

0 0

0 pages have too many on-page links

0 0

0 images don't have alt attributes

0 0

0 pages have too many parameters in their URLs

0 0

0 pages have no hreflang and lang attributes

0 0

0 pages don't have character encoding declared

0 0

0 pages don't have doctype declared

0 0

0 pages have incompatible plugin content

0 0

0 pages contain frames

0 0

0 pages have underscores in the URL

0 0

0 outgoing internal links contain nofollow attribute

0 0

Sitemap.xml not indicated in robots.txt	0
Sitemap.xml not found	0
Homepage does not use HTTPS encryption	0
0 subdomains don't support SNI	0
0 HTTP URLs in sitemap.xml for HTTPS site	0
0 uncompressed pages	0
0 issues with uncompressed JavaScript and CSS files	0
0 issues with uncached JavaScript and CSS files	0
0 pages have a JavaScript and CSS total size that is too large	0
0 pages use too many JavaScript and CSS files	0
0 issues with unminified JavaScript and CSS files	0
0 link URLs are too long	0

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334 <sup>0</sup>**214 URLs with a permanent redirect**

About this issue: Although using permanent redirects (a 301 or 308 redirect) is appropriate in many situations (for example, when you move a website to a new domain, redirect users from a deleted page to a new one, or handle duplicate content issues), we recommend that you keep them to a reasonable minimum. Every time you redirect one of your website's pages, it decreases your crawl budget, which may run out before search engines can crawl the page you want to be indexed. Moreover, too many permanent redirects can be confusing to users.

How to fix: Review all URLs with a permanent redirect. Change permanent redirects to a target page URL where possible.

214 <sup>0</sup>**91 pages have only one incoming internal link**

About this issue: Having very few incoming internal links means very few visits, or even none, and fewer chances of placing in search results. It is a good practice to add more incoming internal links to pages with useful content. That way, you can rest assured that users and search engines will never miss them.

How to fix: Add more incoming internal links to pages with important content.

91 <sup>0</sup>**13 pages are blocked from crawling**13 <sup>0</sup>**7 links have non-descriptive anchor text**

About this issue: This issue is triggered if a non-descriptive anchor text is used for a link (either internal or external). An anchor is considered to be non-descriptive if it doesn't give any idea of what the linked-to page is about, for example, "click here", "right here", etc. This type of anchor provides little value to users and search engines as it doesn't provide any information about the target page.

Also, such anchors will offer little in terms of the target page's ability to be indexed by search engines, and as a result, rank for relevant search requests. For more information on the criteria used to trigger this check, refer to kb article title. How to fix: To let users and search engines understand the meaning of the linked-to page, use a succinct anchor text that describes the page's content.

For best practices on how to optimize your anchor text, refer to the "Write good link text" section in Google's Search Engine Optimization (SEO) Starter Guide

[https://support.google.com/webmasters/answer/7451184?](https://support.google.com/webmasters/answer/7451184?hl=en&ref_topic=9460495&authuser=0)

[hl=en&ref\\_topic=9460495&authuser=0.](https://support.google.com/webmasters/answer/7451184?hl=en&ref_topic=9460495&authuser=0)

7 <sup>0</sup>**4 pages need more than 3 clicks to be reached**

About this issue: A page's crawl depth is the number of clicks required for users and search engine crawlers to reach it via its corresponding homepage. From an SEO perspective, an excessive crawl depth may pose a great threat to your optimization efforts, as both crawlers and users are less likely to reach deep pages. For this reason, pages that contain important content should be no more than 3 clicks away from your homepage.

How to fix: Make sure that pages with important content can be reached within a few clicks.

If any of them are buried too deep in your site, consider changing your internal link architecture.

4 <sup>0</sup>

### 3 orphaned pages in sitemaps

3 0

About this issue: An orphaned page is a webpage that is not linked to internally. Including orphaned pages in your sitemap.xml files is considered to be a bad practice, as these pages will be crawled by search engines. Crawling outdated orphaned pages will waste your crawl budget.

If an orphaned page in your sitemap.xml file has valuable content, we recommend that you link to it internally. How to fix: Review all orphaned pages in your sitemap.xml files and do either of the following: If a page is no longer needed, remove it; If a page has valuable content and brings traffic to your website, link to it from another page on your website; If a page serves a specific need and requires no internal linking, leave it as is.

### 2 links on this page have no anchor text

2 0

About this issue: This issue is triggered if a link (either external or internal) on your website has an empty or naked anchor (i.e., anchor that uses a raw URL), or anchor text only contains symbols. Although a missing anchor doesn't prevent users and crawlers from following a link, it makes it difficult to understand what the page you're linking to is about. Also, Google considers anchor text when indexing a page.

So, a missing anchor represents a lost opportunity to optimize the performance of the linked-to page in search results. How to fix: Use anchor text for your links where it is necessary. The link text must give users and search engines at least a basic idea of what the target page is about.

Also, use short but descriptive text. For more information, please see the "Use link wisely" section in Google's SEO Starter Guide

[https://support.google.com/webmasters/answer/7451184?hl=en&ref\\_topic=9460495&authuser=0](https://support.google.com/webmasters/answer/7451184?hl=en&ref_topic=9460495&authuser=0).

0 pages have more than one H1 tag

0 0

0 page URLs are longer than 200 characters

0 0

0 outgoing external links contain nofollow attributes

0 0

Robots.txt not found

0 0

0 pages have hreflang language mismatch issues

0 0

0 subdomains don't support HSTS

0 0

0 orphaned pages in Google Analytics

0 0

0 pages blocked by X-Robots-Tag: noindex HTTP header

0 0

0 issues with blocked external resources in robots.txt

0 0

0 issues with broken external JavaScript and CSS files

0 0

0 resources are formatted as page link

0 0

0 links to external pages or resources returned a 403 HTTP status code

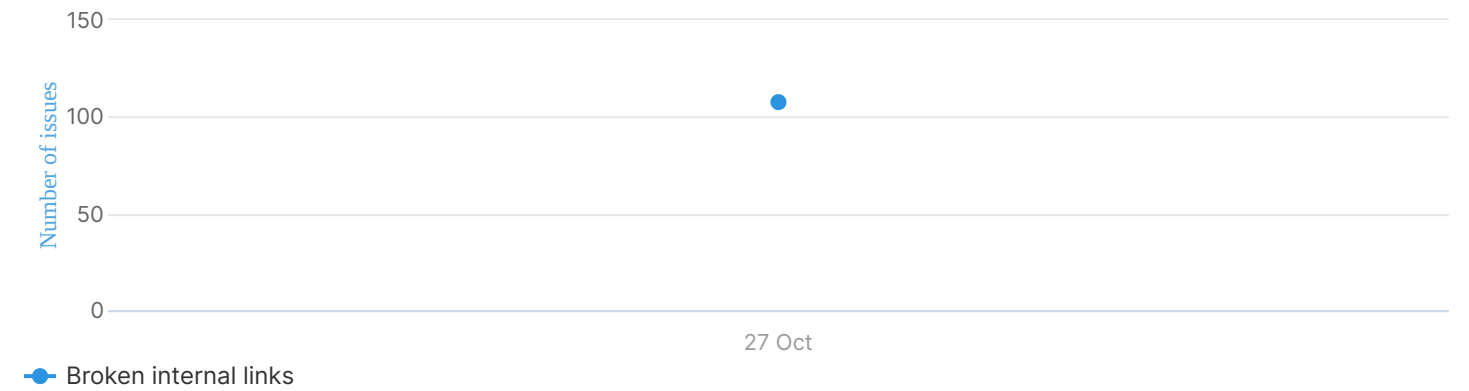
0 0

## Broken internal links

**i** About this issue: Broken internal links lead users from one website to another and bring them to non-existent webpages. Multiple broken links negatively affect user experience and may worsen your search engine rankings because crawlers may think that your website is poorly maintained or coded. Please note that our crawler may detect a working link as broken. Generally, this happens if the server hosting the website you're referring to blocks our crawler from accessing this website. How to fix: Please follow all links reported as broken. If a target webpage returns an error, remove the link leading to the error page or replace it with another resource. If the links reported as broken do work when accessed with a browser, you should contact the website's owner and inform them about the issue.

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Broken internal links 100

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Page URL	Broken Link URL	HTTP Code	Discovered
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com/">https://www.proleviate.com/</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
PROLEVIATE +   Contact Us <a href="https://www.proleviate.com/contact">https://www.proleviate.com/contact</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
D-Limonene <a href="https://www.proleviate.com/ingredient/d-limonene">https://www.proleviate.com/ingredient/d-limonene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Delta-3-Carene <a href="https://www.proleviate.com/ingredient/delta-3-carene">https://www.proleviate.com/ingredient/delta-3-carene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Eucalyptus Oil <a href="https://www.proleviate.com/ingredient/eucalyptus-oil">https://www.proleviate.com/ingredient/eucalyptus-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Grape Seed Oil <a href="https://www.proleviate.com/ingredient/grape-seed-oil">https://www.proleviate.com/ingredient/grape-seed-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
MCT Oil <a href="https://www.proleviate.com/ingredient/mct-oil">https://www.proleviate.com/ingredient/mct-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]

Page URL	Broken Link URL	HTTP Code	Discovered
Myrcene <a href="https://www.proleviate.com/ingredient/myrcene">https://www.proleviate.com/ingredient/myrcene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
Olive Oil <a href="https://www.proleviate.com/ingredient/olive-oil">https://www.proleviate.com/ingredient/olive-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
PEA: Palmitoylethanolamide <a href="https://www.proleviate.com/ingredient/pea-palmitoylethanolamide">https://www.proleviate.com/ingredient/pea-palmitoylethanolamide</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
Peppermint Oil <a href="https://www.proleviate.com/ingredient/peppermint-oil">https://www.proleviate.com/ingredient/peppermint-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
Piperine <a href="https://www.proleviate.com/ingredient/piperine">https://www.proleviate.com/ingredient/piperine</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
$\alpha$ -Pinene <a href="https://www.proleviate.com/ingredient/alpha-pinene">https://www.proleviate.com/ingredient/alpha-pinene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
$\beta$ -Pinene <a href="https://www.proleviate.com/ingredient/beta-pinene">https://www.proleviate.com/ingredient/beta-pinene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE +   Ingredients <a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
News & Research   Proleviate <a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/2">https://www.proleviate.com/news/page/2</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/3">https://www.proleviate.com/news/page/3</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) <a href="#">[new]</a>
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Stop Back Pain with Conolidine! <a href="https://www.proleviate.com/post/stop-back-pain-with-conolidine">https://www.proleviate.com/post/stop-back-pain-with-conolidine</a>	<a href="https://www.proleviate.com/b/lank">https://www.proleviate.com/b/lank</a>	403	October 27, 2024 (08:57) [new]
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine">https://www.proleviate.com/post/stop-insomnia-with-conolidine</a>	<a href="https://www.proleviate.com/b/lank">https://www.proleviate.com/b/lank</a>	403	October 27, 2024 (08:57) [new]
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine-1">https://www.proleviate.com/post/stop-insomnia-with-conolidine-1</a>	<a href="https://www.proleviate.com/b/lank">https://www.proleviate.com/b/lank</a>	403	October 27, 2024 (08:57) [new]
Stop Myofascial Pain with Conolidine. <a href="https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine">https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine</a>	<a href="https://www.proleviate.com/b/lank">https://www.proleviate.com/b/lank</a>	403	October 27, 2024 (08:57) [new]
Take Conolidine for Shingles <a href="https://www.proleviate.com/post/take-conolidine-for-shingles">https://www.proleviate.com/post/take-conolidine-for-shingles</a>	<a href="https://www.proleviate.com/b/lank">https://www.proleviate.com/b/lank</a>	403	October 27, 2024 (08:57) [new]
The Best Alternative Medicine. Conolidine! <a href="https://www.proleviate.com/post/the-best-alternative-medicine-conolidine">https://www.proleviate.com/post/the-best-alternative-medicine-conolidine</a>	<a href="https://www.proleviate.com/b/lank">https://www.proleviate.com/b/lank</a>	403	October 27, 2024 (08:57) [new]
The Best Shinges Treatments? <a href="https://www.proleviate.com/post/the-best-shinges-treatments">https://www.proleviate.com/post/the-best-shinges-treatments</a>	<a href="https://www.proleviate.com/b/lank">https://www.proleviate.com/b/lank</a>	403	October 27, 2024 (08:57) [new]

Page URL	Broken Link URL	HTTP Code	Discovered
The Best Way to Relieve Pain From RSI <a href="https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi">https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
The New Pain Killer Conolidine! <a href="https://www.proleviate.com/post/the-new-pain-killer-conolidine">https://www.proleviate.com/post/the-new-pain-killer-conolidine</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
The Top 3 Treatments for Shingles <a href="https://www.proleviate.com/post/the-top-3-treatments-for-shingles">https://www.proleviate.com/post/the-top-3-treatments-for-shingles</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
There are 7 Signs of Fibromyalgia <a href="https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia">https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Toothache? Try Conolidine <a href="https://www.proleviate.com/post/toothache-try-conolidine">https://www.proleviate.com/post/toothache-try-conolidine</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Treat Hip Pain with Conolidine <a href="https://www.proleviate.com/post/treat-hip-pain-with-conolidine">https://www.proleviate.com/post/treat-hip-pain-with-conolidine</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Try Conolidine for your Carpal Tunnel <a href="https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel">https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Up to 15% of the Population Can Suffer From RSI <a href="https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi">https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Use Conolidine for Back Pain <a href="https://www.proleviate.com/post/use-conolidine-for-back-pain">https://www.proleviate.com/post/use-conolidine-for-back-pain</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
Warning Signs of Fibromyalgia <a href="https://www.proleviate.com/post/warning-signs-of-fibromyalgia">https://www.proleviate.com/post/warning-signs-of-fibromyalgia</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
What are Migraine Symptoms <a href="https://www.proleviate.com/post/what-are-migraine-symptoms">https://www.proleviate.com/post/what-are-migraine-symptoms</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]
What are the Treatments for Carpal Tunnel? <a href="https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel">https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	403	October 27, 2024 (08:57) [new]

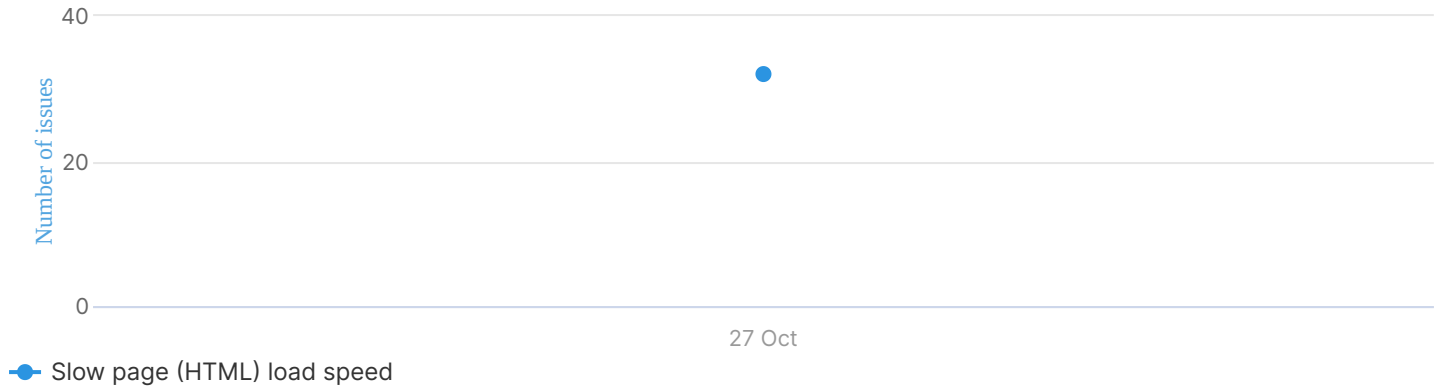
We're only displaying 100 results. To view all results, export your report to a CSV or Excel file format.

## Slow page (HTML) load speed

**About this issue:** Page (HTML) load speed is one of the most important ranking factors. The quicker your page loads, the higher the rankings it can receive. Moreover, fast-loading pages positively affect user experience and may increase your conversion rates. Please note that "page load speed" usually refers to the amount of time it takes for a webpage to be fully rendered by a browser. However, crawler only measures the time it takes to load a webpage's HTML code - load times for images, JavaScript and CSS are not factored in. **How to fix:** The main factors that negatively affect your HTML page generation time are your server's performance and the density of your webpage's HTML code. So, try to clean up your webpage's HTML code. If the problem is with your web server, you should think about moving to a better hosting service with more resources.

**Historical chart for audits**

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



**Slow page (HTML) load speed 32**

www.proleviate.com

Page URL	Load Time, s	Discovered
News & Research   Proleviate <a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	4.57	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/3">https://www.proleviate.com/news/page/3</a>	4.28	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/4">https://www.proleviate.com/news/page/4</a>	3.90	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/5">https://www.proleviate.com/news/page/5</a>	4.02	October 27, 2024 (08:57) [new]
70% of Older Adults Have Joint Pain <a href="https://www.proleviate.com/post/70-of-older-adults-have-joint-pain">https://www.proleviate.com/post/70-of-older-adults-have-joint-pain</a>	3.13	October 27, 2024 (08:57) [new]
Carpal Tunnel and Conolidine <a href="https://www.proleviate.com/post/carpal-tunnel-and-conolidine">https://www.proleviate.com/post/carpal-tunnel-and-conolidine</a>	3.25	October 27, 2024 (08:57) [new]
Conolidine and Joint Pain. <a href="https://www.proleviate.com/post/conolidine-and-joint-pain">https://www.proleviate.com/post/conolidine-and-joint-pain</a>	4.10	October 27, 2024 (08:57) [new]
Conolidine and Sciatica. <a href="https://www.proleviate.com/post/conolidine-and-sciatica">https://www.proleviate.com/post/conolidine-and-sciatica</a>	6.88	October 27, 2024 (08:57) [new]
Conolidine, the New No1 Treatment for Carpal Tunnel Syndrome <a href="https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syn-drome">https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syn-drome</a>	3.51	October 27, 2024 (08:57) [new]
Every Day, 1 in 7 People Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain</a>	3.68	October 27, 2024 (08:57) [new]
Fix Lower Back Pain with Conolidine! <a href="https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine">https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine</a>	4.29	October 27, 2024 (08:57) [new]
How Conolidine works on Shingles <a href="https://www.proleviate.com/post/how-conolidine-works-on-shingles">https://www.proleviate.com/post/how-conolidine-works-on-shingles</a>	3.50	October 27, 2024 (08:57) [new]

