

Review of Foractiv.cz

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Introduction

This report provides a review of the key factors that influence the SEO and usability of your website.

The homepage rank is a grade on a 100-point scale that represents your Internet Marketing Effectiveness. The algorithm is based on 70 criteria including search engine data, website structure, site performance and others. A rank lower than 40 means that there are a lot of areas to improve. A rank above 70 is a good mark and means that your website is probably well optimized.

Internal pages are ranked on a scale of A+ through E and are based on an analysis of nearly 30 criteria.

Our reports provide actionable advice to improve a site's business objectives.

Please contact us for more information.

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Search Engine Optimization

Mobile

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Iconography



Good



To Improve



Errors



Not Important



Hard to solve



Little tough to solve



Easy to solve



No action necessary



Title Tag



Prémiová sportovní výživa. Doprava zdarma na vše. | ForActiv.cz

Length: 68 character(s)

Ideally, your title tag should contain between 10 and 70 characters (spaces included).

Make sure your title is explicit and contains your most important keywords.

Be sure that each page has a unique title.



Meta Description



Naší misí je prémiová sportovní výživa, etické doplňky stravy a kvalita před kvantitou! DOPRAVA ZDARMA vždy a na vše.

Length: 117 character(s)

Meta descriptions contains between 100 and 300 characters (spaces included).

It allow you to influence how your web pages are described and displayed in search results.

Ensure that all of your web pages have a unique meta description that is explicit and contains your most important keywords (these appear in bold when they match part or all of the user's search query).

A good meta description acts as an organic advertisement, so use enticing messaging with a clear call to action to maximize click-through rate.



Meta Keywords



No Keywords

Meta Keywords are a specific type of meta tag that appear in the HTML code of a Web page and help tell search engines what the topic of the page is.

However, google can't use meta keywords.

[Prémiová sportovní výživa. Doprava zdarma na vše. | ForActiv.cz](#)
[foractiv.cz/](#)

Naší misí je prémiová sportovní výživa, etické doplňky stravy a kvalita před kvantitou! DOPRAVA ZDARMA vždy a na vše.

This is an example of what your Title Tag and Meta Description will look like in Google search results.

While Title Tags & Meta Descriptions are used to build the search result listings, the search engines may create their own if they are missing, not well written, or not relevant to the content on the page.

Title Tags and Meta Descriptions are cut short if they are too long, so it's important to stay within the suggested character limits.

<H1>	<H2>	<H3>	<H4>	<H5>	<H6>
0	25	36	0	0	0

<H2> Nákupní košík </H2>

<H2> Speciální nabídka </H2>

<H2> Novinky </H2>

<H2> Speciální produkty pro děti </H2>

<H2> Poslední články </H2>

<H2> Fosfatidylserin: Posilte paměť a soustředění </H2>

<H2> Podpořte činnost buněk pro energii a dlouhověkost </H2>

<H2> Skořice - složka Viridianu pro rok 2025 </H2>

<H2> Spánek - co dělat, když jste už vyzkoušeli všechno </H2>

<H2> Lifenol – efektivní přírodní podpora při menopauze </H2>

<H2> Muži - jaké mikronutrienty jsou zásadní pro podporu mužského organismu </H2>

<H2> Probiotika - jak mohou pomoci při těhotenství </H2>

<H2> Plodnost - přírodní pomoc pro ženy i muže </H2>

<H2> Vitamin D, vitamin K2 a hořčík – silná trojice pro kosti, cévy a obranný štít </H2>

<H2> Nejoblíbenější kategorie </H2>

<H2> Nejoblíbenější výrobci </H2>

<H2> Táhneme za jeden provaz už více než 20 let! </H2>

<H2> Poradíme on-line </H2>

<H2> Poradíme vám s výběrem </H2>

<H2> Zdravěte "kaznickdž" pďžďžďe </H2>

<H2> ForActiv.cz </H2>

<H2> Kontaktujte nďžs </H2>

<H2> Buďžte s nďžmi ve spojení </H2>

<H2> Doprava </H2>

<H3> Principy ochrany soukromí </H3>

<H3> Nastavení soukromí </H3>

<H3> 1. Balíček Viridikid (Vitamin C 50ml + Vitamin D 30ml) </H3>

<H3> Vitamin D3 & K2 & Magnesium 90 kapslí 1 + 1 ZDARMA </H3>

<H3> 2. Balíček Pregnancy (Pregnancy Multivitamin 60 kapslí + Pregnancy Biotic 30 kapslí) </H3>

<H3> 1. Balíček Calm 60 kapslí + Sleep 60 kapslí </H3>

<H3> Nexgen® 60 kapslí 2 + 1 ZDARMA </H3>

<H3> Nexgen® PRO 90 kapslí + Omega 3 90 kapslí ZDARMA </H3>
<H3> Grenade Pre-Workout 330g + šejkr ZDARMA </H3>
<H3> Grenade Whey Protein 2kg + šejkr ZDARMA </H3>
<H3> Vitamin D3 100 kapslí 2 + 1 ZDARMA </H3>
<H3> 100% Whey Protein 2kg + Magnesium 90 kapslí ZDARMA </H3>
<H3> Calm 60 kapslí </H3>
<H3> Meno Botanicals 30 kapslí </H3>
<H3> Sleep 60 kapslí </H3>
<H3> Meno Active 30 sáčků a 60 kapslí </H3>
<H3> Immo Boost 60 kapslí </H3>
<H3> Energy Boost 60 kapslí </H3>
<H3> Infla Care 60 kapslí </H3>
<H3> Junior Revive 20 sáčků natural (bez příchutě) (Imunita, odolnost, růst - děti) </H3>
<H3> Joint Complex 30 sáčků lesní ovoce (Chrupavky, kosti, pojivová tkáň, funkce svalů) </H3>
<H3> Beauty Complex 30 sáčků pomeranč ananas (Pokožka, vlasy, nehty, dásně) </H3>
<H3> Kids Omega 3 30 gummies (250mg DHA, 70mg EPA & Vitamin D 200IU) </H3>
<H3> Kids Vegan Omega 3 30 gummies (250mg DHA & Vitamin D 200IU) </H3>
<H3> Kids Omega 3 150ml (450mg DHA, 380mg EPA & Vitamin D 400IU) </H3>
<H3> Dr. Immune Five for Children 250 ml (Reishi, Žampion, Hlíva, Shiitake a Chaga pro děti) </H3>
<H3> Viridikid Multivitamin 90 kapslí </H3>
<H3> Viridikid Vitamin C drops 50ml Organic (Vitamín C pro děti) </H3>
<H3> Viridikid Vitamin D Drops 400iu 30ml </H3>
<H3> Viridikid Omega 3 Oil 200ml Organic (Bio Omega 3 olej pro děti) </H3>
<H3> Viridikid Synerbio Powder 50g (Směs probiotik, prebiotik a vitamínu C pro děti) </H3>
<H3> Elderberry Extract + Vitamin C 100ml Organic </H3>
<H3> Novinky do mailu </H3>
<H3> Prodejna Brno </H3>
<H3> Prodejna Ostrava </H3>
<H3> Prodejna Plzeň </H3>

Use your keywords in the headings and make sure the first level (H1) includes your most important keywords. Never duplicate your title tag content in your header tag.

While it is important to ensure every page has an H1 tag, never include more than one per page. Instead, use multiple H2 - H6 tags.

Keywords Cloud

ksexpedujeme 30 speciální 15 košíku 13 kapslí 9 kapslískladem 9
 vitamín 7 vitamin 7 zdarkaskladem 7 omega 6 cookies 5
 magnesium 5 zdarma 5 doručení 5 energetické 5 nabídka 5

This Keyword Cloud provides an insight into the frequency of keyword usage within the page.

It's important to carry out keyword research to get an understanding of the keywords that your audience is using. There are a number of keyword research tools available online to help you choose which keywords to target.