Page URL	Load Time, s	Discovered
How Does Conolidine and Palmitoylethanolamide (PEA) Help Sprains? <a href="https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains">https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains</a>	3.07	October 27, 2024 (08:57) [new]
How Does Palmitoylethanolamide-PEA Help Sprained Wrists? <a href="https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists">https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists</a>	3.38	October 27, 2024 (08:57) [new]
How to Fix a Frozen Shoulder <a href="https://www.proleviate.com/post/how-to-fix-a-frozen-shoulder">https://www.proleviate.com/post/how-to-fix-a-frozen-shoulder</a>	3.65	October 27, 2024 (08:57) [new]
How to get Rid of Nerve Pain with Shingles <a href="https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles">https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles</a>	3.56	October 27, 2024 (08:57) [new]
Mental Health and Conolidine. <a href="https://www.proleviate.com/post/mental-health-and-conolidine">https://www.proleviate.com/post/mental-health-and-conolidine</a>	4.21	October 27, 2024 (08:57) [new]
Neck Strains and the use of Conolidine <a href="https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine">https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine</a>	4.27	October 27, 2024 (08:57) [new]
Palmitoylethanolamide (PEA) and Conolidine: The New Natural Treatments for Chronic Pain? <a href="https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain">https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain</a>	4.18	October 27, 2024 (08:57) [new]
People are using Proleviate for their Daily Pain Management <a href="https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management">https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management</a>	3.04	October 27, 2024 (08:57) [new]
Rheumatoid Arthritis and Conolidine <a href="https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine">https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine</a>	3.46	October 27, 2024 (08:57) [new]
Sprained Fingers? take Conolidine. <a href="https://www.proleviate.com/post/sprained-fingers-take-conolidine">https://www.proleviate.com/post/sprained-fingers-take-conolidine</a>	3.21	October 27, 2024 (08:57) [new]
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine-1">https://www.proleviate.com/post/sprained-wrist-use-conolidine-1</a>	3.50	October 27, 2024 (08:57) [new]
The Best Shingles Treatments? <a href="https://www.proleviate.com/post/the-best-shingles-treatments">https://www.proleviate.com/post/the-best-shingles-treatments</a>	3.50	October 27, 2024 (08:57) [new]
The Best Way to Relieve Pain From RSI <a href="https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi">https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi</a>	3.46	October 27, 2024 (08:57) [new]
Treat Hip Pain with Conolidine <a href="https://www.proleviate.com/post/treat-hip-pain-with-conolidine">https://www.proleviate.com/post/treat-hip-pain-with-conolidine</a>	5.71	October 27, 2024 (08:57) [new]
Up to 15% of the Population Can Suffer From RSI <a href="https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi">https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi</a>	3.74	October 27, 2024 (08:57) [new]
What are Migraine Symptoms <a href="https://www.proleviate.com/post/what-are-migraine-symptoms">https://www.proleviate.com/post/what-are-migraine-symptoms</a>	3.33	October 27, 2024 (08:57) [new]
What Can you do for Unbearable Arthritis <a href="https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis">https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis</a>	3.13	October 27, 2024 (08:57) [new]
What is the Best Product for a Stiff Neck <a href="https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck">https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck</a>	3.48	October 27, 2024 (08:57) [new]
What's the Best Way to Treat a Frozen Shoulder <a href="https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder">https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder</a>	3.55	October 27, 2024 (08:57) [new]



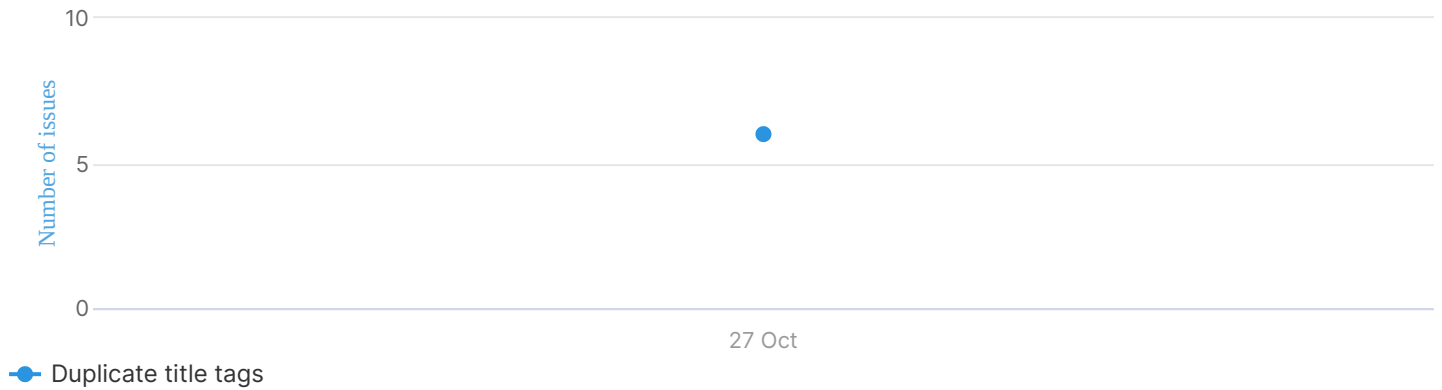
Page URL	Load Time, s	Discovered
Why you Should Use Conolidine for Chronic Pain. <a href="https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain">https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain</a>	3.80	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

## Duplicate title tags

**i** About this issue: Our crawler reports pages that have duplicate title tags only if they are exact matches. Duplicate <title> tags make it difficult for search engines to determine which of a website's pages is relevant for a specific search query, and which one should be prioritized in search results. Pages with duplicate titles have a lower chance of ranking well and are at risk of being banned. Moreover, identical <title> tags confuse users as to which webpage they should follow. How to fix: Provide a unique and concise title for each of your pages that contains your most important keywords. For information on how to create effective titles, please see this Google article: <https://support.google.com/webmasters/answer/35624>

## Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Duplicate title tags 6

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Title Tag	Duplicates	Discovered
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine-1">https://www.proleviate.com/post/beat-bursitis-with-conolidine-1</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine">https://www.proleviate.com/post/stop-insomnia-with-conolidine</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine-1">https://www.proleviate.com/post/stop-insomnia-with-conolidine-1</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine-1">https://www.proleviate.com/post/sprained-wrist-use-conolidine-1</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine">https://www.proleviate.com/post/sprained-wrist-use-conolidine</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine">https://www.proleviate.com/post/beat-bursitis-with-conolidine</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

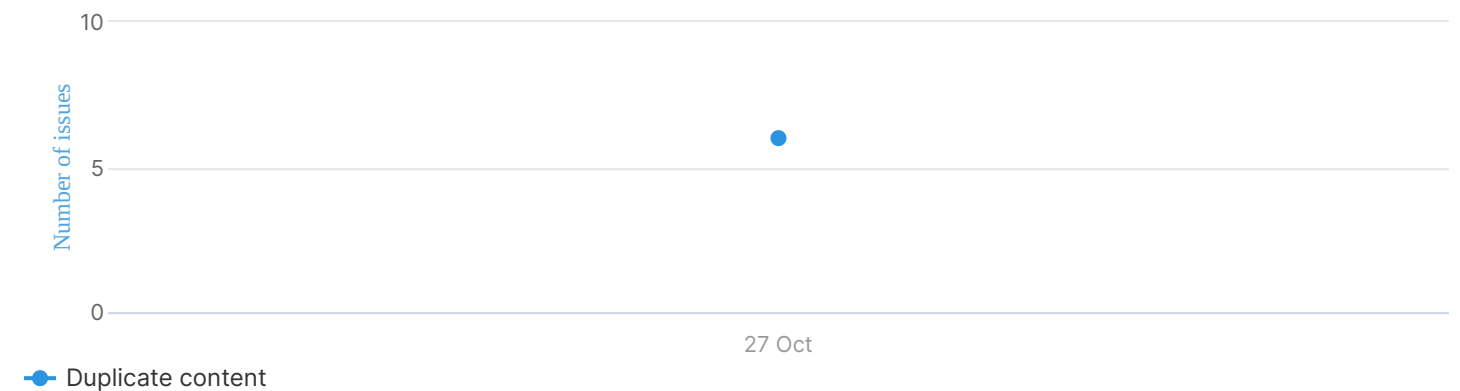


## Duplicate content

**i** *About this issue: Webpages are considered duplicates if their content is 85% identical. Having duplicate content may significantly affect your SEO performance. First of all, Google will typically show only one duplicate page, filtering other instances out of its index and search results, and this page may not be the one you want to rank. In some cases, search engines may consider duplicate pages as an attempt to manipulate search engine rankings and, as a result, your website may be downgraded or even banned from search results. Moreover, duplicate pages may dilute your link profile. How to fix. Here are a few ways to fix duplicate content issues: 1. Add a rel="canonical" link to one of your duplicate pages to inform search engines which page to show in search results. 2. Use a 301 redirect from a duplicate page to the original one. 3. Use a rel="next" and a rel="prev" link attribute to fix pagination duplicates. 4. Instruct GoogleBot to handle URL parameters differently using Google Search Console. 5. Provide some unique content on the webpage. For more information, please read these articles: <https://support.google.com/webmasters/answer/66359?hl=en> and <https://support.google.com/webmasters/answer/139066?hl=en>*

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Duplicate content 6

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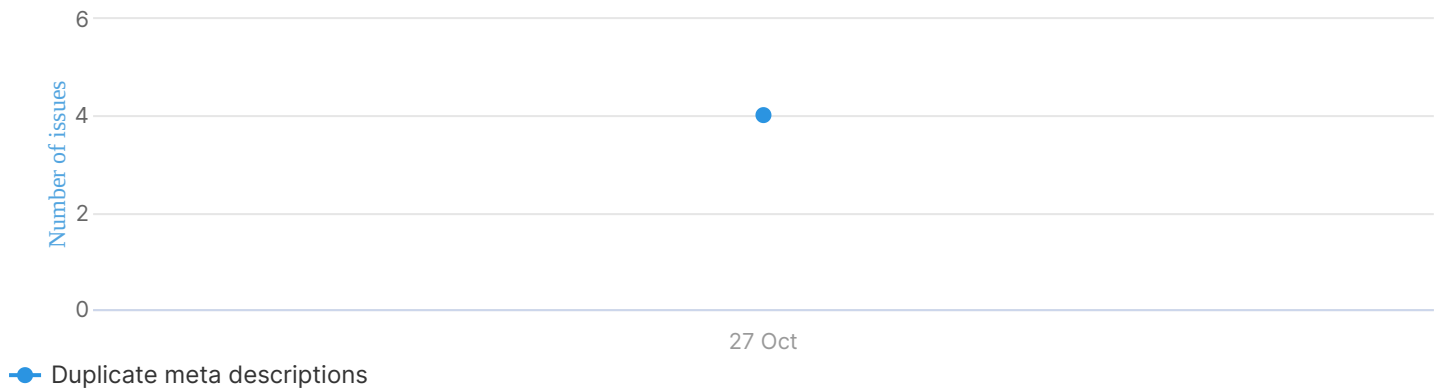
Page URL	Duplicates	Discovered
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine">https://www.proleviate.com/post/beat-bursitis-with-conolidine</a>	1	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine-1">https://www.proleviate.com/post/beat-bursitis-with-conolidine-1</a>	1	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine">https://www.proleviate.com/post/sprained-wrist-use-conolidine</a>	1	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine-1">https://www.proleviate.com/post/sprained-wrist-use-conolidine-1</a>	1	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine">https://www.proleviate.com/post/stop-insomnia-with-conolidine</a>	1	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine-1">https://www.proleviate.com/post/stop-insomnia-with-conolidine-1</a>	1	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

## Duplicate meta descriptions

**i** *About this issue: Our crawler reports pages that have duplicate meta descriptions only if they are exact matches. A <meta description> tag is a short summary of a webpage's content that helps search engines understand what the page is about and can be shown to users in search results. Duplicate meta descriptions on different pages mean a lost opportunity to use more relevant keywords. Also, duplicate meta descriptions make it difficult for search engines and users to differentiate between different webpages. It is better to have no meta description at all than to have a duplicate one. How to fix: Provide a unique, relevant meta description for each of your webpages. For information on how to create effective meta descriptions, please see this Google article: <https://support.google.com/webmasters/answer/35624>*

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Duplicate meta descriptions 4

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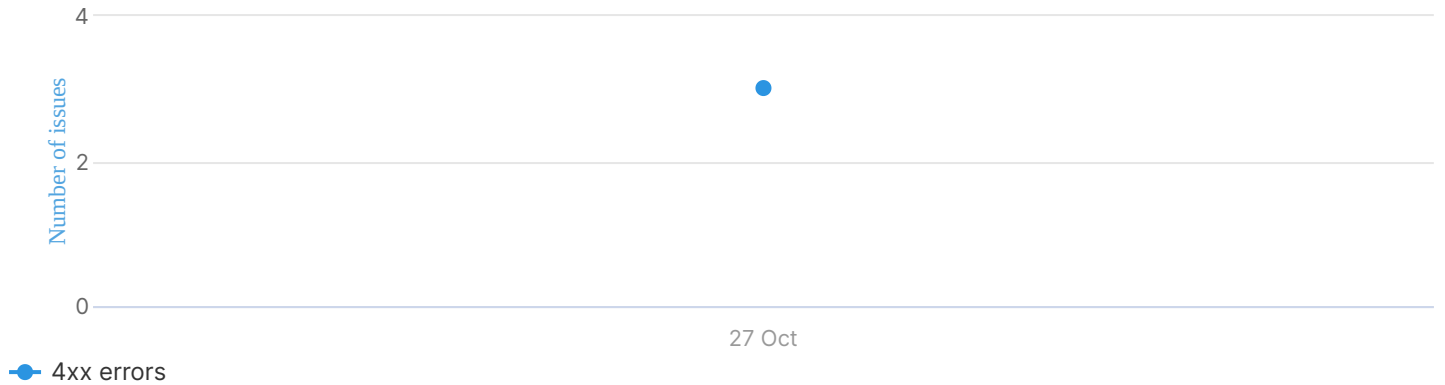
Page URL	Duplicates	Discovered
PROLEVIAE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com">https://shop.proleviate.com</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIAE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com/">https://shop.proleviate.com/</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIAE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIAE +   Muscle and Joint Relief <a href="https://www.proleviate.com/">https://www.proleviate.com/</a>	2	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

## 4xx errors

**i** *About this issue: A 4xx error means that a webpage cannot be accessed. This is usually the result of broken links. These errors prevent users and search engine robots from accessing your webpages, and can negatively affect both user experience and search engine crawlability. This will in turn lead to a drop in traffic driven to your website. Please be aware that crawler may detect a working link as broken if your website blocks our crawler from accessing it. This usually happens due to the following reasons: 1. DDoS protection system. 2. Overloaded or misconfigured server. How to fix: If a webpage returns an error, remove all links leading to the error page or replace it with another resource. To identify all pages on your website that contain links to a 4xx page, click "View broken links" next to the error page. If the links reported as 4xx do work when accessed with a browser, you can try either of the following: 1. Contact your web hosting support team. 2. Instruct search engine robots not to crawl your website too frequently by specifying the "crawl-delay" directive in your robots.txt*

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### 4xx errors 3

www.proleviate.com

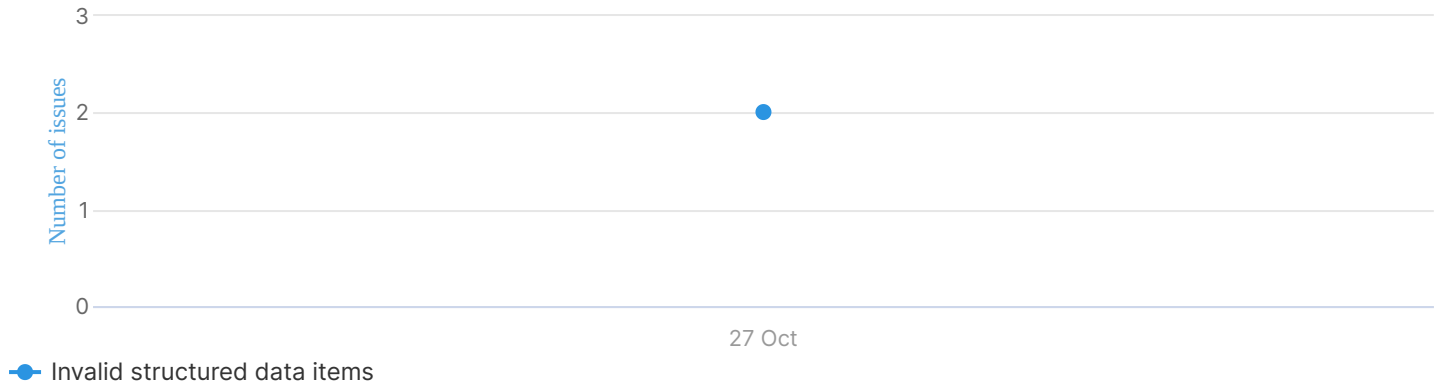
Page URL	HTTP Code	Discovered
<a href="https://www.proleviate.com/products">https://www.proleviate.com/products</a>	404	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/proleviate-relief-drops">https://www.proleviate.com/proleviate-relief-drops</a>	404	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	403	October 27, 2024 (08:57) [new]

### Invalid structured data items

**i** About this issue: This issue is triggered if structured data items contain fields that do not meet Google's guidelines <https://developers.google.com/search/docs/data-types/article>. Implementing and maintaining your structured data correctly is important if you want to get an edge over your competitors in search results. If your website markup has errors, crawlers will not be able to properly understand it, and you may run the risk of losing the chance of gaining rich snippets and getting more favorable rankings. For more information on the structured data requirements, see <https://schema.org>, Google documentation <https://developers.google.com/search/docs/data-types/article> or our article <https://www.semrush.com/kb/1084-structured-data-items-site-audit>. How to fix: Check structured data on your webpages with a validation tool. Please note that different markup testing tools may show different results. We recommend that you use the Rich Results Test tool <https://search.google.com/test/rich-results> to review and validate your pages' structured data against their rich snippet requirements.

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Invalid structured data items 2

www.proleviate.com

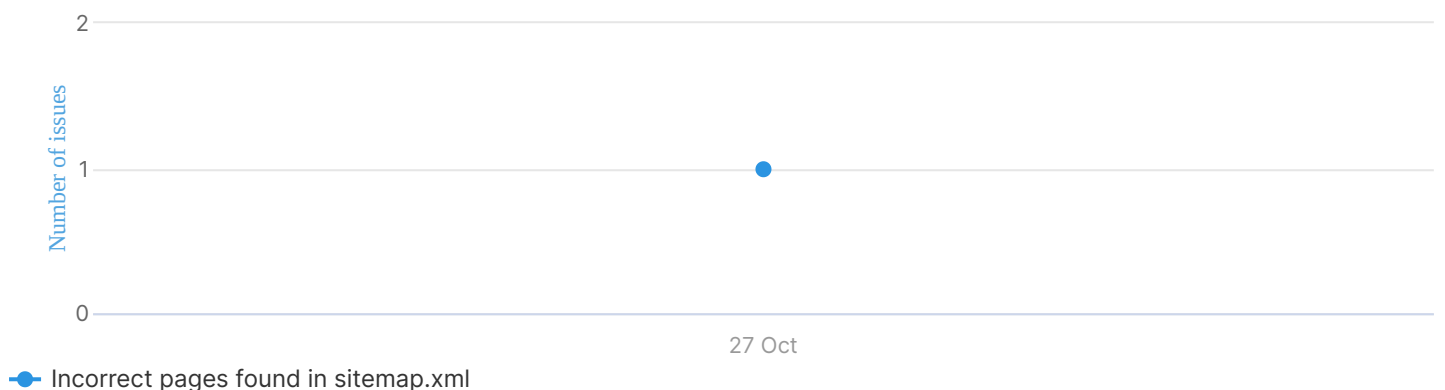
Page URL	Structured Data Type	Affected Fields	Discovered
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	Site names	1 field: name	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com/">https://www.proleviate.com/</a>	Site names	1 field: name	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

### Incorrect pages found in sitemap.xml

**i** *About this issue: A sitemap.xml file makes it easier for crawlers to discover the pages on your website. Only good pages intended for your visitors should be included in your sitemap.xml file. This error is triggered if your sitemap.xml contains URLs that: 1. lead to webpages with the same content. 2. redirect to a different webpage. 3. return non-200 status code. Populating your file with such URLs will confuse search engines, cause unnecessary crawling or may even result in your sitemap being rejected. How to fix: Review your sitemap.xml for any redirected, non-canonical or non-200 URLs. Provide the final destination URLs that are canonical and return a 200 status code.*

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Incorrect pages found in sitemap.xml 1

www.proleviate.com

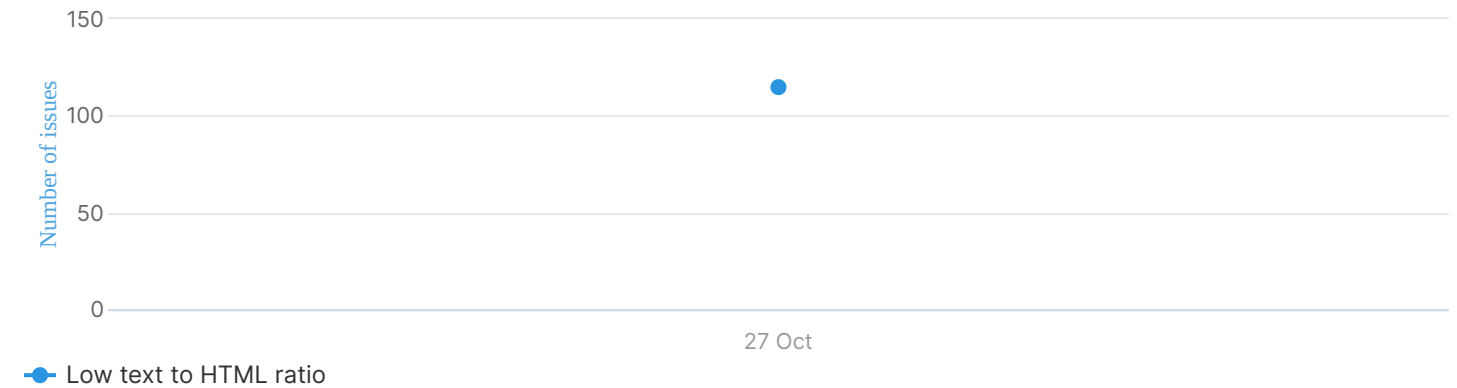
Sitemap URL	Link URL	Issue Type	Discovered
<a href="https://www.proleviate.com/pages-sitemap.xml">https://www.proleviate.com/pages-sitemap.xml</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	Redirect	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

### Low text to HTML ratio

**i** About this issue: Your text to HTML ratio indicates the amount of actual text you have on your webpage compared to the amount of code. This issue is triggered when your text to HTML is 10% or less. Search engines have begun focusing on pages that contain more content. That's why a higher text to HTML ratio means your page has a better chance of getting a good position in search results. Less code increases your page's load speed and also helps your rankings. It also helps search engine robots crawl your website faster. How to fix: Split your webpage's text content and code into separate files and compare their size. If the size of your code file exceeds the size of the text file, review your page's HTML code and consider optimizing its structure and removing embedded scripts and styles.