Keyword Consistency

Keywords	Freq	Title	Desc	<H>
ksexpedujeme	30	×	×	×
speciální	15	×	×	✓
košíku	13	×	×	×
kapslí	9	×	×	✓
kapslískladem	9	×	×	×
vitamín	7	×	×	✓
vitamin	7	×	×	✓
zdarkaskladem	7	×	×	×
omega	6	×	×	✓
cookies	5	×	×	×
magnesium	5	×	×	✓
zdarma	5	✓	✓	✓
doručení	5	×	×	×
energetické	5	×	×	×
nabídka	5	×	×	✓

This table highlights the importance of being consistent with your use of keywords.

To improve the chance of ranking well in search results for a specific keyword, make sure you include it in some or all of the following: page URL, page content, title tag, meta description, header tags, image alt attributes, internal link anchor text and backlink anchor text.



We found 174 images on this web page
 ❌ 62 ALT attributes are empty or missing.

/userdata/images/2023/foractiv.png
/userdata/images/2023/single.svg
/userdata/images/favorite-heart.svg
/userdata/images/2023/cart-basket.svg
/userdata/images/2023/cart-1.svg
/userdata/images/2023/truck.svg
/userdata/images/2023/shopping-gift.svg
/userdata/images/2023/clock.svg
/userdata/images/2023/truck.svg
/userdata/images/2023/shopping-gift.svg
/userdata/images/2023/clock.svg
/userdata/images/2023/truck.svg
/userdata/images/2023/shopping-gift.svg
/userdata/images/2023/clock.svg
/userdata/images/2023/truck.svg
/userdata/images/2023/procenta.svg
/userdata/images/2023/clock.svg
/userdata/images/2023/justice.svg
/userdata/images/2023/star.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/favorite-heart.svg
/userdata/images/blogfa/fosfa1.jpg
/userdata/images/blogfa/bunky2.jpg

/userdata/images/blogfa/cin1.png
/userdata/images/blogfa/spanek1.jpg
/userdata/images/blogfa/lifenol1.jpg
/userdata/images/aktualityfa/muzi nutrienty.jpg
/userdata/images/blogfa/tehotenstvi1.jpg
/userdata/images/blogfa/12. plodnost.jpg
/userdata/images/blogfa/efia-vitamin-d3-k2.jpg
/userdata/images/2019/placeholder/placeholder-about.webp
/userdata/images/2019/offices/brno.jpg
/userdata/images/2019/offices/ostrava.jpg
/userdata/images/2019/offices/plzen.jpg



Text/HTML Ratio

HTML to Text Ratio is: **8.12%**



Alt text is used to describe images to give the search engine crawlers (and the visually impaired).

Text content size 11830 bytes

Also, more information to help them understand images, which can help them to appear in Google Images search results.

Total HTML size 145639 bytes

Code to text ratio represents the percentage of actual text on a web page compared to the percentage of HTML code, and it is used by search engines to calculate the relevancy of a web page.

A higher code to text ratio will increase your chances of getting a better rank in search engine results.



GZIP compression



Wow! It's GZIP Enabled.

✓ Your webpage is compressed from 142 KB to 34 KB (75.8 % size savings)

Gzip is a method of compressing files (making them smaller) for faster network transfers.

It allows to reduce the size of web pages and any other typical web files to about 30% or less of its original size before it transfer.

 IP Canonicalization No your domain IP 82.202.105.87 does not redirect to foractiv.cz

To check this for your website, enter your IP address in the browser and see if your site loads with the IP address.
Ideally, the IP should redirect to your website's URL or to a page from your website hosting provider.
If it does not redirect, you should do an htaccess 301 redirect to make sure the IP does not get indexed.

 URL Rewrite Warning! We have detected parameters in a massive number of URLs

Your site's URLs contain unnecessary elements that make them look complicated.
A URL must be easy to read and remember for users. Search engines need URLs to be clean and include your page's most important keywords.
Clean URLs are also useful when shared on social media as they explain the page's content.

 Underscores in the URLs Oh no, you are using underscores (these_are_underscores) in your URLs

Great, you are not using ?underscores (these_are_underscores) in your URLs.
While Google treats hyphens as word separators, it does not for underscores.

✓ **WWW Resolve** Great, a redirect is in place to redirect traffic from your non-preferred domain.



Redirecting requests from a non-preferred domain is important because search engines consider URLs with and without "www" as two different websites.

✓ **XML Sitemap** Good, you have XML Sitemap file!



<http://foractiv.cz/sitemap.xml>

A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.

You can check for errors in your robots.txt file using Google Search Console (formerly Webmaster Tools) by selecting 'Robots.txt Tester' under 'Crawl'. This also allows you to test individual pages to make sure that Googlebot has the appropriate access.

✓ **Robots.txt** Good, you have Robots.txt file!



<http://foractiv.cz/robots.txt>

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.

We recommend that you generate an XML sitemap for your website and submit it to both Google Search Console and Bing Webmaster Tools. It is also good practice to specify your sitemap's location in your robots.txt file.



Embedded Objects

Perfect, no embedded objects has been detected on this page



Embedded Objects such as Flash. It should only be used for specific enhancements.
Although Flash content often looks nicer, it cannot be properly indexed by search engines.
Avoid full Flash websites to maximize SEO.



Iframe

Perfect, no Iframe content has been detected on this page



Frames can cause problems on your web page because search engines will not crawl or index the content within them.
Avoid frames whenever possible and use a NoFrames tag if you must use them.



Domain Registration

Exactly how many years and months



Domain Age: 55 Years, 90 Days

Created Date: 1st-Jan-1970

Updated Date: 1st-Jan-1970

Expiry Date: 1st-Jan-1970

Domain age matters to a certain extent and newer domains generally struggle to get indexed and rank high in search results for their first few months (depending on other associated ranking factors). Consider buying a second-hand domain name.
Do you know that you can register your domain for up to 10 years? By doing so, you will show the world that you are serious about your business.



Indexed Pages



Indexed pages in search engines

0 Page(s)

This is the number of pages that we have discovered on your website.

A low number can indicate that bots are unable to discover your webpages, which is a common cause of a bad site architecture & internal linking, or you're unknowingly preventing bots and search engines from crawling & indexing your pages.



Backlinks Counter



Number of backlinks to your website

0 Backlink(s)

Backlinks are links that point to your website from other websites. They are like letters of recommendation for your site.

Since this factor is crucial to SEO, you should have a strategy to improve the quantity and quality of backlinks.



URL



http://foractiv.cz

Length: 8 characters

Keep your URLs short and avoid long domain names when possible.

A descriptive URL is better recognized by search engines.

A user should be able to look at the address bar and make an accurate guess about the content of the page before reaching it (e.g., <http://www.mysite.com/en/products>).



Favicon



 Great, your website has a favicon.

Favicons improve a brand's visibility.

As a favicon is especially important for users bookmarking your website, make sure it is consistent with your brand.



Custom 404 Page



Great, your website has a custom 404 error page.

When a visitor encounters a 404 File Not Found error on your site, you're on the verge of losing the visitor that you've worked so hard to obtain through the search engines and third party links.

Creating your custom 404 error page allows you to minimize the number of visitors lost that way.



Page Size

142 KB (World Wide Web average is 320 Kb)



Two of the main reasons for an increase in page size are images and JavaScript files.

Page size affects the speed of your website; try to keep your page size below 2 Mb.

Tip: Use images with a small size and optimize their download with gzip.



Load Time

0.64 second(s)



Site speed is an important factor for ranking high in Google search results and enriching the user experience.

Resources: Check out Google's developer tutorials for tips on how to make your website run faster.



Language

Good, you have declared your language
Declared Language: Czech



Make sure your declared language is the same as the language detected by Google

Also, define the language of the content in each page's HTML code.

Domain Availability

Domains (TLD)	Status
foractiv.com	Already Registered
foractiv.net	Available
foractiv.org	Already Registered
foractiv.biz	Already Registered
foractiv.us	Available

Register the various extensions of your domain to protect your brand from cybersquatters.