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Low text to HTML ratio 100

www.proleviate.com

Page URL	Ratio	Discovered
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com">https://shop.proleviate.com</a>	0.01	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com/">https://shop.proleviate.com/</a>	0.01	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Products – Proleviate <a href="https://shop.proleviate.com/collections/all">https://shop.proleviate.com/collections/all</a>	0.01	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Contact – Proleviate <a href="https://shop.proleviate.com/pages/contact">https://shop.proleviate.com/pages/contact</a>	0.00	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIATE+ BALM (100g) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm">https://shop.proleviate.com/products/proleviate-balm</a>	0.01	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIATE+ BALM (100g) (2-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-2-pack">https://shop.proleviate.com/products/proleviate-balm-100g-2-pack</a>	0.01	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

Page URL	Ratio	Discovered
PROLEVIATE+ BALM (100g) (3-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-3-pack">https://shop.proleviate.com/products/proleviate-balm-100g-3-pack</a>	0.01	October 27, 2024 (08:57) [new]
PROLEVIATE+ BALM (100g) (4-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-4-pack">https://shop.proleviate.com/products/proleviate-balm-100g-4-pack</a>	0.01	October 27, 2024 (08:57) [new]
PROLEVIATE+ RELIEF DROPS (1oz) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-relief-drops-1oz">https://shop.proleviate.com/products/proleviate-relief-drops-1oz</a>	0.01	October 27, 2024 (08:57) [new]
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	0.00	October 27, 2024 (08:57) [new]
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com/">https://www.proleviate.com/</a>	0.00	October 27, 2024 (08:57) [new]
PROLEVIATE +   Contact Us <a href="https://www.proleviate.com/contact">https://www.proleviate.com/contact</a>	0.00	October 27, 2024 (08:57) [new]
D-Limonene <a href="https://www.proleviate.com/ingredient/d-limonene">https://www.proleviate.com/ingredient/d-limonene</a>	0.00	October 27, 2024 (08:57) [new]
Delta-3-Carene <a href="https://www.proleviate.com/ingredient/delta-3-carene">https://www.proleviate.com/ingredient/delta-3-carene</a>	0.00	October 27, 2024 (08:57) [new]
Eucalyptus Oil <a href="https://www.proleviate.com/ingredient/eucalyptus-oil">https://www.proleviate.com/ingredient/eucalyptus-oil</a>	0.01	October 27, 2024 (08:57) [new]
Grape Seed Oil <a href="https://www.proleviate.com/ingredient/grape-seed-oil">https://www.proleviate.com/ingredient/grape-seed-oil</a>	0.00	October 27, 2024 (08:57) [new]
MCT Oil <a href="https://www.proleviate.com/ingredient/mct-oil">https://www.proleviate.com/ingredient/mct-oil</a>	0.01	October 27, 2024 (08:57) [new]
Myrcene <a href="https://www.proleviate.com/ingredient/myrcene">https://www.proleviate.com/ingredient/myrcene</a>	0.00	October 27, 2024 (08:57) [new]
Olive Oil <a href="https://www.proleviate.com/ingredient/olive-oil">https://www.proleviate.com/ingredient/olive-oil</a>	0.00	October 27, 2024 (08:57) [new]
PEA: Palmitoylethanolamide <a href="https://www.proleviate.com/ingredient/pea-palmitoylethanolamide">https://www.proleviate.com/ingredient/pea-palmitoylethanolamide</a>	0.01	October 27, 2024 (08:57) [new]
Peppermint Oil <a href="https://www.proleviate.com/ingredient/peppermint-oil">https://www.proleviate.com/ingredient/peppermint-oil</a>	0.00	October 27, 2024 (08:57) [new]
Piperine <a href="https://www.proleviate.com/ingredient/piperine">https://www.proleviate.com/ingredient/piperine</a>	0.00	October 27, 2024 (08:57) [new]
α-Pinene <a href="https://www.proleviate.com/ingredient/alpha-pinene">https://www.proleviate.com/ingredient/alpha-pinene</a>	0.01	October 27, 2024 (08:57) [new]
β-Pinene <a href="https://www.proleviate.com/ingredient/beta-pinene">https://www.proleviate.com/ingredient/beta-pinene</a>	0.01	October 27, 2024 (08:57) [new]
PROLEVIATE +   Ingredients <a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	0.01	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	0.00	October 27, 2024 (08:57) [new]


Page URL	Ratio	Discovered
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/2">https://www.proleviate.com/news/page/2</a>	0.00	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/3">https://www.proleviate.com/news/page/3</a>	0.00	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/4">https://www.proleviate.com/news/page/4</a>	0.00	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/5">https://www.proleviate.com/news/page/5</a>	0.00	October 27, 2024 (08:57) [new]
1 in 10 People Need Fibromyalgia Treatments <a href="https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments">https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments</a>	0.01	October 27, 2024 (08:57) [new]
70% of Older Adults Have Joint Pain <a href="https://www.proleviate.com/post/70-of-older-adults-have-joint-pain">https://www.proleviate.com/post/70-of-older-adults-have-joint-pain</a>	0.01	October 27, 2024 (08:57) [new]
85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives <a href="https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives">https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives</a>	0.01	October 27, 2024 (08:57) [new]
A Total of 23,000 Sprained Ankles Happen Every Day <a href="https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day">https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day</a>	0.01	October 27, 2024 (08:57) [new]
Acute Pain and Conolidine! <a href="https://www.proleviate.com/post/acute-pain-and-conolidine">https://www.proleviate.com/post/acute-pain-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Ankle Pain after Running <a href="https://www.proleviate.com/post/ankle-pain-after-running">https://www.proleviate.com/post/ankle-pain-after-running</a>	0.01	October 27, 2024 (08:57) [new]
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine">https://www.proleviate.com/post/beat-bursitis-with-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine-1">https://www.proleviate.com/post/beat-bursitis-with-conolidine-1</a>	0.01	October 27, 2024 (08:57) [new]
Block Pain Receptors with Conolidine <a href="https://www.proleviate.com/post/block-pain-receptors-with-conolidine">https://www.proleviate.com/post/block-pain-receptors-with-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Carpal Tunnel and Conolidine <a href="https://www.proleviate.com/post/carpal-tunnel-and-conolidine">https://www.proleviate.com/post/carpal-tunnel-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Causes of Joint Pain in Knees <a href="https://www.proleviate.com/post/causes-of-joint-pain-in-knees">https://www.proleviate.com/post/causes-of-joint-pain-in-knees</a>	0.01	October 27, 2024 (08:57) [new]
Chronic Pain, 1 in 6 People Suffer Daily <a href="https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily">https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily</a>	0.01	October 27, 2024 (08:57) [new]
Chronic Pain and Conolidine <a href="https://www.proleviate.com/post/chronic-pain-and-conolidine">https://www.proleviate.com/post/chronic-pain-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine, A must for Digestive Disease <a href="https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease">https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine, A Natural Alternative to Opioids. <a href="https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids">https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine and Joint Pain. <a href="https://www.proleviate.com/post/conolidine-and-joint-pain">https://www.proleviate.com/post/conolidine-and-joint-pain</a>	0.01	October 27, 2024 (08:57) [new]

Page URL	Ratio	Discovered
Conolidine and Migraines! <a href="https://www.proleviate.com/post/conolidine-and-migraines">https://www.proleviate.com/post/conolidine-and-migraines</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine and Sciatica. <a href="https://www.proleviate.com/post/conolidine-and-sciatica">https://www.proleviate.com/post/conolidine-and-sciatica</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine and your Frozen Shoulder <a href="https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder">https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine Blocks ACKR3 Pain Receptors in What Way? <a href="https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way">https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine for that Sharp Ankle Pain. <a href="https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain">https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain</a>	0.01	October 27, 2024 (08:57) [new]
Conolidine, the New No1 Treatment for Carpal Tunnel Syndrome <a href="https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syn-drome">https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syn-drome</a>	0.01	October 27, 2024 (08:57) [new]
Every Day, 1 in 7 People Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain</a>	0.01	October 27, 2024 (08:57) [new]
Every Day, 5 Million American's Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain</a>	0.01	October 27, 2024 (08:57) [new]
Fastest Way to Heal a Sprained Ankle <a href="https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle">https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle</a>	0.01	October 27, 2024 (08:57) [new]
Fix Lower Back Pain with Conolidine! <a href="https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine">https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments? <a href="https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments">https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments</a>	0.01	October 27, 2024 (08:57) [new]
Globally, Approximately 10% of Women Suffer from Endometriosis <a href="https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis">https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis</a>	0.01	October 27, 2024 (08:57) [new]
Hip Pain: 7 Common Causes <a href="https://www.proleviate.com/post/hip-pain-7-common-causes">https://www.proleviate.com/post/hip-pain-7-common-causes</a>	0.01	October 27, 2024 (08:57) [new]
How Conolidine works on Shingles <a href="https://www.proleviate.com/post/how-conolidine-works-on-shingles">https://www.proleviate.com/post/how-conolidine-works-on-shingles</a>	0.01	October 27, 2024 (08:57) [new]
How do you Treat Multiple Joint Pain <a href="https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain">https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain</a>	0.01	October 27, 2024 (08:57) [new]
How Does Conolidine and Palmitoylethanolamide (PEA) Help Sprains? <a href="https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains">https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains</a>	0.01	October 27, 2024 (08:57) [new]
How does Conolidine and PEA (Palmitoylethamide) work on the human body <a href="https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body">https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body</a>	0.02	October 27, 2024 (08:57) [new]
How does Conolidine work for Kidney Stones. <a href="https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones">https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones</a>	0.01	October 27, 2024 (08:57) [new]



Page URL	Ratio	Discovered
How Does Palmitoylethanolamide-PEA Help Sprained Wrists? <a href="https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists">https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists</a>	0.01	October 27, 2024 (08:57) [new]
How to Deal With Chronic Back Pain <a href="https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain">https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain</a>	0.01	October 27, 2024 (08:57) [new]
How to Fix a Frozen Shoulder <a href="https://www.proleviate.com/post/how-to-fix-a-frozen-shoulder">https://www.proleviate.com/post/how-to-fix-a-frozen-shoulder</a>	0.01	October 27, 2024 (08:57) [new]
How to get Rid of Nerve Pain with Shingles <a href="https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles">https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles</a>	0.01	October 27, 2024 (08:57) [new]
Joint Pain After Covid <a href="https://www.proleviate.com/post/joint-pain-after-covid">https://www.proleviate.com/post/joint-pain-after-covid</a>	0.01	October 27, 2024 (08:57) [new]
Kidney Stones Affect About 11% of Men <a href="https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men">https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men</a>	0.01	October 27, 2024 (08:57) [new]
Kidney Stones and Conolidine <a href="https://www.proleviate.com/post/kidney-stones-and-conolidine">https://www.proleviate.com/post/kidney-stones-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Kratom and Conolidine Help With RSI, Which Affects 1.8 Million Workers Per Day <a href="https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day">https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day</a>	0.01	October 27, 2024 (08:57) [new]
Mental Heath and Conolidine. <a href="https://www.proleviate.com/post/mental-heath-and-conolidine">https://www.proleviate.com/post/mental-heath-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Neck Strains and the use of Conolidine <a href="https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine">https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
One in Four People Suffer From Pain <a href="https://www.proleviate.com/post/one-in-four-people-suffer-from-pain">https://www.proleviate.com/post/one-in-four-people-suffer-from-pain</a>	0.01	October 27, 2024 (08:57) [new]
One of the Top Five Disorders is Neck Pain <a href="https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain">https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain</a>	0.01	October 27, 2024 (08:57) [new]
Osteoarthritis and Conolidine! <a href="https://www.proleviate.com/post/osteoarthritis-and-conolidine">https://www.proleviate.com/post/osteoarthritis-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Palmitoylethanolamide (PEA) and Conolidine: The New Natural Treatments for Chronic Pain? <a href="https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain">https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain</a>	0.01	October 27, 2024 (08:57) [new]
People are now using Conolidine for Tennis Elbow <a href="https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow">https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow</a>	0.01	October 27, 2024 (08:57) [new]
People are Taking Conolidine for Anxiety. <a href="https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety">https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety</a>	0.01	October 27, 2024 (08:57) [new]
People are using Proleviate for their Daily Pain Management <a href="https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management">https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management</a>	0.01	October 27, 2024 (08:57) [new]
Rheumatoid Arthritis Affects up to 1% of the Population <a href="https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population">https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population</a>	0.01	October 27, 2024 (08:57) [new]
Rheumatoid Arthritis and Conolidine <a href="https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine">https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]

Page URL	Ratio	Discovered
RSI and Conolidine. <a href="https://www.proleviate.com/post/rsi-and-conolidine">https://www.proleviate.com/post/rsi-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Shoulder Pain and Conolidine <a href="https://www.proleviate.com/post/shoulder-pain-and-conolidine">https://www.proleviate.com/post/shoulder-pain-and-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Sprained Fingers? take Conolidine. <a href="https://www.proleviate.com/post/sprained-fingers-take-conolidine">https://www.proleviate.com/post/sprained-fingers-take-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine">https://www.proleviate.com/post/sprained-wrist-use-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine-1">https://www.proleviate.com/post/sprained-wrist-use-conolidine-1</a>	0.01	October 27, 2024 (08:57) [new]
Stop Back Pain with Conolidine! <a href="https://www.proleviate.com/post/stop-back-pain-with-conolidine">https://www.proleviate.com/post/stop-back-pain-with-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine">https://www.proleviate.com/post/stop-insomnia-with-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine-1">https://www.proleviate.com/post/stop-insomnia-with-conolidine-1</a>	0.01	October 27, 2024 (08:57) [new]
Stop Myofascial Pain with Conolidine. <a href="https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine">https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
Take Conolidine for Shingles <a href="https://www.proleviate.com/post/take-conolidine-for-shingles">https://www.proleviate.com/post/take-conolidine-for-shingles</a>	0.01	October 27, 2024 (08:57) [new]
The Best Alternative Medicine. Conolidine! <a href="https://www.proleviate.com/post/the-best-alternative-medicine-conolidine">https://www.proleviate.com/post/the-best-alternative-medicine-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
The Best Shinges Treatments? <a href="https://www.proleviate.com/post/the-best-shinges-treatments">https://www.proleviate.com/post/the-best-shinges-treatments</a>	0.01	October 27, 2024 (08:57) [new]
The Best Way to Relieve Pain From RSI <a href="https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi">https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi</a>	0.01	October 27, 2024 (08:57) [new]
The New Pain Killer Conolidine! <a href="https://www.proleviate.com/post/the-new-pain-killer-conolidine">https://www.proleviate.com/post/the-new-pain-killer-conolidine</a>	0.01	October 27, 2024 (08:57) [new]
The Top 3 Treatments for Shingles <a href="https://www.proleviate.com/post/the-top-3-treatments-for-shingles">https://www.proleviate.com/post/the-top-3-treatments-for-shingles</a>	0.01	October 27, 2024 (08:57) [new]
There are 7 Signs of Fibromyalgia <a href="https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia">https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia</a>	0.01	October 27, 2024 (08:57) [new]
Toothache? Try Conolidine <a href="https://www.proleviate.com/post/toothache-try-conolidine">https://www.proleviate.com/post/toothache-try-conolidine</a>	0.01	October 27, 2024 (08:57) [new]

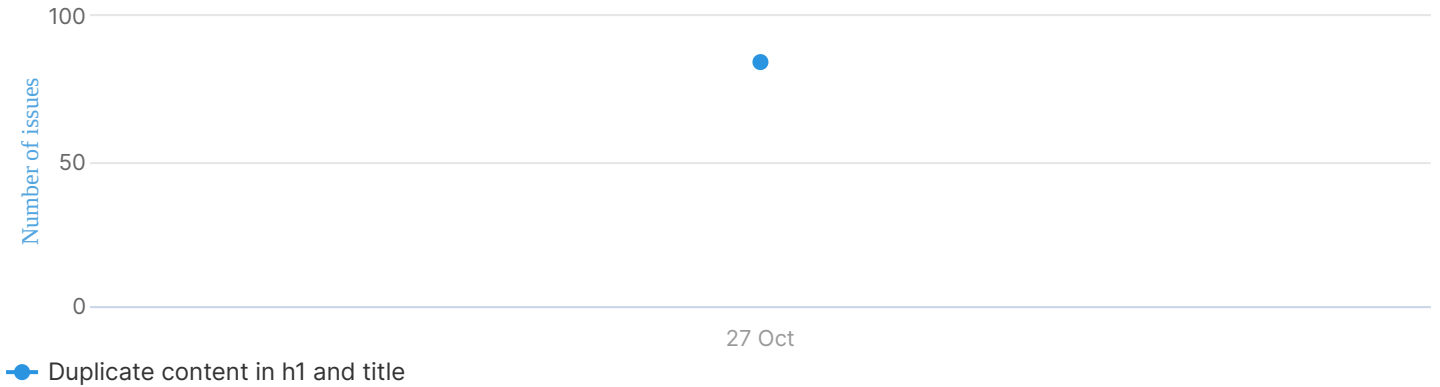
 We're only displaying 100 results. To view all results, export your report to a CSV or Excel file format.

## Duplicate content in h1 and title

**i** About this issue: It is a bad idea to duplicate your title tag content in your first-level header. If your page's <title> and <h1> tags match, the latter may appear over-optimized to search engines. Also, using the same content in titles and headers means a lost opportunity to incorporate other relevant keywords for your page. For more information, please see this Google article: <https://support.google.com/webmasters/answer/35624>. How to fix: Try to create different content for your <title> and <h1> tags.

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Duplicate content in h1 and title 84

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Page URL	Title	Discovered
1 in 10 People Need Fibromyalgia Treatments <a href="https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments">https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments</a>	1 in 10 People Need Fibromyalgia Treatments	October 27, 2024 (08:57) <span>[new]</span>
70% of Older Adults Have Joint Pain <a href="https://www.proleviate.com/post/70-of-older-adults-have-joint-pain">https://www.proleviate.com/post/70-of-older-adults-have-joint-pain</a>	70% of Older Adults Have Joint Pain	October 27, 2024 (08:57) <span>[new]</span>
85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives <a href="https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives">https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives</a>	85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives	October 27, 2024 (08:57) <span>[new]</span>
A Total of 23,000 Sprained Ankles Happen Every Day <a href="https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day">https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day</a>	A Total of 23,000 Sprained Ankles Happen Every Day	October 27, 2024 (08:57) <span>[new]</span>
Acute Pain and Conolidine! <a href="https://www.proleviate.com/post/acute-pain-and-conolidine">https://www.proleviate.com/post/acute-pain-and-conolidine</a>	Acute Pain and Conolidine!	October 27, 2024 (08:57) <span>[new]</span>
Ankle Pain after Running <a href="https://www.proleviate.com/post/ankle-pain-after-running">https://www.proleviate.com/post/ankle-pain-after-running</a>	Ankle Pain after Running	October 27, 2024 (08:57) <span>[new]</span>
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine">https://www.proleviate.com/post/beat-bursitis-with-conolidine</a>	Beat Bursitis with Conolidine.	October 27, 2024 (08:57) <span>[new]</span>
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine-1">https://www.proleviate.com/post/beat-bursitis-with-conolidine-1</a>	Beat Bursitis with Conolidine.	October 27, 2024 (08:57) <span>[new]</span>

Page URL	Title	Discovered
<a href="https://www.proleviate.com/post/block-pain-receptors-with-conolidine">Block Pain Receptors with Conolidine</a> <a href="https://www.proleviate.com/post/block-pain-receptors-with-conolidine">https://www.proleviate.com/post/block-pain-receptors-with-conolidine</a>	Block Pain Receptors with Conolidine	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/carpal-tunnel-and-conolidine">Carpal Tunnel and Conolidine</a> <a href="https://www.proleviate.com/post/carpal-tunnel-and-conolidine">https://www.proleviate.com/post/carpal-tunnel-and-conolidine</a>	Carpal Tunnel and Conolidine	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/causes-of-joint-pain-in-knees">Causes of Joint Pain in Knees</a> <a href="https://www.proleviate.com/post/causes-of-joint-pain-in-knees">https://www.proleviate.com/post/causes-of-joint-pain-in-knees</a>	Causes of Joint Pain in Knees	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily">Chronic Pain, 1 in 6 People Suffer Daily</a> <a href="https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily">https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily</a>	Chronic Pain, 1 in 6 People Suffer Daily	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/chronic-pain-and-conolidine">Chronic Pain and Conolidine</a> <a href="https://www.proleviate.com/post/chronic-pain-and-conolidine">https://www.proleviate.com/post/chronic-pain-and-conolidine</a>	Chronic Pain and Conolidine	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease">Conolidine, A must for Digestive Disease</a> <a href="https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease">https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease</a>	Conolidine, A must for Digestive Disease	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids">Conolidine, A Natural Alternative to Opioids.</a> <a href="https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids">https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids</a>	Conolidine, A Natural Alternative to Opioids.	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-and-joint-pain">Conolidine and Joint Pain.</a> <a href="https://www.proleviate.com/post/conolidine-and-joint-pain">https://www.proleviate.com/post/conolidine-and-joint-pain</a>	Conolidine and Joint Pain.	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-and-migraines">Conolidine and Migraines!</a> <a href="https://www.proleviate.com/post/conolidine-and-migraines">https://www.proleviate.com/post/conolidine-and-migraines</a>	Conolidine and Migraines!	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-and-sciatica">Conolidine and Sciatica.</a> <a href="https://www.proleviate.com/post/conolidine-and-sciatica">https://www.proleviate.com/post/conolidine-and-sciatica</a>	Conolidine and Sciatica.	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder">Conolidine and your Frozen Shoulder</a> <a href="https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder">https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder</a>	Conolidine and your Frozen Shoulder	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way">Conolidine Blocks ACKR3 Pain Receptors in What Way?</a> <a href="https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way">https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way</a>	Conolidine Blocks ACKR3 Pain Receptors in What Way?	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain">Conolidine for that Sharp Ankle Pain.</a> <a href="https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain">https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain</a>	Conolidine for that Sharp Ankle Pain.	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syndrome">Conolidine, the New No1 Treatment for Carpal Tunnel Syndrome</a> <a href="https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syndrome">https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syndrome</a>	Conolidine, the New No1 Treatment for Carpal Tunnel Syndrome	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain">Every Day, 1 in 7 People Suffer From Tooth Pain</a> <a href="https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain</a>	Every Day, 1 in 7 People Suffer From Tooth Pain	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain">Every Day, 5 Million American's Suffer From Tooth Pain</a> <a href="https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain</a>	Every Day, 5 Million American's Suffer From Tooth Pain	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle">Fastest Way to Heal a Sprained Ankle</a> <a href="https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle">https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle</a>	Fastest Way to Heal a Sprained Ankle	October 27, 2024 (08:57) [new]

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<a href="https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine">Fix Lower Back Pain with Conolidine! https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine</a>	Fix Lower Back Pain with Conolidine!	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments">For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments? https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments</a>	For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments?	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis">Globally, Approximately 10% of Women Suffer from Endometriosis https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis</a>	Globally, Approximately 10% of Women Suffer from Endometriosis	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/hip-pain-7-common-causes">Hip Pain: 7 Common Causes https://www.proleviate.com/post/hip-pain-7-common-causes</a>	Hip Pain: 7 Common Causes	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-conolidine-works-on-shingles">How Conolidine works on Shingles https://www.proleviate.com/post/how-conolidine-works-on-shingles</a>	How Conolidine works on Shingles	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain">How do you Treat Multiple Joint Pain https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain</a>	How do you Treat Multiple Joint Pain	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains">How Does Conolidine and Palmitoylethanolamide (PEA) Help Sprains? https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains</a>	How Does Conolidine and Palmitoylethanolamide (PEA) Help Sprains?	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body">How does Conolidine and PEA (Palmitoylethamide) work on the human body https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body</a>	How does Conolidine and PEA (Palmitoylethamide) work on the human body	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones">How does Conolidine work for Kidney Stones. https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones</a>	How does Conolidine work for Kidney Stones.	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists">How Does Palmitoylethanolamide-PEA Help Sprained Wrists? https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists</a>	How Does Palmitoylethanolamide-PEA Help Sprained Wrists?	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain">How to Deal With Chronic Back Pain https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain</a>	How to Deal With Chronic Back Pain	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-to-fix-a-frozen-shoulder">How to Fix a Frozen Shoulder https://www.proleviate.com/post/how-to-fix-a-frozen-shoulder</a>	How to Fix a Frozen Shoulder	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles">How to get Rid of Nerve Pain with Shingles https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles</a>	How to get Rid of Nerve Pain with Shingles	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/joint-pain-after-covid">Joint Pain After Covid https://www.proleviate.com/post/joint-pain-after-covid</a>	Joint Pain After Covid	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men">Kidney Stones Affect About 11% of Men https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men</a>	Kidney Stones Affect About 11% of Men	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/kidney-stones-and-conolidine">Kidney Stones and Conolidine https://www.proleviate.com/post/kidney-stones-and-conolidine</a>	Kidney Stones and Conolidine	October 27, 2024 (08:57) [new]

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<a href="https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day">https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day</a>	Kratom and Conolidine Help With RSI, Which Affects 1.8 Million Workers Per Day	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/mental-heath-and-conolidine">https://www.proleviate.com/post/mental-heath-and-conolidine</a>	Mental Heath and Conolidine.	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine">https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine</a>	Neck Strains and the use of Conolidine	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/one-in-four-people-suffer-from-pain">https://www.proleviate.com/post/one-in-four-people-suffer-from-pain</a>	One in Four People Suffer From Pain	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain">https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain</a>	One of the Top Five Disorders is Neck Pain	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/osteoarthritis-and-conolidine">https://www.proleviate.com/post/osteoarthritis-and-conolidine</a>	Osteoarthritis and Conolidine!	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain">https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain</a>	Palmitoylethanolamide (PEA) and Conolidine: The New Natural Treatments for Chronic Pain?	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow">https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow</a>	People are now using Conolidine for Tennis Elbow	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety">https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety</a>	People are Taking Conolidine for Anxiety.	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management">https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management</a>	People are using Proleviate for their Daily Pain Management	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population">https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population</a>	Rheumatoid Arthritis Affects up to 1% of the Population	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine">https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine</a>	Rheumatoid Arthritis and Conolidine	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/rsi-and-conolidine">https://www.proleviate.com/post/rsi-and-conolidine</a>	RSI and Conolidine.	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/shoulder-pain-and-conolidine">https://www.proleviate.com/post/shoulder-pain-and-conolidine</a>	Shoulder Pain and Conolidine	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/sprained-fingers-take-conolidine">https://www.proleviate.com/post/sprained-fingers-take-conolidine</a>	Sprained Fingers? take Conolidine.	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine">https://www.proleviate.com/post/sprained-wrist-use-conolidine</a>	Sprained Wrist? Use Conolidine.	October 27, 2024 (08:57) <a href="#">[new]</a>
<a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine-1">https://www.proleviate.com/post/sprained-wrist-use-conolidine-1</a>	Sprained Wrist? Use Conolidine.	October 27, 2024 (08:57) <a href="#">[new]</a>

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Stop Back Pain with Conolidine! <a href="https://www.proleviate.com/post/stop-back-pain-with-conolidine">https://www.proleviate.com/post/stop-back-pain-with-conolidine</a>	Stop Back Pain with Conolidine!	October 27, 2024 (08:57) [new]
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine">https://www.proleviate.com/post/stop-insomnia-with-conolidine</a>	Stop Insomnia with Conolidine	October 27, 2024 (08:57) [new]
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine-1">https://www.proleviate.com/post/stop-insomnia-with-conolidine-1</a>	Stop Insomnia with Conolidine	October 27, 2024 (08:57) [new]
Stop Myofascial Pain with Conolidine. <a href="https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine">https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine</a>	Stop Myofascial Pain with Conolidine.	October 27, 2024 (08:57) [new]
Take Conolidine for Shingles <a href="https://www.proleviate.com/post/take-conolidine-for-shingles">https://www.proleviate.com/post/take-conolidine-for-shingles</a>	Take Conolidine for Shingles	October 27, 2024 (08:57) [new]
The Best Alternative Medicine. Conolidine! <a href="https://www.proleviate.com/post/the-best-alternative-medicine-conolidine">https://www.proleviate.com/post/the-best-alternative-medicine-conolidine</a>	The Best Alternative Medicine. Conolidine!	October 27, 2024 (08:57) [new]
The Best Shinges Treatments? <a href="https://www.proleviate.com/post/the-best-shinges-treatments">https://www.proleviate.com/post/the-best-shinges-treatments</a>	The Best Shinges Treatments?	October 27, 2024 (08:57) [new]
The Best Way to Relieve Pain From RSI <a href="https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi">https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi</a>	The Best Way to Relieve Pain From RSI	October 27, 2024 (08:57) [new]
The New Pain Killer Conolidine! <a href="https://www.proleviate.com/post/the-new-pain-killer-conolidine">https://www.proleviate.com/post/the-new-pain-killer-conolidine</a>	The New Pain Killer Conolidine!	October 27, 2024 (08:57) [new]
The Top 3 Treatments for Shingles <a href="https://www.proleviate.com/post/the-top-3-treatments-for-shingles">https://www.proleviate.com/post/the-top-3-treatments-for-shingles</a>	The Top 3 Treatments for Shingles	October 27, 2024 (08:57) [new]
There are 7 Signs of Fibromyalgia <a href="https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia">https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia</a>	There are 7 Signs of Fibromyalgia	October 27, 2024 (08:57) [new]
Toothache? Try Conolidine <a href="https://www.proleviate.com/post/toothache-try-conolidine">https://www.proleviate.com/post/toothache-try-conolidine</a>	Toothache? Try Conolidine	October 27, 2024 (08:57) [new]
Treat Hip Pain with Conolidine <a href="https://www.proleviate.com/post/treat-hip-pain-with-conolidine">https://www.proleviate.com/post/treat-hip-pain-with-conolidine</a>	Treat Hip Pain with Conolidine	October 27, 2024 (08:57) [new]
Try Conolidine for your Carpal Tunnel <a href="https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel">https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel</a>	Try Conolidine for your Carpal Tunnel	October 27, 2024 (08:57) [new]
Up to 15% of the Population Can Suffer From RSI <a href="https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi">https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi</a>	Up to 15% of the Population Can Suffer From RSI	October 27, 2024 (08:57) [new]
Use Conolidine for Back Pain <a href="https://www.proleviate.com/post/use-conolidine-for-back-pain">https://www.proleviate.com/post/use-conolidine-for-back-pain</a>	Use Conolidine for Back Pain	October 27, 2024 (08:57) [new]
Warning Signs of Fibromyalgia <a href="https://www.proleviate.com/post/warning-signs-of-fibromyalgia">https://www.proleviate.com/post/warning-signs-of-fibromyalgia</a>	Warning Signs of Fibromyalgia	October 27, 2024 (08:57) [new]
What are Migraine Symptoms <a href="https://www.proleviate.com/post/what-are-migraine-symptoms">https://www.proleviate.com/post/what-are-migraine-symptoms</a>	What are Migraine Symptoms	October 27, 2024 (08:57) [new]
What are the Treatments for Carpal Tunnel? <a href="https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel">https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel</a>	What are the Treatments for Carpal Tunnel?	October 27, 2024 (08:57) [new]

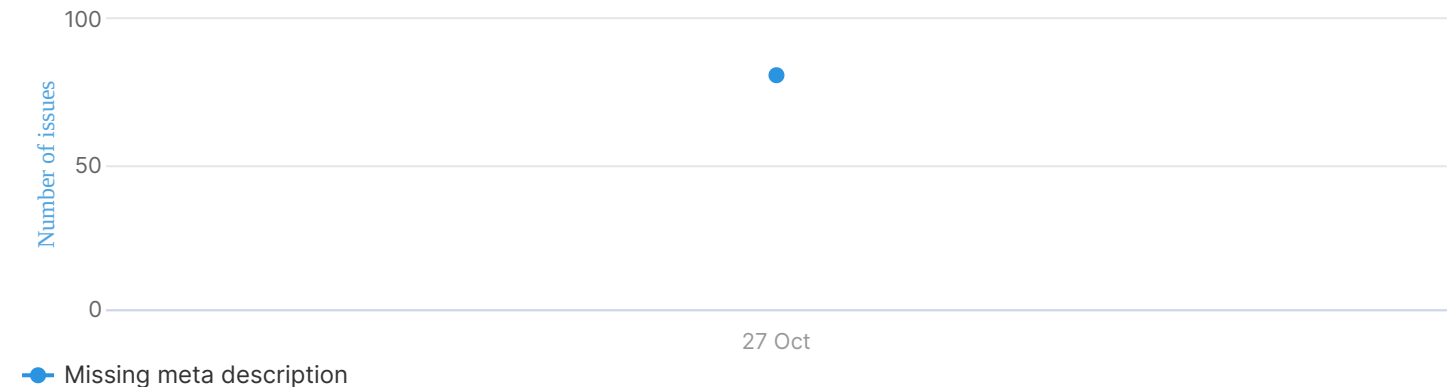
Page URL	Title	Discovered
What Can you do for Unbearable Arthritis <a href="https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis">https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis</a>	What Can you do for Unbearable Arthritis	October 27, 2024 (08:57) <span>[new]</span>
What Causes Fibromyalgia? <a href="https://www.proleviate.com/post/what-causes-fibromyalgia">https://www.proleviate.com/post/what-causes-fibromyalgia</a>	What Causes Fibromyalgia?	October 27, 2024 (08:57) <span>[new]</span>
What Causes Frozen Shoulder <a href="https://www.proleviate.com/post/what-causes-frozen-shoulder">https://www.proleviate.com/post/what-causes-frozen-shoulder</a>	What Causes Frozen Shoulder	October 27, 2024 (08:57) <span>[new]</span>
What is the Best Product for a Stiff Neck <a href="https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck">https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck</a>	What is the Best Product for a Stiff Neck	October 27, 2024 (08:57) <span>[new]</span>
What's the Best Way to Treat a Frozen Shoulder <a href="https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder">https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder</a>	What's the Best Way to Treat a Frozen Shoulder	October 27, 2024 (08:57) <span>[new]</span>
Why You Should Take Conolidine for Neck Pain <a href="https://www.proleviate.com/post/why-you-should-take-conolidine-for-neck-pain">https://www.proleviate.com/post/why-you-should-take-conolidine-for-neck-pain</a>	Why You Should Take Conolidine for Neck Pain	October 27, 2024 (08:57) <span>[new]</span>
Why you Should Use Conolidine for Chronic Pain. <a href="https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain">https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain</a>	Why you Should Use Conolidine for Chronic Pain.	October 27, 2024 (08:57) <span>[new]</span>

## Missing meta description

**i** About this issue: Though meta descriptions don't have a direct influence on rankings, they are used by search engines to display your page's description in search results. A good description helps users know what your page is about and encourages them to click on it. If your page's meta description tag is missing, search engines will usually display its first sentence, which may be irrelevant and unappealing to users. For more information, please see these article: Create good titles and snippets in Search Results: <https://support.google.com/webmasters/answer/35624>. How to fix: In order to gain a higher click-through rate, you should ensure that all of your webpages have meta descriptions that contain relevant keywords.

## Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



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www.proleviate.com

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Products – Proleviate <a href="https://shop.proleviate.com/collections/all">https://shop.proleviate.com/collections/all</a>	October 27, 2024 (08:57) [new]
Contact – Proleviate <a href="https://shop.proleviate.com/pages/contact">https://shop.proleviate.com/pages/contact</a>	October 27, 2024 (08:57) [new]
1 in 10 People Need Fibromyalgia Treatments <a href="https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments">https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments</a>	October 27, 2024 (08:57) [new]
70% of Older Adults Have Joint Pain <a href="https://www.proleviate.com/post/70-of-older-adults-have-joint-pain">https://www.proleviate.com/post/70-of-older-adults-have-joint-pain</a>	October 27, 2024 (08:57) [new]
85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives <a href="https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives">https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives</a>	October 27, 2024 (08:57) [new]
A Total of 23,000 Sprained Ankles Happen Every Day <a href="https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day">https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day</a>	October 27, 2024 (08:57) [new]
Acute Pain and Conolidine! <a href="https://www.proleviate.com/post/acute-pain-and-conolidine">https://www.proleviate.com/post/acute-pain-and-conolidine</a>	October 27, 2024 (08:57) [new]
Ankle Pain after Running <a href="https://www.proleviate.com/post/ankle-pain-after-running">https://www.proleviate.com/post/ankle-pain-after-running</a>	October 27, 2024 (08:57) [new]
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine">https://www.proleviate.com/post/beat-bursitis-with-conolidine</a>	October 27, 2024 (08:57) [new]
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine-1">https://www.proleviate.com/post/beat-bursitis-with-conolidine-1</a>	October 27, 2024 (08:57) [new]
Block Pain Receptors with Conolidine <a href="https://www.proleviate.com/post/block-pain-receptors-with-conolidine">https://www.proleviate.com/post/block-pain-receptors-with-conolidine</a>	October 27, 2024 (08:57) [new]
Carpal Tunnel and Conolidine <a href="https://www.proleviate.com/post/carpal-tunnel-and-conolidine">https://www.proleviate.com/post/carpal-tunnel-and-conolidine</a>	October 27, 2024 (08:57) [new]
Causes of Joint Pain in Knees <a href="https://www.proleviate.com/post/causes-of-joint-pain-in-knees">https://www.proleviate.com/post/causes-of-joint-pain-in-knees</a>	October 27, 2024 (08:57) [new]
Chronic Pain, 1 in 6 People Suffer Daily <a href="https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily">https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily</a>	October 27, 2024 (08:57) [new]
Chronic Pain and Conolidine <a href="https://www.proleviate.com/post/chronic-pain-and-conolidine">https://www.proleviate.com/post/chronic-pain-and-conolidine</a>	October 27, 2024 (08:57) [new]
Conolidine, A must for Digestive Disease <a href="https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease">https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease</a>	October 27, 2024 (08:57) [new]
Conolidine, A Natural Alternative to Opioids. <a href="https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids">https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids</a>	October 27, 2024 (08:57) [new]
Conolidine and Joint Pain. <a href="https://www.proleviate.com/post/conolidine-and-joint-pain">https://www.proleviate.com/post/conolidine-and-joint-pain</a>	October 27, 2024 (08:57) [new]
Conolidine and Migraines! <a href="https://www.proleviate.com/post/conolidine-and-migraines">https://www.proleviate.com/post/conolidine-and-migraines</a>	October 27, 2024 (08:57) [new]
Conolidine and Sciatica. <a href="https://www.proleviate.com/post/conolidine-and-sciatica">https://www.proleviate.com/post/conolidine-and-sciatica</a>	October 27, 2024 (08:57) [new]

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Conolidine and your Frozen Shoulder <a href="https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder">https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder</a>	October 27, 2024 (08:57) [new]
Conolidine Blocks ACKR3 Pain Receptors in What Way? <a href="https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way">https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way</a>	October 27, 2024 (08:57) [new]
Conolidine for that Sharp Ankle Pain. <a href="https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain">https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain</a>	October 27, 2024 (08:57) [new]
Conolidine, the New No1 Treatment for Carpal Tunnel Syndrome <a href="https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syndrome">https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syndrome</a>	October 27, 2024 (08:57) [new]
Every Day, 1 in 7 People Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain</a>	October 27, 2024 (08:57) [new]
Every Day, 5 Million American's Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain</a>	October 27, 2024 (08:57) [new]
Fastest Way to Heal a Sprained Ankle <a href="https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle">https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle</a>	October 27, 2024 (08:57) [new]
Fix Lower Back Pain with Conolidine! <a href="https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine">https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine</a>	October 27, 2024 (08:57) [new]
For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments? <a href="https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments">https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments</a>	October 27, 2024 (08:57) [new]
Globally, Approximately 10% of Women Suffer from Endometriosis <a href="https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis">https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis</a>	October 27, 2024 (08:57) [new]
Hip Pain: 7 Common Causes <a href="https://www.proleviate.com/post/hip-pain-7-common-causes">https://www.proleviate.com/post/hip-pain-7-common-causes</a>	October 27, 2024 (08:57) [new]
How Conolidine works on Shingles <a href="https://www.proleviate.com/post/how-conolidine-works-on-shingles">https://www.proleviate.com/post/how-conolidine-works-on-shingles</a>	October 27, 2024 (08:57) [new]
How do you Treat Multiple Joint Pain <a href="https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain">https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain</a>	October 27, 2024 (08:57) [new]
How Does Conolidine and Palmitoylethanolamide (PEA) Help Sprains? <a href="https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains">https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains</a>	October 27, 2024 (08:57) [new]
How does Conolidine and PEA (Palmitoylethamide) work on the human body <a href="https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body">https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body</a>	October 27, 2024 (08:57) [new]
How does Conolidine work for Kidney Stones. <a href="https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones">https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones</a>	October 27, 2024 (08:57) [new]
How Does Palmitoylethanolamide-PEA Help Sprained Wrists? <a href="https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists">https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists</a>	October 27, 2024 (08:57) [new]
How to Deal With Chronic Back Pain <a href="https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain">https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain</a>	October 27, 2024 (08:57) [new]
How to get Rid of Nerve Pain with Shingles <a href="https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles">https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles</a>	October 27, 2024 (08:57) [new]
Joint Pain After Covid <a href="https://www.proleviate.com/post/joint-pain-after-covid">https://www.proleviate.com/post/joint-pain-after-covid</a>	October 27, 2024 (08:57) [new]

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Kidney Stones Affect About 11% of Men <a href="https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men">https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Kidney Stones and Conolidine <a href="https://www.proleviate.com/post/kidney-stones-and-conolidine">https://www.proleviate.com/post/kidney-stones-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Kratom and Conolidine Help With RSI, Which Affects 1.8 Million Workers Per Day <a href="https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day">https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Mental Heath and Conolidine. <a href="https://www.proleviate.com/post/mental-heath-and-conolidine">https://www.proleviate.com/post/mental-heath-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Neck Strains and the use of Conolidine <a href="https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine">https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
One in Four People Suffer From Pain <a href="https://www.proleviate.com/post/one-in-four-people-suffer-from-pain">https://www.proleviate.com/post/one-in-four-people-suffer-from-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
One of the Top Five Disorders is Neck Pain <a href="https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain">https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Osteoarthritis and Conolidine! <a href="https://www.proleviate.com/post/osteoarthritis-and-conolidine">https://www.proleviate.com/post/osteoarthritis-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Palmitoylethanolamide (PEA) and Conolidine: The New Natural Treatments for Chronic Pain? <a href="https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain">https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
People are now using Conolidine for Tennis Elbow <a href="https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow">https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
People are Taking Conolidine for Anxiety. <a href="https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety">https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
People are using Proleviate for their Daily Pain Management <a href="https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management">https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Rheumatoid Arthritis Affects up to 1% of the Population <a href="https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population">https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Rheumatoid Arthritis and Conolidine <a href="https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine">https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
RSI and Conolidine. <a href="https://www.proleviate.com/post/rsi-and-conolidine">https://www.proleviate.com/post/rsi-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Shoulder Pain and Conolidine <a href="https://www.proleviate.com/post/shoulder-pain-and-conolidine">https://www.proleviate.com/post/shoulder-pain-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Sprained Fingers? take Conolidine. <a href="https://www.proleviate.com/post/sprained-fingers-take-conolidine">https://www.proleviate.com/post/sprained-fingers-take-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine">https://www.proleviate.com/post/sprained-wrist-use-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine-1">https://www.proleviate.com/post/sprained-wrist-use-conolidine-1</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Stop Back Pain with Conolidine! <a href="https://www.proleviate.com/post/stop-back-pain-with-conolidine">https://www.proleviate.com/post/stop-back-pain-with-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>

Page URL	Discovered
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine">https://www.proleviate.com/post/stop-insomnia-with-conolidine</a>	October 27, 2024 (08:57) <span>[new]</span>
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine-1">https://www.proleviate.com/post/stop-insomnia-with-conolidine-1</a>	October 27, 2024 (08:57) <span>[new]</span>
Stop Myofascial Pain with Conolidine. <a href="https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine">https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine</a>	October 27, 2024 (08:57) <span>[new]</span>
Take Conolidine for Shingles <a href="https://www.proleviate.com/post/take-conolidine-for-shingles">https://www.proleviate.com/post/take-conolidine-for-shingles</a>	October 27, 2024 (08:57) <span>[new]</span>
The Best Alternative Medicine. Conolidine! <a href="https://www.proleviate.com/post/the-best-alternative-medicine-conolidine">https://www.proleviate.com/post/the-best-alternative-medicine-conolidine</a>	October 27, 2024 (08:57) <span>[new]</span>
The Best Shinges Treatments? <a href="https://www.proleviate.com/post/the-best-shinges-treatments">https://www.proleviate.com/post/the-best-shinges-treatments</a>	October 27, 2024 (08:57) <span>[new]</span>
The Best Way to Relieve Pain From RSI <a href="https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi">https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi</a>	October 27, 2024 (08:57) <span>[new]</span>
The New Pain Killer Conolidine! <a href="https://www.proleviate.com/post/the-new-pain-killer-conolidine">https://www.proleviate.com/post/the-new-pain-killer-conolidine</a>	October 27, 2024 (08:57) <span>[new]</span>
The Top 3 Treatments for Shingles <a href="https://www.proleviate.com/post/the-top-3-treatments-for-shingles">https://www.proleviate.com/post/the-top-3-treatments-for-shingles</a>	October 27, 2024 (08:57) <span>[new]</span>
There are 7 Signs of Fibromyalgia <a href="https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia">https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia</a>	October 27, 2024 (08:57) <span>[new]</span>
Toothache? Try Conolidine <a href="https://www.proleviate.com/post/toothache-try-conolidine">https://www.proleviate.com/post/toothache-try-conolidine</a>	October 27, 2024 (08:57) <span>[new]</span>
Treat Hip Pain with Conolidine <a href="https://www.proleviate.com/post/treat-hip-pain-with-conolidine">https://www.proleviate.com/post/treat-hip-pain-with-conolidine</a>	October 27, 2024 (08:57) <span>[new]</span>
Try Conolidine for your Carpal Tunnel <a href="https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel">https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel</a>	October 27, 2024 (08:57) <span>[new]</span>
Up to 15% of the Population Can Suffer From RSI <a href="https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi">https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi</a>	October 27, 2024 (08:57) <span>[new]</span>
Use Conolidine for Back Pain <a href="https://www.proleviate.com/post/use-conolidine-for-back-pain">https://www.proleviate.com/post/use-conolidine-for-back-pain</a>	October 27, 2024 (08:57) <span>[new]</span>
What are the Treatments for Carpal Tunnel? <a href="https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel">https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel</a>	October 27, 2024 (08:57) <span>[new]</span>
What Can you do for Unbearable Arthritis <a href="https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis">https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis</a>	October 27, 2024 (08:57) <span>[new]</span>
What is the Best Product for a Stiff Neck <a href="https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck">https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck</a>	October 27, 2024 (08:57) <span>[new]</span>
What's the Best Way to Treat a Frozen Shoulder <a href="https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder">https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder</a>	October 27, 2024 (08:57) <span>[new]</span>
Why You Should Take Conolidine for Neck Pain <a href="https://www.proleviate.com/post/why-you-should-take-conolidine-for-neck-pain">https://www.proleviate.com/post/why-you-should-take-conolidine-for-neck-pain</a>	October 27, 2024 (08:57) <span>[new]</span>

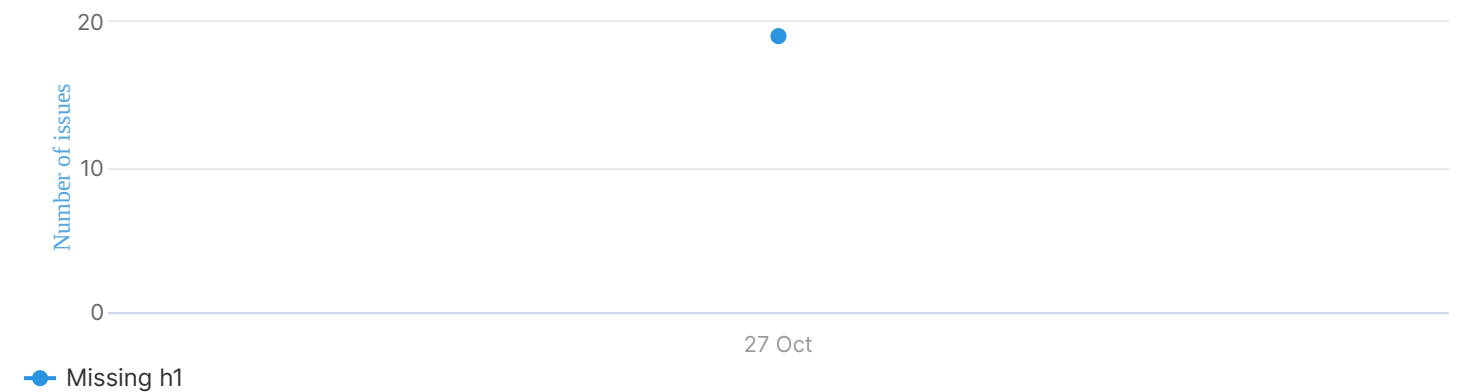
Page URL	Discovered
Why you Should Use Conolidine for Chronic Pain. <a href="https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain">https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

## Missing h1

**i** *About this issue: While less important than <title> tags, h1 headings still help define your page's topic for search engines and users. If an <h1> tag is empty or missing, search engines may place your page lower than they would otherwise. Besides, a lack of an <h1> tag breaks your page's heading hierarchy, which is not SEO friendly. How to fix: Provide a concise, relevant h1 heading for each of your page.*

## Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Missing h1 19

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Page URL	Discovered
D-Limonene <a href="https://www.proleviate.com/ingredient/d-limonene">https://www.proleviate.com/ingredient/d-limonene</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Delta-3-Carene <a href="https://www.proleviate.com/ingredient/delta-3-carene">https://www.proleviate.com/ingredient/delta-3-carene</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Eucalyptus Oil <a href="https://www.proleviate.com/ingredient/eucalyptus-oil">https://www.proleviate.com/ingredient/eucalyptus-oil</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Grape Seed Oil <a href="https://www.proleviate.com/ingredient/grape-seed-oil">https://www.proleviate.com/ingredient/grape-seed-oil</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
MCT Oil <a href="https://www.proleviate.com/ingredient/mct-oil">https://www.proleviate.com/ingredient/mct-oil</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Myrcene <a href="https://www.proleviate.com/ingredient/myrcene">https://www.proleviate.com/ingredient/myrcene</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Olive Oil <a href="https://www.proleviate.com/ingredient/olive-oil">https://www.proleviate.com/ingredient/olive-oil</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PEA: Palmitoylethanolamide <a href="https://www.proleviate.com/ingredient/pea:-palmitoylethanolamide">https://www.proleviate.com/ingredient/pea:-palmitoylethanolamide</a>	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

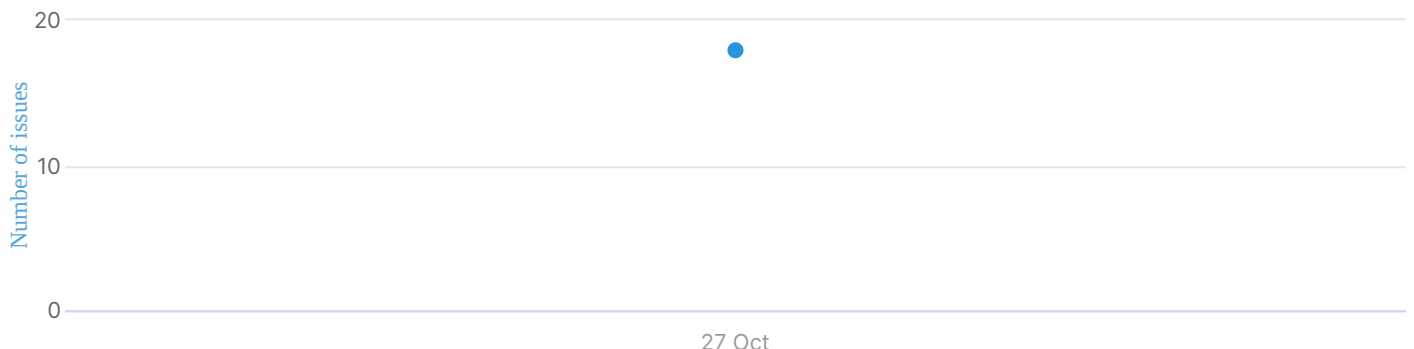
Page URL	Discovered
Peppermint Oil <a href="https://www.proleviate.com/ingredient/peppermint-oil">https://www.proleviate.com/ingredient/peppermint-oil</a>	October 27, 2024 (08:57) [new]
Piperine <a href="https://www.proleviate.com/ingredient/piperine">https://www.proleviate.com/ingredient/piperine</a>	October 27, 2024 (08:57) [new]
α-Pinene <a href="https://www.proleviate.com/ingredient/α-pinene">https://www.proleviate.com/ingredient/α-pinene</a>	October 27, 2024 (08:57) [new]
β-Pinene <a href="https://www.proleviate.com/ingredient/β-pinene">https://www.proleviate.com/ingredient/β-pinene</a>	October 27, 2024 (08:57) [new]
PROLEVIATE +   Ingredients <a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/2">https://www.proleviate.com/news/page/2</a>	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/3">https://www.proleviate.com/news/page/3</a>	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/4">https://www.proleviate.com/news/page/4</a>	October 27, 2024 (08:57) [new]
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/5">https://www.proleviate.com/news/page/5</a>	October 27, 2024 (08:57) [new]
PROLEVIATE +   Privacy Policy <a href="https://www.proleviate.com/privacy-policy">https://www.proleviate.com/privacy-policy</a>	October 27, 2024 (08:57) [new]

### Blocked internal resources in robots.txt

**i** About this issue: Blocked resources are resources (e.g., CSS, JavaScript, image files, etc.) that are blocked from crawling by a "Disallow" directive in your robots.txt file. By disallowing these files, you're preventing search engines from accessing them and, as a result, properly rendering and indexing your webpages. This, in return, may lead to lower rankings. For more information, please see [this article](https://developers.google.com/search/docs/advanced/robots/intro). How to fix: To unblock a resource, simply update your robots.txt file.

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



● Blocked internal resources in robots.txt

## Blocked internal resources in robots.txt 18

www.proleviate.com

Page URL	Resource URL	Resource Type	Discovered
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com">https://shop.proleviate.com</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com">https://shop.proleviate.com</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com/">https://shop.proleviate.com/</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com/">https://shop.proleviate.com/</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
Products – Proleviate <a href="https://shop.proleviate.com/collections/all">https://shop.proleviate.com/collections/all</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
Products – Proleviate <a href="https://shop.proleviate.com/collections/all">https://shop.proleviate.com/collections/all</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
Contact – Proleviate <a href="https://shop.proleviate.com/pages/contact">https://shop.proleviate.com/pages/contact</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
Contact – Proleviate <a href="https://shop.proleviate.com/pages/contact">https://shop.proleviate.com/pages/contact</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm">https://shop.proleviate.com/products/proleviate-balm</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm">https://shop.proleviate.com/products/proleviate-balm</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) (2-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-2-pack">https://shop.proleviate.com/products/proleviate-balm-100g-2-pack</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) (2-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-2-pack">https://shop.proleviate.com/products/proleviate-balm-100g-2-pack</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) (3-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-3-pack">https://shop.proleviate.com/products/proleviate-balm-100g-3-pack</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) (3-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-3-pack">https://shop.proleviate.com/products/proleviate-balm-100g-3-pack</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <a href="#">[new]</a>

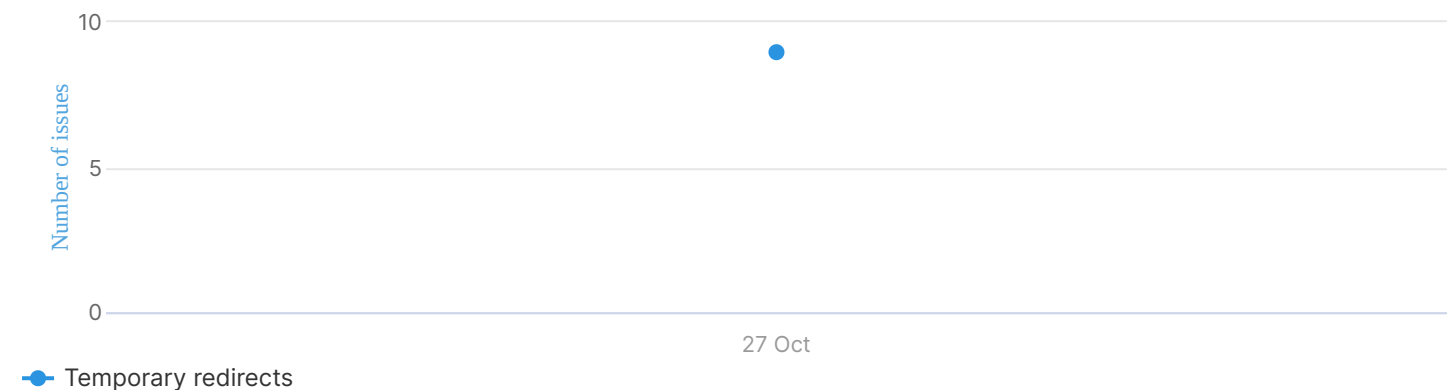
Page URL	Resource URL	Resource Type	Discovered
PROLEVIATE+ BALM (100g) (4-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-4-pack">https://shop.proleviate.com/products/proleviate-balm-100g-4-pack</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <span>[new]</span>
PROLEVIATE+ BALM (100g) (4-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-4-pack">https://shop.proleviate.com/products/proleviate-balm-100g-4-pack</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <span>[new]</span>
PROLEVIATE+ RELIEF DROPS (1oz) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-relief-drops-1oz">https://shop.proleviate.com/products/proleviate-relief-drops-1oz</a>	<a href="https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US">https://shop.proleviate.com/checkouts/internal/preloads.js?locale=en-US</a>	script	October 27, 2024 (08:57) <span>[new]</span>
PROLEVIATE+ RELIEF DROPS (1oz) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-relief-drops-1oz">https://shop.proleviate.com/products/proleviate-relief-drops-1oz</a>	<a href="https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js">https://shop.proleviate.com/cdn/wpm/bd9f539fw0e1474c4pae8b6d69m179c86adl.js</a>	script	October 27, 2024 (08:57) <span>[new]</span>

## Temporary redirects

**i** About this issue: Temporary redirects (i.e., a 302 and a 307 redirect) mean that a page has been temporarily moved to a new location. Search engines will continue to index the redirected page, and no link juice or traffic is passed to the new page, which is why temporary redirects can damage your search rankings if used by mistake. How to fix: Review all URLs to make sure the use of 302 and 307 redirects is justified. If so, don't forget to remove them when they are no longer needed. However, if you permanently move any page, replace a 302/307 redirect with a 301/308 one.

## Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Temporary redirects 9

www.proleviate.com

Page URL with Redirect Link	Initial Redirect URL	Final Destination URL	Status code	Discovered
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com">https://shop.proleviate.com</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <span>[new]</span>
PROLEVIATE +   Muscle and Joint Relief – Proleviate <a href="https://shop.proleviate.com/">https://shop.proleviate.com/</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <span>[new]</span>



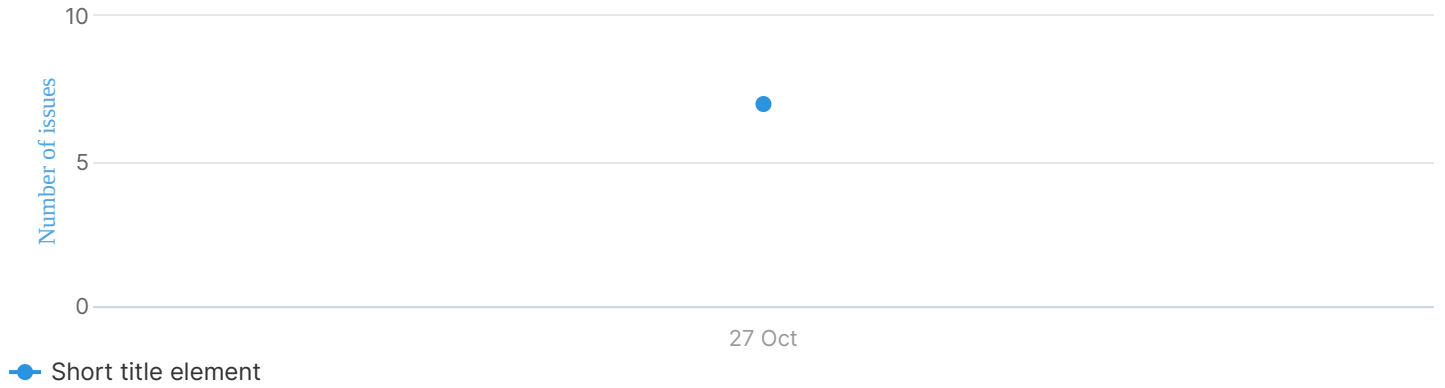
Page URL with Redirect Link	Initial Redirect URL	Final Destination URL	Status code	Discovered
Products – Proleviate <a href="https://shop.proleviate.com/collections/all">https://shop.proleviate.com/collections/all</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <a href="#">[new]</a>
Contact – Proleviate <a href="https://shop.proleviate.com/pages/contact">https://shop.proleviate.com/pages/contact</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm">https://shop.proleviate.com/products/proleviate-balm</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) (2-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-2-pack">https://shop.proleviate.com/products/proleviate-balm-100g-2-pack</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) (3-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-3-pack">https://shop.proleviate.com/products/proleviate-balm-100g-3-pack</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ BALM (100g) (4-pack) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-balm-100g-4-pack">https://shop.proleviate.com/products/proleviate-balm-100g-4-pack</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE+ RELIEF DROPS (1oz) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-relief-drops-1oz">https://shop.proleviate.com/products/proleviate-relief-drops-1oz</a>	<a href="https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US">https://shop.proleviate.com/customer_authentication/redirect?locale=en@ion_country=US</a>	<a href="https://account.proleviate.com?locale=en@ion_country=US">https://account.proleviate.com?locale=en@ion_country=US</a>	302	October 27, 2024 (08:57) <a href="#">[new]</a>

## Short title element

- i** *About this issue: Generally, using short titles on webpages is a recommended practice. However, keep in mind that titles containing 10 characters or less do not provide enough information about what your webpage is about and limit your page's potential to show up in search results for different keywords. For more information, please see this Google article: <https://support.google.com/webmasters/answer/35624>. How to fix: Add more descriptive text inside your page's <title> tag.*

**Historical chart for audits**

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



**Short title element 7**

www.proleviate.com

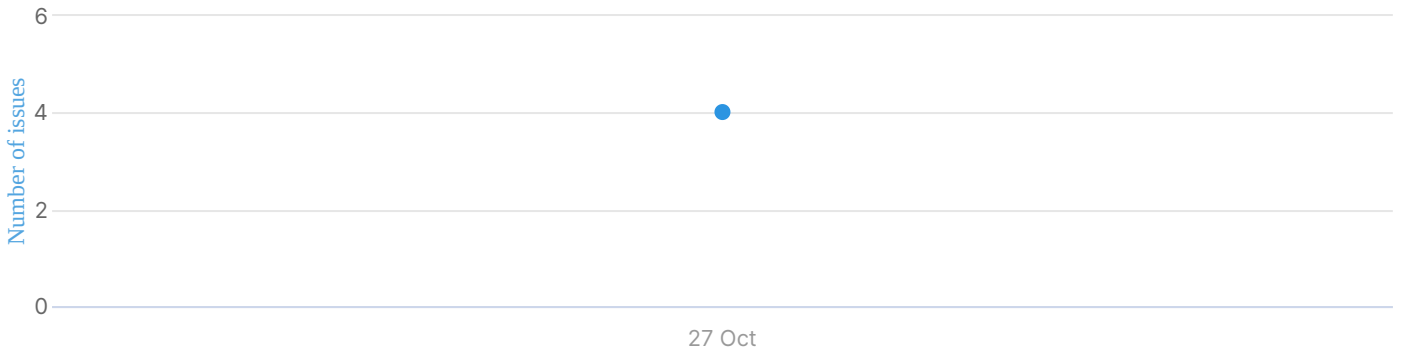
Page URL	Title	Discovered
D-Limonene <a href="https://www.proleviate.com/ingredient/d-limonene">https://www.proleviate.com/ingredient/d-limonene</a>	D-Limonene	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
MCT Oil <a href="https://www.proleviate.com/ingredient/mct-oil">https://www.proleviate.com/ingredient/mct-oil</a>	MCT Oil	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Myrcene <a href="https://www.proleviate.com/ingredient/myrcene">https://www.proleviate.com/ingredient/myrcene</a>	Myrcene	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Olive Oil <a href="https://www.proleviate.com/ingredient/olive-oil">https://www.proleviate.com/ingredient/olive-oil</a>	Olive Oil	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Piperine <a href="https://www.proleviate.com/ingredient/piperine">https://www.proleviate.com/ingredient/piperine</a>	Piperine	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
α-Pinene <a href="https://www.proleviate.com/ingredient/α-pinene">https://www.proleviate.com/ingredient/α-pinene</a>	α-Pinene	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
β-Pinene <a href="https://www.proleviate.com/ingredient/β-pinene">https://www.proleviate.com/ingredient/β-pinene</a>	β-Pinene	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

**Long title element**

**i** About this issue: Most search engines truncate titles containing more than 70 characters. Incomplete and shortened titles look unappealing to users and won't entice them to click on your page. For more information, please see this Google article: <https://support.google.com/webmasters/answer/35624>. How to fix: Try to rewrite your page titles to be 70 characters or less.

**Historical chart for audits**

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



● Long title element

**Long title element 4**

www.proleviate.com

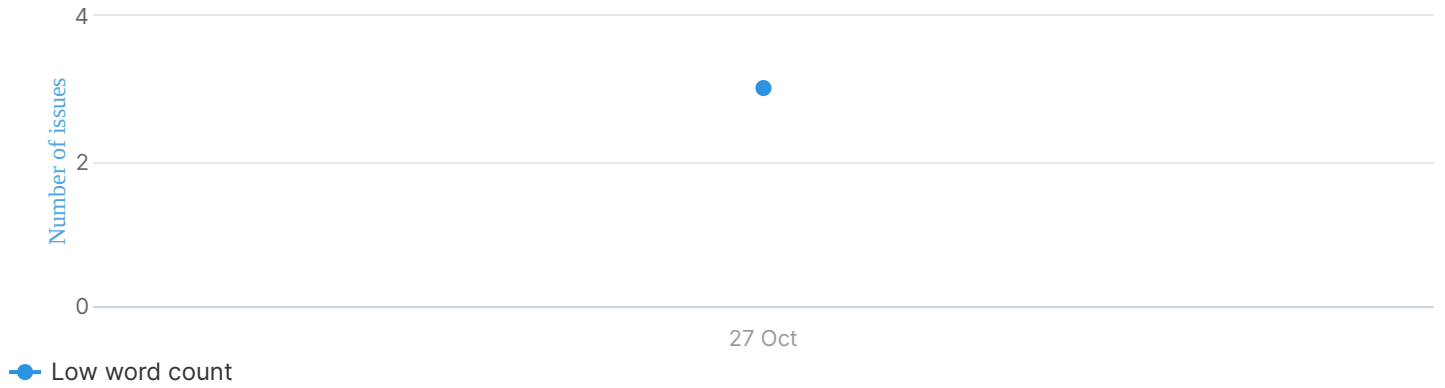
Page URL	Title	Discovered
85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives <a href="https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives">https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives</a>	85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments? <a href="https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments">https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments</a>	For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments?	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Kratom and Conolidine Help With RSI, Which Affects 1.8 Million Workers Per Day <a href="https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day">https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day</a>	Kratom and Conolidine Help With RSI, Which Affects 1.8 Million Workers Per Day	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
Palmitoylethanolamide (PEA) and Conolidine: The New Natural Treatments for Chronic Pain? <a href="https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain">https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain</a>	Palmitoylethanolamide (PEA) and Conolidine: The New Natural Treatments for Chronic Pain?	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

**Low word count**

**i** About this issue: This issue is triggered if the number of words on your webpage is less than 200. The amount of text placed on your webpage is a quality signal to search engines. Search engines prefer to provide as much information to users as possible, so pages with longer content tend to be placed higher in search results, as opposed to those with lower word counts. For more information, please view this video: <https://www.youtube.com/watch?v=w3-obcXkyA4>. How to fix: Improve your on-page content and be sure to include more than 200 meaningful words.

**Historical chart for audits**

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



**Low word count 3**

www.proleviate.com

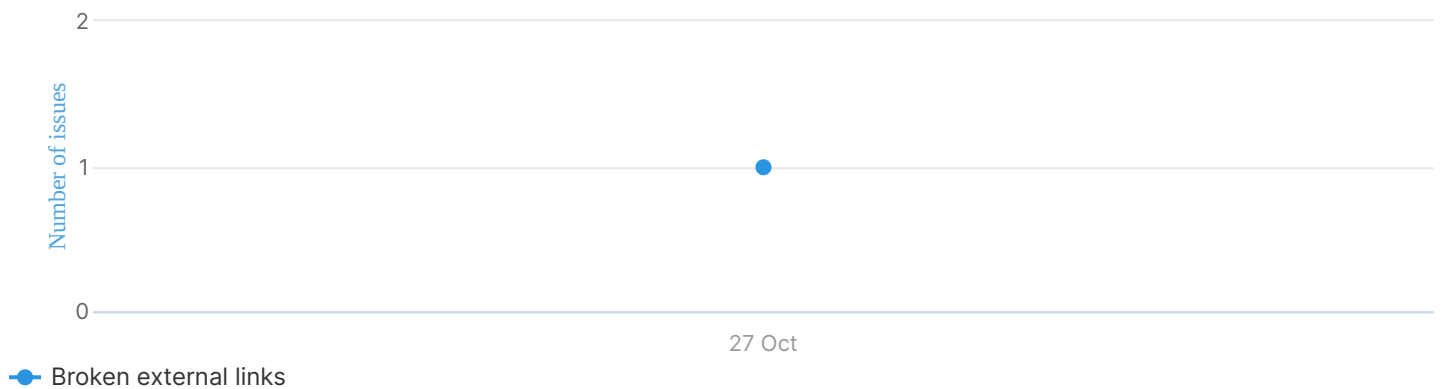
Page URL	Words Count	Discovered
Contact – Proleviate <a href="https://shop.proleviate.com/pages/contact">https://shop.proleviate.com/pages/contact</a>	68	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEViate +   Contact Us <a href="https://www.proleviate.com/contact">https://www.proleviate.com/contact</a>	117	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
News & Research   Proleviate <a href="https://www.proleviate.com/news/page/5">https://www.proleviate.com/news/page/5</a>	195	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

**Broken external links**

**i** *About this issue: Broken external links lead users from one website to another and bring them to non-existent webpages. Multiple broken links negatively affect user experience and may worsen your search engine rankings because crawlers may think that your website is poorly maintained or coded. Please note that our crawler may detect a working link as broken. Generally, this happens if the server hosting the website you're referring to blocks our crawler from accessing this website. How to fix: Please follow all links reported as broken. If a target webpage returns an error, remove the link leading to the error page or replace it with another resource. If the links reported as broken do work when accessed with a browser, you should contact the website's owner and inform them about the issue.*

**Historical chart for audits**

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Broken external links 1

www.proleviate.com

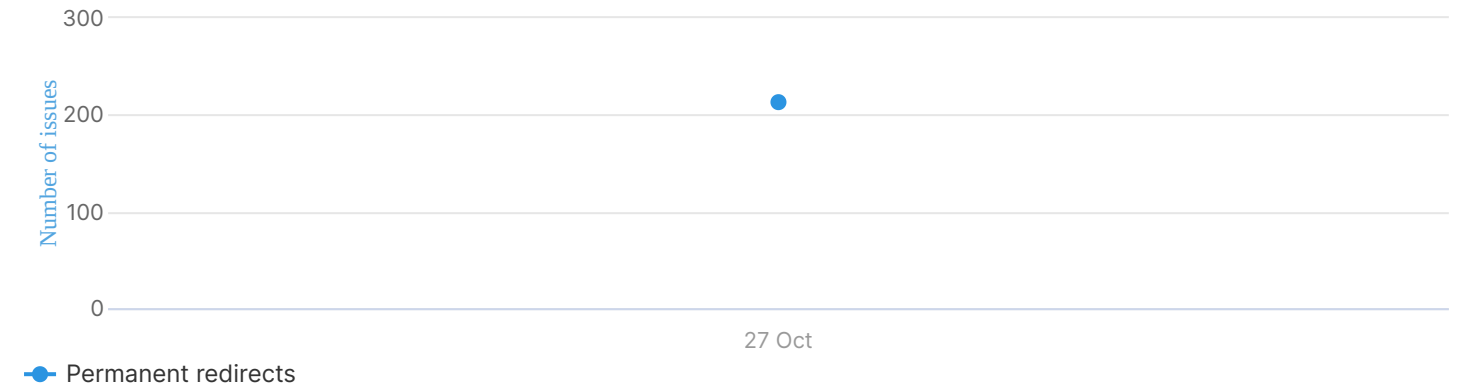
Page URL	Link URL	HTTP Code	Discovered
RSI and Conolidine. <a href="https://www.proleviate.com/post/rsi-and-conolidine">https://www.proleviate.com/post/rsi-and-conolidine</a>	<a href="http://concern.so">http://concern.so</a>	Could not resolve DNS	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

## Permanent redirects

**i** *About this issue: Although using permanent redirects (a 301 or 308 redirect) is appropriate in many situations (for example, when you move a website to a new domain, redirect users from a deleted page to a new one, or handle duplicate content issues), we recommend that you keep them to a reasonable minimum. Every time you redirect one of your website's pages, it decreases your crawl budget, which may run out before search engines can crawl the page you want to be indexed. Moreover, too many permanent redirects can be confusing to users. How to fix: Review all URLs with a permanent redirect. Change permanent redirects to a target page URL where possible.*

## Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Permanent redirects 100

www.proleviate.com

Page URL with Redirect Link	Initial Redirect URL	Final Destination URL	Status code	Discovered
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <span style="color: green;">[new]</span>
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com">https://www.proleviate.com</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <span style="color: green;">[new]</span>

Page URL with Redirect Link	Initial Redirect URL	Final Destination URL	Status code	Discovered
PROLEVIATE +   Contact Us <a href="https://www.proleviate.com/contact">https://www.proleviate.com/contact</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
PROLEVIATE +   Contact Us <a href="https://www.proleviate.com/contact">https://www.proleviate.com/contact</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
D-Limonene <a href="https://www.proleviate.com/ingredient/d-limonene">https://www.proleviate.com/ingredient/d-limonene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
D-Limonene <a href="https://www.proleviate.com/ingredient/d-limonene">https://www.proleviate.com/ingredient/d-limonene</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Delta-3-Carene <a href="https://www.proleviate.com/ingredient/delta-3-carene">https://www.proleviate.com/ingredient/delta-3-carene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Delta-3-Carene <a href="https://www.proleviate.com/ingredient/delta-3-carene">https://www.proleviate.com/ingredient/delta-3-carene</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Eucalyptus Oil <a href="https://www.proleviate.com/ingredient/eucalyptus-oil">https://www.proleviate.com/ingredient/eucalyptus-oil</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Eucalyptus Oil <a href="https://www.proleviate.com/ingredient/eucalyptus-oil">https://www.proleviate.com/ingredient/eucalyptus-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Grape Seed Oil <a href="https://www.proleviate.com/ingredient/grape-seed-oil">https://www.proleviate.com/ingredient/grape-seed-oil</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Grape Seed Oil <a href="https://www.proleviate.com/ingredient/grape-seed-oil">https://www.proleviate.com/ingredient/grape-seed-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
MCT Oil <a href="https://www.proleviate.com/ingredient/mct-oil">https://www.proleviate.com/ingredient/mct-oil</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
MCT Oil <a href="https://www.proleviate.com/ingredient/mct-oil">https://www.proleviate.com/ingredient/mct-oil</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Myrcene <a href="https://www.proleviate.com/ingredient/myrcene">https://www.proleviate.com/ingredient/myrcene</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
Myrcene <a href="https://www.proleviate.com/ingredient/myrcene">https://www.proleviate.com/ingredient/myrcene</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
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News & Research   Proleviate <a href="https://www.proleviate.com/news/page/3">https://www.proleviate.com/news/page/3</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
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News & Research   Proleviate <a href="https://www.proleviate.com/news/page/5">https://www.proleviate.com/news/page/5</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
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70% of Older Adults Have Joint Pain <a href="https://www.proleviate.com/post/70-of-older-adults-have-joint-pain">https://www.proleviate.com/post/70-of-older-adults-have-joint-pain</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
70% of Older Adults Have Joint Pain <a href="https://www.proleviate.com/post/70-of-older-adults-have-joint-pain">https://www.proleviate.com/post/70-of-older-adults-have-joint-pain</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives <a href="https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives">https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>