Typo Availability

Domains (TLD)	Status
coractiv.cz	Available
doractiv.cz	Available
eoractiv.cz	Available
roractiv.cz	Available
toractiv.cz	Available

Register the various typos of your domain to protect your brand from cybersquatters.



Email Privacy



Email address has been found in plain text!

We don't recommend adding plain text/linked email addresses to your webpages.

As malicious bots scrape the web in search of email addresses to spam. Instead, consider using a contact form.



Safe Browsing



The website is not blacklisted and looks safe to use.

Safe Browsing to identify unsafe websites and notify users and webmasters so they can protect themselves from harm.



Mobile Friendliness



Oh No! This page is not mobile-friendly.
Your mobile friendly score is 0/100

Mobile Friendliness refers to the usability aspects of your mobile website, which Google uses as a ranking signal in mobile search results.



Mobile Compatibility



Perfect, no embedded objects detected.

Embedded Objects such as Flash, Silverlight or Java. It should only be used for specific enhancements.

But avoid using Embedded Objects, so your content can be accessed on all devices.

Mobile View

⚙ ⚙ ⚙

The number of people using the Mobile Web is huge; over 75 percent of consumers have access to smartphones. ??

Your website should look nice on the most popular mobile devices.

Tip: Use an analytics tool to track mobile usage of your website.

Server IP



Server IP	Server Location	Service Provider
82.202.105.87	Not Available	Not Available

Your server's IP address has little impact on your SEO. Nevertheless, try to host your website on a server which is geographically close to your visitors.

Search engines take the geolocation of a server into account as well as the server speed.

Speed Tips



Tips for authoring fast-loading HTML pages:

-  Too bad, your website has too many CSS files.
-  Too bad, your website has too many JavaScript files.
-  Perfect, your website doesn't use nested tables.
-  Too bad, your website is using inline styles.

Website speed has a huge impact on performance, affecting user experience, conversion rates and even rankings.

By reducing page load-times, users are less likely to get distracted and the search engines are more likely to reward you by ranking your pages higher in the SERPs.

Conversion rates are far higher for websites that load faster than their slower competitors.

Analytics



Perfect, We detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website.

You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.



Doc Type

Your Web Page doctype is HTML 5



The Doctype is used to instruct web browsers about the document type being used.

For example, what version of HTML the page is written in.

Declaring a doctype helps web browsers to render content correctly.



W3C Validity

W3C not validated



W3C is a consortium that sets web standards.

Using valid markup that contains no errors is important because syntax errors can make your page difficult for search engines to index.

Run the W3C validation service whenever changes are made to your website's code.



Encoding

Great, language/character encoding is specified: UTF-8



Specifying language/character encoding can prevent problems with the rendering of special characters.

Social Data

Your social media status

 Facebook:  ForActiv.cz

 Twitter: 

 Instagram:  Foractiv.cz

Social data refers to data individuals create that is knowingly and voluntarily shared by them.

Cost and overhead previously rendered this semi-public form of communication unfeasible.

But advances in social networking technology from 2004-2010 has made broader concepts of sharing possible.

Traffic Rank

No Global Rank

A low rank means that your website gets a lot of visitors.

Your Alexa Rank is a good estimate of the worldwide traffic to your website, although it is not 100 percent accurate.

Visitors Localization

Your website is popular on following countries:

Popularity at	None
Regional Rank	None

We recommend that you book the domain names for the countries where your website is popular.

This will prevent potential competitors from registering these domains and taking advantage of your reputation in such countries.

Estimated Worth

\$60 USD

Just a estimated worth of your website based on Alexa Rank.