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A Total of 23,000 Sprained Ankles Happen Every Day <a href="https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day">https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <a href="#">[new]</a>
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<a href="https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease">Conolidine, A must for Digestive Disease https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease">Conolidine, A must for Digestive Disease https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids">Conolidine, A Natural Alternative to Opioids. https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids">Conolidine, A Natural Alternative to Opioids. https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) [new]

Page URL with Redirect Link	Initial Redirect URL	Final Destination URL	Status code	Discovered
Conolidine and Joint Pain. <a href="https://www.proleviate.com/post/conolidine-and-joint-pain">https://www.proleviate.com/post/conolidine-and-joint-pain</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) [new]
Conolidine and Joint Pain. <a href="https://www.proleviate.com/post/conolidine-and-joint-pain">https://www.proleviate.com/post/conolidine-and-joint-pain</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) [new]
Conolidine and Migraines! <a href="https://www.proleviate.com/post/conolidine-and-migraines">https://www.proleviate.com/post/conolidine-and-migraines</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) [new]
Conolidine and Migraines! <a href="https://www.proleviate.com/post/conolidine-and-migraines">https://www.proleviate.com/post/conolidine-and-migraines</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) [new]
Conolidine and Sciatica. <a href="https://www.proleviate.com/post/conolidine-and-sciatica">https://www.proleviate.com/post/conolidine-and-sciatica</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) [new]
Conolidine and Sciatica. <a href="https://www.proleviate.com/post/conolidine-and-sciatica">https://www.proleviate.com/post/conolidine-and-sciatica</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) [new]
Conolidine and your Frozen Shoulder <a href="https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder">https://www.proleviate.com/post/conolidine-and-your-frozen-shoulder</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) [new]
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Conolidine Blocks ACKR3 Pain Receptors in What Way? <a href="https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way">https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) [new]
Conolidine Blocks ACKR3 Pain Receptors in What Way? <a href="https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way">https://www.proleviate.com/post/conolidine-blocks-ackr3-pain-receptors-in-what-way</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) [new]
Conolidine for that Sharp Ankle Pain. <a href="https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain">https://www.proleviate.com/post/conolidine-for-that-sharp-ankle-pain</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) [new]
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Every Day, 1 in 7 People Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <span>[new]</span>
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Every Day, 5 Million American's Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <span>[new]</span>
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Fastest Way to Heal a Sprained Ankle <a href="https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle">https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <span>[new]</span>
Fastest Way to Heal a Sprained Ankle <a href="https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle">https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <span>[new]</span>
Fix Lower Back Pain with Conolidine! <a href="https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine">https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <span>[new]</span>
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For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments? <a href="https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments">https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <span>[new]</span>

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For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments? <a href="https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments">https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <span>[new]</span>
Globally, Approximately 10% of Women Suffer from Endometriosis <a href="https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis">https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis</a>	<a href="https://www.proleviate.com/blog">https://www.proleviate.com/blog</a>	<a href="https://www.proleviate.com/news">https://www.proleviate.com/news</a>	301	October 27, 2024 (08:57) <span>[new]</span>
Globally, Approximately 10% of Women Suffer from Endometriosis <a href="https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis">https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis</a>	<a href="https://www.proleviate.com/blank">https://www.proleviate.com/blank</a>	<a href="https://www.proleviate.com/setup">https://www.proleviate.com/setup</a>	301	October 27, 2024 (08:57) <span>[new]</span>

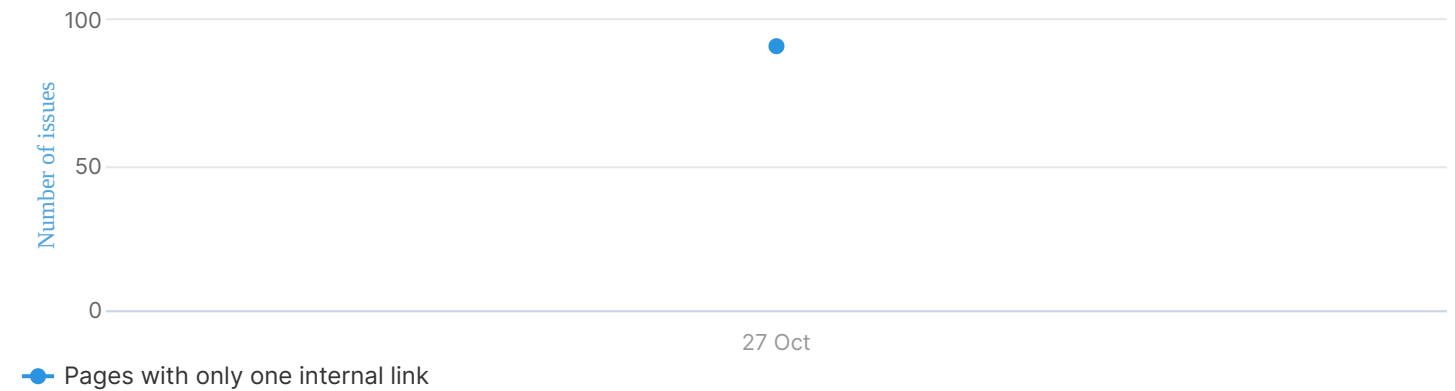
*We're only displaying 100 results. To view all results, export your report to a CSV or Excel file format.*

### Pages with only one internal link

*About this issue: Having very few incoming internal links means very few visits, or even none, and fewer chances of placing in search results. It is a good practice to add more incoming internal links to pages with useful content. That way, you can rest assured that users and search engines will never miss them. How to fix: Add more incoming internal links to pages with important content.*

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Pages with only one internal link 91

www.proleviate.com

Page URL	Discovered
PROLEVIATE+ RELIEF DROPS (1oz) – Proleviate <a href="https://shop.proleviate.com/products/proleviate-relief-drops-1oz">https://shop.proleviate.com/products/proleviate-relief-drops-1oz</a>	October 27, 2024 (08:57) <span>[new]</span>
PROLEVIATE +   Muscle and Joint Relief <a href="https://www.proleviate.com/">https://www.proleviate.com/</a>	October 27, 2024 (08:57) <span>[new]</span>

Page URL	Discovered
D-Limonene <a href="https://www.proleviate.com/ingredient/d-limonene">https://www.proleviate.com/ingredient/d-limonene</a>	October 27, 2024 (08:57) [new]
Delta-3-Carene <a href="https://www.proleviate.com/ingredient/delta-3-carene">https://www.proleviate.com/ingredient/delta-3-carene</a>	October 27, 2024 (08:57) [new]
Eucalyptus Oil <a href="https://www.proleviate.com/ingredient/eucalyptus-oil">https://www.proleviate.com/ingredient/eucalyptus-oil</a>	October 27, 2024 (08:57) [new]
Grape Seed Oil <a href="https://www.proleviate.com/ingredient/grape-seed-oil">https://www.proleviate.com/ingredient/grape-seed-oil</a>	October 27, 2024 (08:57) [new]
MCT Oil <a href="https://www.proleviate.com/ingredient/mct-oil">https://www.proleviate.com/ingredient/mct-oil</a>	October 27, 2024 (08:57) [new]
Myrcene <a href="https://www.proleviate.com/ingredient/myrcene">https://www.proleviate.com/ingredient/myrcene</a>	October 27, 2024 (08:57) [new]
Olive Oil <a href="https://www.proleviate.com/ingredient/olive-oil">https://www.proleviate.com/ingredient/olive-oil</a>	October 27, 2024 (08:57) [new]
PEA: Palmitoylethanolamide <a href="https://www.proleviate.com/ingredient/pea:-palmitoylethanolamide">https://www.proleviate.com/ingredient/pea:-palmitoylethanolamide</a>	October 27, 2024 (08:57) [new]
Peppermint Oil <a href="https://www.proleviate.com/ingredient/peppermint-oil">https://www.proleviate.com/ingredient/peppermint-oil</a>	October 27, 2024 (08:57) [new]
Piperine <a href="https://www.proleviate.com/ingredient/piperine">https://www.proleviate.com/ingredient/piperine</a>	October 27, 2024 (08:57) [new]
$\alpha$ -Pinene <a href="https://www.proleviate.com/ingredient/\alpha-pinene">https://www.proleviate.com/ingredient/\alpha-pinene</a>	October 27, 2024 (08:57) [new]
$\beta$ -Pinene <a href="https://www.proleviate.com/ingredient/\beta-pinene">https://www.proleviate.com/ingredient/\beta-pinene</a>	October 27, 2024 (08:57) [new]
1 in 10 People Need Fibromyalgia Treatments <a href="https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments">https://www.proleviate.com/post/1-in-10-people-need-fibromyalgia-treatments</a>	October 27, 2024 (08:57) [new]
70% of Older Adults Have Joint Pain <a href="https://www.proleviate.com/post/70-of-older-adults-have-joint-pain">https://www.proleviate.com/post/70-of-older-adults-have-joint-pain</a>	October 27, 2024 (08:57) [new]
85% of the Population Suffers From Myofascial Pain at Some Point in Their Lives <a href="https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives">https://www.proleviate.com/post/85-of-the-population-suffers-from-myofascial-pain-at-some-point-in-their-lives</a>	October 27, 2024 (08:57) [new]
A Total of 23,000 Sprained Ankles Happen Every Day <a href="https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day">https://www.proleviate.com/post/a-total-of-23-000-sprained-ankles-happen-every-day</a>	October 27, 2024 (08:57) [new]
Acute Pain and Conolidine! <a href="https://www.proleviate.com/post/acute-pain-and-conolidine">https://www.proleviate.com/post/acute-pain-and-conolidine</a>	October 27, 2024 (08:57) [new]
Ankle Pain after Running <a href="https://www.proleviate.com/post/ankle-pain-after-running">https://www.proleviate.com/post/ankle-pain-after-running</a>	October 27, 2024 (08:57) [new]
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine">https://www.proleviate.com/post/beat-bursitis-with-conolidine</a>	October 27, 2024 (08:57) [new]
Beat Bursitis with Conolidine. <a href="https://www.proleviate.com/post/beat-bursitis-with-conolidine-1">https://www.proleviate.com/post/beat-bursitis-with-conolidine-1</a>	October 27, 2024 (08:57) [new]

Page URL	Discovered
Block Pain Receptors with Conolidine <a href="https://www.proleviate.com/post/block-pain-receptors-with-conolidine">https://www.proleviate.com/post/block-pain-receptors-with-conolidine</a>	October 27, 2024 (08:57) [new]
Causes of Joint Pain in Knees <a href="https://www.proleviate.com/post/causes-of-joint-pain-in-knees">https://www.proleviate.com/post/causes-of-joint-pain-in-knees</a>	October 27, 2024 (08:57) [new]
Chronic Pain, 1 in 6 People Suffer Daily <a href="https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily">https://www.proleviate.com/post/chronic-pain-1-in-6-people-suffer-daily</a>	October 27, 2024 (08:57) [new]
Chronic Pain and Conolidine <a href="https://www.proleviate.com/post/chronic-pain-and-conolidine">https://www.proleviate.com/post/chronic-pain-and-conolidine</a>	October 27, 2024 (08:57) [new]
Conolidine, A must for Digestive Disease <a href="https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease">https://www.proleviate.com/post/conolidine-a-must-for-digestive-disease</a>	October 27, 2024 (08:57) [new]
Conolidine, A Natural Alternative to Opioids. <a href="https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids">https://www.proleviate.com/post/conolidine-a-natural-alternative-to-opioids</a>	October 27, 2024 (08:57) [new]
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Conolidine, the New No1 Treatment for Carpal Tunnel Syndrome <a href="https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syndrome">https://www.proleviate.com/post/conolidine-the-new-no1-treatment-for-carpal-tunnel-syndrome</a>	October 27, 2024 (08:57) [new]
Every Day, 1 in 7 People Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-1-in-7-people-suffer-from-tooth-pain</a>	October 27, 2024 (08:57) [new]
Every Day, 5 Million American's Suffer From Tooth Pain <a href="https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain">https://www.proleviate.com/post/every-day-5-million-american-s-suffer-from-tooth-pain</a>	October 27, 2024 (08:57) [new]
Fastest Way to Heal a Sprained Ankle <a href="https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle">https://www.proleviate.com/post/fastest-way-to-heal-a-sprained-ankle</a>	October 27, 2024 (08:57) [new]
Fix Lower Back Pain with Conolidine! <a href="https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine">https://www.proleviate.com/post/fix-lower-back-pain-with-conolidine</a>	October 27, 2024 (08:57) [new]
For the 10% of Women who have Endometriosis, What are Some Pain Management Treatments? <a href="https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments">https://www.proleviate.com/post/for-the-10-of-women-who-have-endometriosis-what-are-some-pain-management-treatments</a>	October 27, 2024 (08:57) [new]
Globally, Approximately 10% of Women Suffer from Endometriosis <a href="https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis">https://www.proleviate.com/post/globally-approximately-10-of-women-suffer-from-endometriosis</a>	October 27, 2024 (08:57) [new]
Hip Pain: 7 Common Causes <a href="https://www.proleviate.com/post/hip-pain-7-common-causes">https://www.proleviate.com/post/hip-pain-7-common-causes</a>	October 27, 2024 (08:57) [new]



Page URL	Discovered
How Conolidine works on Shingles <a href="https://www.proleviate.com/post/how-conolidine-works-on-shingles">https://www.proleviate.com/post/how-conolidine-works-on-shingles</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
How do you Treat Multiple Joint Pain <a href="https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain">https://www.proleviate.com/post/how-do-you-treat-multiple-joint-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
How Does Conolidine and Palmitoylethanolamide (PEA) Help Sprains? <a href="https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains">https://www.proleviate.com/post/how-does-conolidine-and-palmitoylethanolamide-pea-help-sprains</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
How does Conolidine and PEA (Palmitoylethamide) work on the human body <a href="https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body">https://www.proleviate.com/post/how-does-conolidine-and-pea-palmitoylethamide-work-on-the-human-body</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
How does Conolidine work for Kidney Stones. <a href="https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones">https://www.proleviate.com/post/how-does-conolidine-work-for-kidney-stones</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
How Does Palmitoylethanolamide-PEA Help Sprained Wrists? <a href="https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists">https://www.proleviate.com/post/how-does-palmitoylethanolamide-pea-help-sprained-wrists</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
How to Deal With Chronic Back Pain <a href="https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain">https://www.proleviate.com/post/how-to-deal-with-chronic-back-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
How to get Rid of Nerve Pain with Shingles <a href="https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles">https://www.proleviate.com/post/how-to-get-rid-of-nerve-pain-with-shingles</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Joint Pain After Covid <a href="https://www.proleviate.com/post/joint-pain-after-covid">https://www.proleviate.com/post/joint-pain-after-covid</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Kidney Stones Affect About 11% of Men <a href="https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men">https://www.proleviate.com/post/kidney-stones-affect-about-11-of-men</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Kidney Stones and Conolidine <a href="https://www.proleviate.com/post/kidney-stones-and-conolidine">https://www.proleviate.com/post/kidney-stones-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Kratom and Conolidine Help With RSI, Which Affects 1.8 Million Workers Per Day <a href="https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day">https://www.proleviate.com/post/kratom-and-conolidine-help-with-rsi-which-affects-1-8-million-workers-per-day</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Mental Heath and Conolidine. <a href="https://www.proleviate.com/post/mental-heath-and-conolidine">https://www.proleviate.com/post/mental-heath-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Neck Strains and the use of Conolidine <a href="https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine">https://www.proleviate.com/post/neck-strains-and-the-use-of-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
One in Four People Suffer From Pain <a href="https://www.proleviate.com/post/one-in-four-people-suffer-from-pain">https://www.proleviate.com/post/one-in-four-people-suffer-from-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
One of the Top Five Disorders is Neck Pain <a href="https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain">https://www.proleviate.com/post/one-of-the-top-five-disorders-is-neck-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Osteoarthritis and Conolidine! <a href="https://www.proleviate.com/post/osteoarthritis-and-conolidine">https://www.proleviate.com/post/osteoarthritis-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Palmitoylethanolamide (PEA) and Conolidine: The New Natural Treatments for Chronic Pain? <a href="https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain">https://www.proleviate.com/post/palmitoylethanolamide-pea-and-conolidine-the-new-natural-treatments-for-chronic-pain</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
People are now using Conolidine for Tennis Elbow <a href="https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow">https://www.proleviate.com/post/people-are-now-using-conolidine-for-tennis-elbow</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
People are Taking Conolidine for Anxiety. <a href="https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety">https://www.proleviate.com/post/people-are-taking-conolidine-for-anxiety</a>	October 27, 2024 (08:57) <a href="#">[new]</a>



Page URL	Discovered
People are using Proleviate for their Daily Pain Management <a href="https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management">https://www.proleviate.com/post/people-are-using-proleviate-for-their-daily-pain-management</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Rheumatoid Arthritis Affects up to 1% of the Population <a href="https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population">https://www.proleviate.com/post/rheumatoid-arthritis-affects-up-to-1-of-the-population</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Rheumatoid Arthritis and Conolidine <a href="https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine">https://www.proleviate.com/post/rheumatoid-arthritis-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
RSI and Conolidine. <a href="https://www.proleviate.com/post/rsi-and-conolidine">https://www.proleviate.com/post/rsi-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Shoulder Pain and Conolidine <a href="https://www.proleviate.com/post/shoulder-pain-and-conolidine">https://www.proleviate.com/post/shoulder-pain-and-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Sprained Fingers? take Conolidine. <a href="https://www.proleviate.com/post/sprained-fingers-take-conolidine">https://www.proleviate.com/post/sprained-fingers-take-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine">https://www.proleviate.com/post/sprained-wrist-use-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Sprained Wrist? Use Conolidine. <a href="https://www.proleviate.com/post/sprained-wrist-use-conolidine-1">https://www.proleviate.com/post/sprained-wrist-use-conolidine-1</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Stop Back Pain with Conolidine! <a href="https://www.proleviate.com/post/stop-back-pain-with-conolidine">https://www.proleviate.com/post/stop-back-pain-with-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Stop Insomnia with Conolidine <a href="https://www.proleviate.com/post/stop-insomnia-with-conolidine">https://www.proleviate.com/post/stop-insomnia-with-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Stop Myofascial Pain with Conolidine. <a href="https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine">https://www.proleviate.com/post/stop-myofascial-pain-with-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Take Conolidine for Shingles <a href="https://www.proleviate.com/post/take-conolidine-for-shingles">https://www.proleviate.com/post/take-conolidine-for-shingles</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
The Best Alternative Medicine. Conolidine! <a href="https://www.proleviate.com/post/the-best-alternative-medicine-conolidine">https://www.proleviate.com/post/the-best-alternative-medicine-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
The Best Shinges Treatments? <a href="https://www.proleviate.com/post/the-best-shinges-treatments">https://www.proleviate.com/post/the-best-shinges-treatments</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
The Best Way to Relieve Pain From RSI <a href="https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi">https://www.proleviate.com/post/the-best-way-to-relieve-pain-from-rsi</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
The New Pain Killer Conolidine! <a href="https://www.proleviate.com/post/the-new-pain-killer-conolidine">https://www.proleviate.com/post/the-new-pain-killer-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
There are 7 Signs of Fibromyalgia <a href="https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia">https://www.proleviate.com/post/there-are-7-signs-of-fibromyalgia</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Toothache? Try Conolidine <a href="https://www.proleviate.com/post/toothache-try-conolidine">https://www.proleviate.com/post/toothache-try-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Treat Hip Pain with Conolidine <a href="https://www.proleviate.com/post/treat-hip-pain-with-conolidine">https://www.proleviate.com/post/treat-hip-pain-with-conolidine</a>	October 27, 2024 (08:57) <a href="#">[new]</a>
Try Conolidine for your Carpal Tunnel <a href="https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel">https://www.proleviate.com/post/try-conolidine-for-your-carpal-tunnel</a>	October 27, 2024 (08:57) <a href="#">[new]</a>