In-Page Links

We found a total of 308 links including both internal & external links of your site

Anchor	Type	Follow
zde	Internal Links	Dofollow
ZDARMA	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
Registrace	Internal Links	Dofollow
Zapomenuté heslo	Internal Links	Dofollow
Registrovat	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
Košík 0	Internal Links	Dofollow
ZDRAVÍ	Internal Links	Dofollow
VITAMÍNY	Internal Links	Dofollow
Multivitamíny	Internal Links	Dofollow
Vitamín D	Internal Links	Dofollow
Vitamín C	Internal Links	Dofollow
Vitamín B	Internal Links	Dofollow
Vitamín E	Internal Links	Dofollow
Vitamín K	Internal Links	Dofollow
Vitamín A	Internal Links	Dofollow
Koenzym Q10	Internal Links	Dofollow
Ostatní vitamíny	Internal Links	Dofollow
MINERÁLY	Internal Links	Dofollow
Multiminerály	Internal Links	Dofollow
Magnesium (hořčík)	Internal Links	Dofollow
Zinek	Internal Links	Dofollow
Železo	Internal Links	Dofollow
Vápník	Internal Links	Dofollow
Draslík	Internal Links	Dofollow
Chrom	Internal Links	Dofollow
Selen a Bór	Internal Links	Dofollow
Čisté elektrolyty	Internal Links	Dofollow
EXTRAKTY & NUTRIENTY	Internal Links	Dofollow
Kolagen	Internal Links	Dofollow
Dobré bakterie	Internal Links	Dofollow
Zdravé tuky	Internal Links	Dofollow
Bylinky a extrakty	Internal Links	Dofollow
Houby a extrakty	Internal Links	Dofollow
Enzymy	Internal Links	Dofollow
Manuka	Internal Links	Dofollow
Zelené superpotraviny	Internal Links	Dofollow
Superpotraviny	Internal Links	Dofollow
OBLÍBENÉ KATEGORIE	Internal Links	Dofollow
Imunita	Internal Links	Dofollow
Krása a pleť	Internal Links	Dofollow
Detox a očista	Internal Links	Dofollow
Plodnost a těhotenství	Internal Links	Dofollow
Pro děti	Internal Links	Dofollow
Pro ženy (PMS)	Internal Links	Dofollow
Pro ženy 40+	Internal Links	Dofollow

Pro seniory	Internal Links	Dofollow
Zažívání a trávení	Internal Links	Dofollow
SPECIÁLNÍ CÍLE	Internal Links	Dofollow
Klouby a vazy	Internal Links	Dofollow
Srdce a cévy	Internal Links	Dofollow
Játra	Internal Links	Dofollow
Močové cesty	Internal Links	Dofollow
Prostata	Internal Links	Dofollow
Sexuální energie	Internal Links	Dofollow
Stres a nervozita	Internal Links	Dofollow
Paměť a soustředění	Internal Links	Dofollow
Spánek a regenerace	Internal Links	Dofollow
FITNESS	Internal Links	Dofollow
TRÉNINK / WORKOUT	Internal Links	Dofollow
Pre-Workout	Internal Links	Dofollow
Intra-Workout	Internal Links	Dofollow
Elektrolyty-workout	Internal Links	Dofollow
Post-Workout	Internal Links	Dofollow
Vše v jednom	Internal Links	Dofollow
Shakery a další.	Internal Links	Dofollow
PROTEINY & SACHARIDY	Internal Links	Dofollow
Rostlinné proteiny	Internal Links	Dofollow
Živočišné proteiny	Internal Links	Dofollow
Gainery a sacharidy	Internal Links	Dofollow
Rychlé jídlo (MRP)	Internal Links	Dofollow
Proteinové tyčinky & snack	Internal Links	Dofollow
Energetické tyčinky & snack	Internal Links	Dofollow
AMINOKYSELINY	Internal Links	Dofollow
BCAA + EAA	Internal Links	Dofollow
Glutamin	Internal Links	Dofollow
Arginin a Ornithin	Internal Links	Dofollow
Beta Alanin a Citrulin	Internal Links	Dofollow
HMB a Leucin	Internal Links	Dofollow
Ostatní aminokyseliny	Internal Links	Dofollow
SVALOVÁ HMOTA	Internal Links	Dofollow
Anabolizéry (síla+objem)	Internal Links	Dofollow
Adaptogeny (výkon)	Internal Links	Dofollow
Nootropika (koncentrace)	Internal Links	Dofollow
Kreatin a ribóza (ATP energie)	Internal Links	Dofollow
NO systémy (svalová pumpa)	Internal Links	Dofollow
Vitamíny pro fitness	Internal Links	Dofollow
ODBOURÁVÁNÍ TUKU	Internal Links	Dofollow
Spalovače	Internal Links	Dofollow
Dietní proteiny	Internal Links	Dofollow
Elektrolyty (spalování tuku)	Internal Links	Dofollow
Přerušovaný půst	Internal Links	Dofollow
MCT tuky	Internal Links	Dofollow
Odvodnění	Internal Links	Dofollow
SPORT	Internal Links	Dofollow
IONTOVÝ NÁPOJ	Internal Links	Dofollow
Čisté iontové nápoje - TOP	Internal Links	Dofollow
Iontové nápoje s cukrem	Internal Links	Dofollow
Iontové nápoje s um. sladidly	Internal Links	Dofollow