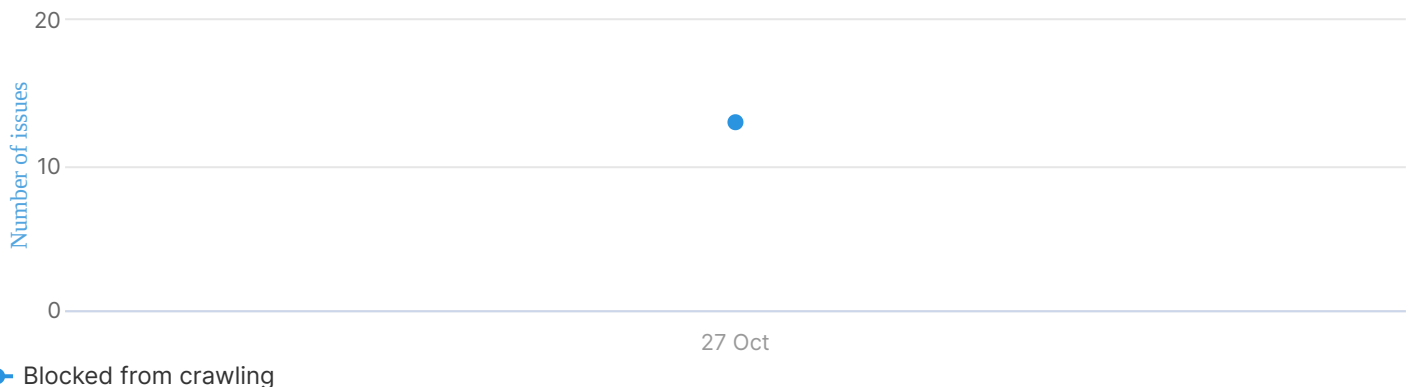
Page URL	Discovered
Up to 15% of the Population Can Suffer From RSI <a href="https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi">https://www.proleviate.com/post/up-to-15-of-the-population-can-suffer-from-rsi</a>	October 27, 2024 (08:57) [new]
Use Conolidine for Back Pain <a href="https://www.proleviate.com/post/use-conolidine-for-back-pain">https://www.proleviate.com/post/use-conolidine-for-back-pain</a>	October 27, 2024 (08:57) [new]
What are the Treatments for Carpal Tunnel? <a href="https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel">https://www.proleviate.com/post/what-are-the-treatments-for-carpal-tunnel</a>	October 27, 2024 (08:57) [new]
What Can you do for Unbearable Arthritis <a href="https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis">https://www.proleviate.com/post/what-can-you-do-for-unbearable-arthritis</a>	October 27, 2024 (08:57) [new]
What Causes Fibromyalgia? <a href="https://www.proleviate.com/post/what-causes-fibromyalgia">https://www.proleviate.com/post/what-causes-fibromyalgia</a>	October 27, 2024 (08:57) [new]
What is the Best Product for a Stiff Neck <a href="https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck">https://www.proleviate.com/post/what-is-the-best-product-for-a-stiff-neck</a>	October 27, 2024 (08:57) [new]
What's the Best Way to Treat a Frozen Shoulder <a href="https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder">https://www.proleviate.com/post/what-s-the-best-way-to-treat-a-frozen-shoulder</a>	October 27, 2024 (08:57) [new]
Why You Should Take Conolidine for Neck Pain <a href="https://www.proleviate.com/post/why-you-should-take-conolidine-for-neck-pain">https://www.proleviate.com/post/why-you-should-take-conolidine-for-neck-pain</a>	October 27, 2024 (08:57) [new]
Why you Should Use Conolidine for Chronic Pain. <a href="https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain">https://www.proleviate.com/post/why-you-should-use-conolidine-for-chronic-pain</a>	October 27, 2024 (08:57) [new]

## Blocked from crawling

**i** About this issue: If a page cannot be accessed by search engines, it will never appear in search results. A page can be blocked from crawling either by a robots.txt file or a noindex meta tag. How to fix: Make sure that pages with valuable content are not blocked from crawling by mistake.

## Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



## Blocked from crawling 13

www.proleviate.com

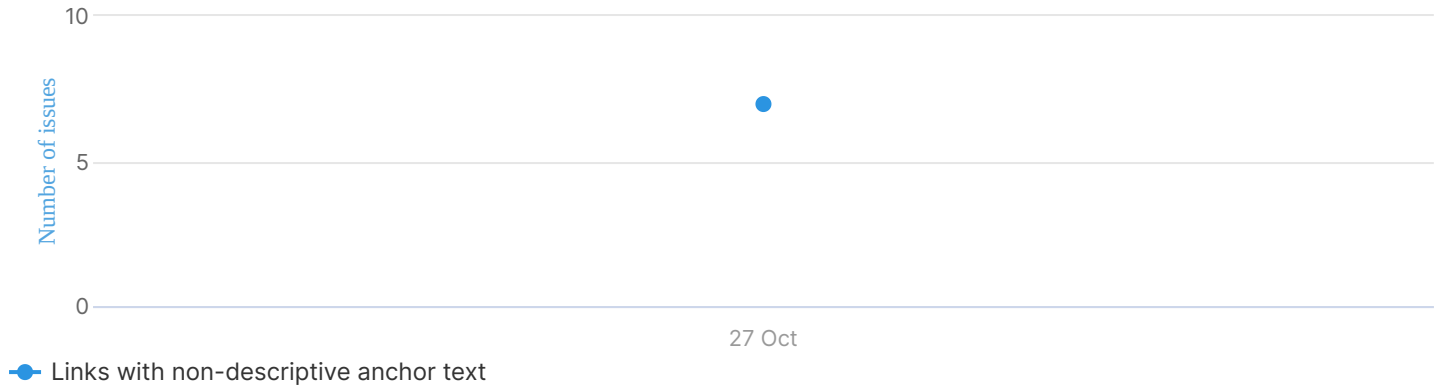
Page URL	Discovered
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<a href="https://shop.proleviate.com/policies/contact-information">https://shop.proleviate.com/policies/contact-information</a>	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/policies/privacy-policy">https://shop.proleviate.com/policies/privacy-policy</a>	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/policies/refund-policy">https://shop.proleviate.com/policies/refund-policy</a>	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/policies/terms-of-service">https://shop.proleviate.com/policies/terms-of-service</a>	October 27, 2024 (08:57) [new]
#CarpalTunnelandConolidine <a href="https://www.proleviate.com/news/hashtags/CarpalTunnelandConolidine">https://www.proleviate.com/news/hashtags/CarpalTunnelandConolidine</a>	October 27, 2024 (08:57) [new]
#conolidine <a href="https://www.proleviate.com/news/hashtags/conolidine">https://www.proleviate.com/news/hashtags/conolidine</a>	October 27, 2024 (08:57) [new]
#naturesmorphine <a href="https://www.proleviate.com/news/hashtags/naturesmorphine">https://www.proleviate.com/news/hashtags/naturesmorphine</a>	October 27, 2024 (08:57) [new]
#pain <a href="https://www.proleviate.com/news/hashtags/pain">https://www.proleviate.com/news/hashtags/pain</a>	October 27, 2024 (08:57) [new]
#painrelief <a href="https://www.proleviate.com/news/hashtags/painrelief">https://www.proleviate.com/news/hashtags/painrelief</a>	October 27, 2024 (08:57) [new]
#painreliefbalm <a href="https://www.proleviate.com/news/hashtags/painreliefbalm">https://www.proleviate.com/news/hashtags/painreliefbalm</a>	October 27, 2024 (08:57) [new]
#proleviate <a href="https://www.proleviate.com/news/hashtags/proleviate">https://www.proleviate.com/news/hashtags/proleviate</a>	October 27, 2024 (08:57) [new]
#shingles <a href="https://www.proleviate.com/news/hashtags/shingles">https://www.proleviate.com/news/hashtags/shingles</a>	October 27, 2024 (08:57) [new]

## Links with non-descriptive anchor text

- i** *About this issue: This issue is triggered if a non-descriptive anchor text is used for a link (either internal or external). An anchor is considered to be non-descriptive if it doesn't give any idea of what the linked-to page is about, for example, "click here", "right here", etc. This type of anchor provides little value to users and search engines as it doesn't provide any information about the target page. Also, such anchors will offer little in terms of the target page's ability to be indexed by search engines, and as a result, rank for relevant search requests. For more information on the criteria used to trigger this check, refer to kb article title. How to fix: To let users and search engines understand the meaning of the linked-to page, use a succinct anchor text that describes the page's content. For best practices on how to optimize your anchor text, refer to the "Write good link text" section in Google's Search Engine Optimization (SEO) Starter Guide [https://support.google.com/webmasters/answer/7451184?hl=en&ref\\_topic=9460495&authuser=0](https://support.google.com/webmasters/answer/7451184?hl=en&ref_topic=9460495&authuser=0).*

**Historical chart for audits**

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



**Links with non-descriptive anchor text 7**

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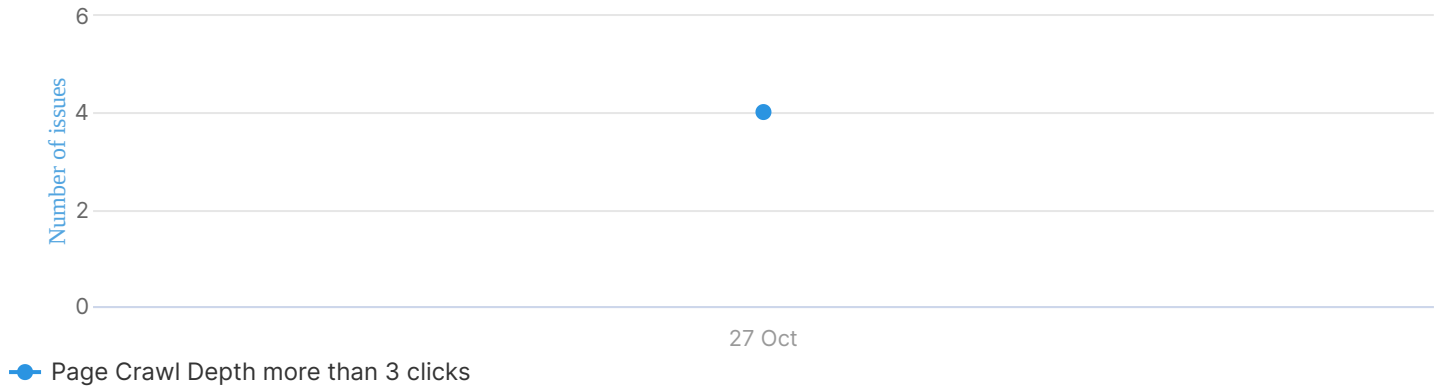
Page URL	Link URL	Anchor Text	Discovered
<a href="https://shop.proleviate.com">https://shop.proleviate.com</a>	<a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	Read More	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com">https://shop.proleviate.com</a>	<a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	Read More	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/products/proleviate-balm">https://shop.proleviate.com/products/proleviate-balm</a>	<a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	Read More	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/products/proleviate-balm-100g-2-pack">https://shop.proleviate.com/products/proleviate-balm-100g-2-pack</a>	<a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	Read More	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/products/proleviate-balm-100g-3-pack">https://shop.proleviate.com/products/proleviate-balm-100g-3-pack</a>	<a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	Read More	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/products/proleviate-balm-100g-4-pack">https://shop.proleviate.com/products/proleviate-balm-100g-4-pack</a>	<a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	Read More	October 27, 2024 (08:57) [new]
<a href="https://shop.proleviate.com/products/proleviate-relief-drops-1oz">https://shop.proleviate.com/products/proleviate-relief-drops-1oz</a>	<a href="https://www.proleviate.com/ingredients">https://www.proleviate.com/ingredients</a>	Read More	October 27, 2024 (08:57) [new]

**Page Crawl Depth more than 3 clicks**

**i** About this issue: A page's crawl depth is the number of clicks required for users and search engine crawlers to reach it via its corresponding homepage. From an SEO perspective, an excessive crawl depth may pose a great threat to your optimization efforts, as both crawlers and users are less likely to reach deep pages. For this reason, pages that contain important content should be no more than 3 clicks away from your homepage. How to fix: Make sure that pages with important content can be reached within a few clicks. If any of them are buried too deep in your site, consider changing your internal link architecture.

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Page Crawl Depth more than 3 clicks 4

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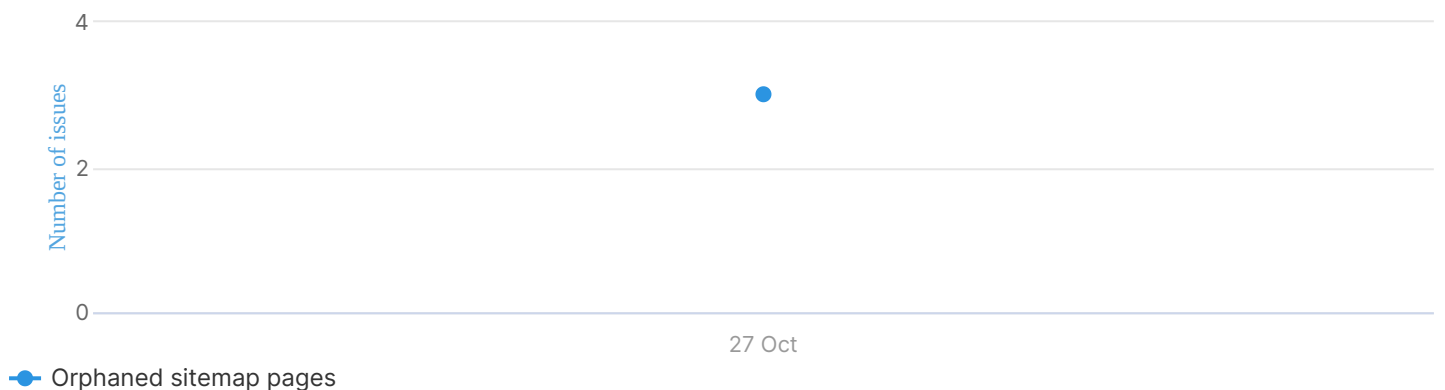
Page URL	Crawl Depth	Discovered
<a href="https://proleviate.com/products/">https://proleviate.com/products/</a>	4	October 27, 2024 (08:57) [new]
<a href="https://proleviate.com/proleviate-relief-drops/">https://proleviate.com/proleviate-relief-drops/</a>	4	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/products">https://www.proleviate.com/products</a>	4	October 27, 2024 (08:57) [new]
<a href="https://www.proleviate.com/proleviate-relief-drops">https://www.proleviate.com/proleviate-relief-drops</a>	4	October 27, 2024 (08:57) [new]

### Orphaned sitemap pages

**i** About this issue: An orphaned page is a webpage that is not linked to internally. Including orphaned pages in your sitemap.xml files is considered to be a bad practice, as these pages will be crawled by search engines. Crawling outdated orphaned pages will waste your crawl budget. If an orphaned page in your sitemap.xml file has valuable content, we recommend that you link to it internally. How to fix: Review all orphaned pages in your sitemap.xml files and do either of the following: If a page is no longer needed, remove it; If a page has valuable content and brings traffic to your website, link to it from another page on your website; If a page serves a specific need and requires no internal linking, leave it as is.

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Orphaned sitemap pages 3

www.proleviate.com

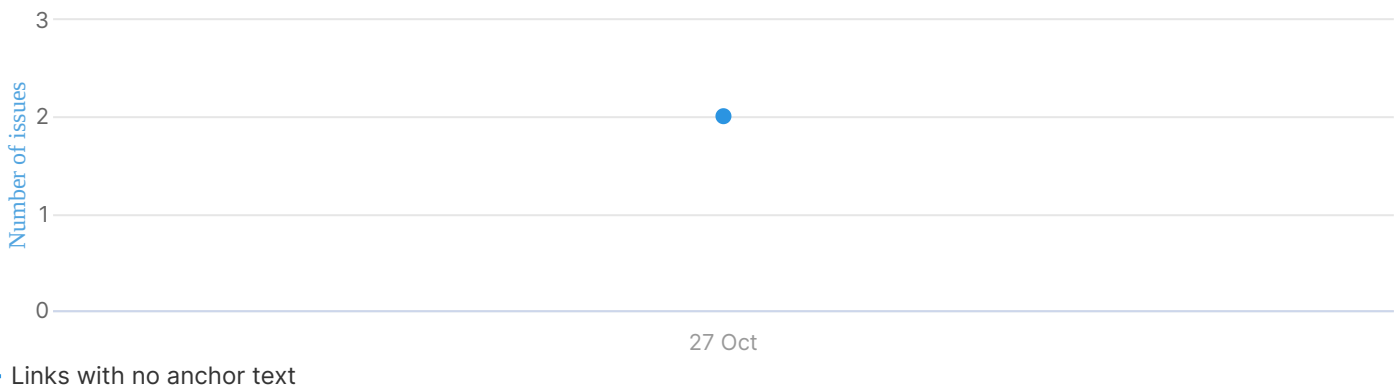
Sitemap URL	Page URL	Discovered
<a href="https://www.proleviate.com/dynamic-ingredient-sitemap.xml">https://www.proleviate.com/dynamic-ingredient-sitemap.xml</a>	<a href="https://www.proleviate.com/ingredient/camphor-oil">https://www.proleviate.com/ingredient/camphor-oil</a>	October 27, 2024 (08:57) <span>[new]</span>
<a href="https://www.proleviate.com/dynamic-ingredient-sitemap.xml">https://www.proleviate.com/dynamic-ingredient-sitemap.xml</a>	<a href="https://www.proleviate.com/ingredient/avocado-oil">https://www.proleviate.com/ingredient/avocado-oil</a>	October 27, 2024 (08:57) <span>[new]</span>
<a href="https://www.proleviate.com/dynamic-ingredient-sitemap.xml">https://www.proleviate.com/dynamic-ingredient-sitemap.xml</a>	<a href="https://www.proleviate.com/ingredient/conolidine">https://www.proleviate.com/ingredient/conolidine</a>	October 27, 2024 (08:57) <span>[new]</span>

### Links with no anchor text

**i** About this issue: This issue is triggered if a link (either external or internal) on your website has an empty or naked anchor (i.e., anchor that uses a raw URL), or anchor text only contains symbols. Although a missing anchor doesn't prevent users and crawlers from following a link, it makes it difficult to understand what the page you're linking to is about. Also, Google considers anchor text when indexing a page. So, a missing anchor represents a lost opportunity to optimize the performance of the linked-to page in search results. How to fix: Use anchor text for your links where it is necessary. The link text must give users and search engines at least a basic idea of what the target page is about. Also, use short but descriptive text. For more information, please see the "Use link wisely" section in Google's SEO Starter Guide [https://support.google.com/webmasters/answer/7451184?hl=en&ref\\_topic=9460495&authuser=0](https://support.google.com/webmasters/answer/7451184?hl=en&ref_topic=9460495&authuser=0)

### Historical chart for audits

Period: October 27, 2024 (08:57) - October 27, 2024 (08:57)



### Links with no anchor text 2

www.proleviate.com

Page URL	Link URL	Discovered
PROLEVIAE +   Privacy Policy <a href="https://www.proleviate.com/privacy-policy">https://www.proleviate.com/privacy-policy</a>	<a href="https://proleviate.com/">https://proleviate.com/</a>	October 27, 2024 (08:57) <span>[new]</span>
PROLEVIAE +   Privacy Policy <a href="https://www.proleviate.com/privacy-policy">https://www.proleviate.com/privacy-policy</a>	<a href="https://mitradine.com">https://mitradine.com</a>	October 27, 2024 (08:57) <span>[new]</span>