No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
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SPECIÁLNÍ NABÍDKA	Internal Links	Dofollow
PRÁVĚ DORAZILO	Internal Links	Dofollow
Blog	Internal Links	Dofollow
Aktuality	Internal Links	Dofollow
B2B	Internal Links	Dofollow
Prodejny	Internal Links	Dofollow
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Sleva -15 % Speciální nabídka1. Balíček Viridikid (Vitamin C 50ml + Vitamin D 30ml) Skladem > 5 ks expedujeme do 24h 559,00 Kč Do košíku	Internal Links	Dofollow
Sleva -50 % Speciální nabídkaVitamin D3 & K2 & Magnesium 90 kapslí 1 + 1 ZDARMA Skladem > 5 ks expedujeme do 24h 599,00 Kč Do košíku	Internal Links	Dofollow
Sleva -15 % Speciální nabídka IQ produkt2. Balíček Pregnancy (Pregnancy Multivitamin 60 kapslí + Pregnancy Biotic 30 kapslí) Skladem > 5 ks expedujeme do 24h 929,00 Kč Do košíku	Internal Links	Dofollow
Sleva -15 % Speciální nabídka1. Balíček Calm 60 kapslí + Sleep 60 kapslí Skladem > 5 ks expedujeme do 24h 1 359,00 Kč Do košíku	Internal Links	Dofollow
Speciální nabídka IQ produktNexgen® 60 kapslí 2 + 1 ZDARMA Skladem > 5 ks expedujeme do 24h 499,00 Kč Do košíku	Internal Links	Dofollow
Speciální nabídka IQ produktNexgen® PRO 90 kapslí + Omega 3 90 kapslí ZDARMA Skladem > 5 ks expedujeme do 24h 499,00 Kč Do košíku	Internal Links	Dofollow
Speciální nabídkaGrenade Pre-Workout 330g + šejkr ZDARMA Skladem > 5 ks expedujeme do 24h 679,00 Kč Více variant	Internal Links	Dofollow
Sleva -15 % Speciální nabídkaGrenade Whey Protein 2kg + šejkr ZDARMA Skladem > 5 ks expedujeme do 24h 1 149,00 Kč Více variant	Internal Links	Dofollow
Speciální nabídkaVitamin D3 100 kapslí 2 + 1 ZDARMA Skladem > 5 ks expedujeme do 24h 499,00 Kč Do košíku	Internal Links	Dofollow
Speciální nabídka IQ produkt100% Whey Protein 2kg + Magnesium 90 kapslí ZDARMA Skladem > 5 ks expedujeme do 24h 1 599,00 Kč Více variant	Internal Links	Dofollow
NovéCalm 60 kapslí Skladem > 5 ks expedujeme do 24h 799,00 Kč Do košíku	Internal Links	Dofollow
NovéMeno Botanicals 30 kapslí Skladem > 5 ks expedujeme do 24h 799,00 Kč Do košíku	Internal Links	Dofollow
NovéSleep 60 kapslí Skladem > 5 ks expedujeme do 24h 799,00 Kč Do košíku	Internal Links	Dofollow
NovéMeno Active 30 sáčků a 60 kapslí Skladem > 5 ks expedujeme do 24h 1 379,00 Kč Do košíku	Internal Links	Dofollow
NovéImmo Boost 60 kapslí Skladem > 5 ks expedujeme do 24h 499,00 Kč Do košíku	Internal Links	Dofollow
NovéEnergy Boost 60 kapslí Skladem > 5 ks expedujeme do 24h 599,00 Kč Do košíku	Internal Links	Dofollow
NovéInfla Care 60 kapslí Skladem > 5 ks expedujeme do 24h 599,00 Kč Do košíku	Internal Links	Dofollow

NovéJunior Revive 20 sáčků natural (bez příchutě) (Imunita, odolnost, růst - děti) Skladem > 5 ks expedujeme do 24h 479,00 Kč Do košíku	Internal Links	Dofollow
NovéJoint Complex 30 sáčků lesní ovoce (Chrupavky, kosti, pojivová tkáň, funkce svalů) Skladem > 5 ks expedujeme do 24h 1 249,00 Kč Do košíku	Internal Links	Dofollow
NovéBeauty Complex 30 sáčků pomeranč ananas (Pokožka, vlasy, nehty, dásně) Skladem > 5 ks expedujeme do 24h 1 499,00 Kč Do košíku	Internal Links	Dofollow
IQ produktKids Omega 3 30 gummies (250mg DHA, 70mg EPA & Vitamin D 200IU) Skladem > 5 ks expedujeme do 24h 569,00 Kč Do košíku	Internal Links	Dofollow
IQ produktKids Vegan Omega 3 30 gummies (250mg DHA & Vitamin D 200IU) Skladem > 5 ks expedujeme do 24h 569,00 Kč Do košíku	Internal Links	Dofollow
IQ produktKids Omega 3 150ml (450mg DHA, 380mg EPA & Vitamin D 400IU) Skladem > 5 ks expedujeme do 24h 479,00 Kč Do košíku	Internal Links	Dofollow
Nové IQ produktDr. Immune Five for Children 250 ml (Reishi, Žampion, Hlíva, Shiitake a Chaga pro děti) Skladem > 5 ks expedujeme do 24h 669,00 Kč Do košíku	Internal Links	Dofollow
IQ produktViridikid Multivitamin 90 kapslí Skladem > 5 ks expedujeme do 24h 499,00 Kč Do košíku	Internal Links	Dofollow
BIOViridikid Vitamin C drops 50ml Organic (Vitamín C pro děti) Skladem > 5 ks expedujeme do 24h 409,00 Kč Do košíku	Internal Links	Dofollow
IQ produktViridikid Vitamin D Drops 400iu 30ml Skladem > 5 ks expedujeme do 24h 249,00 Kč Do košíku	Internal Links	Dofollow
BIO IQ produktViridikid Omega 3 Oil 200ml Organic (Bio Omega 3 olej pro děti) Skladem > 5 ks expedujeme do 24h 319,00 Kč Do košíku	Internal Links	Dofollow
IQ produktViridikid Synerbio Powder 50g (Směs probiotik, prebiotik a vitamínu C pro děti) Skladem > 5 ks expedujeme do 24h 549,00 Kč Do košíku	Internal Links	Dofollow
BIO IQ produktElderberry Extract + Vitamin C 100ml Organic Skladem > 5 ks expedujeme do 24h 549,00 Kč Do košíku	Internal Links	Dofollow
Fosfatidylserin: Posilte paměť a soustředění	Internal Links	Dofollow
Podpořte činnost buněk pro energii a dlouhověkost	Internal Links	Dofollow
Skořice - složka Viridianu pro rok 2025	Internal Links	Dofollow
Spánek - co dělat, když jste už vyzkoušeli všechno Co dělat, když nemůžeme usnout, budíme se v průběhu noci nebo se probouzíme nevyspaní	Internal Links	Dofollow
Lifenol – efektivní přírodní podpora při menopauze	Internal Links	Dofollow
Muži - jaké mikronutrienty jsou zásadní pro podporu mužského organismu	Internal Links	Dofollow
Probiotika - jak mohou pomoci při těhotenství	Internal Links	Dofollow
Plodnost - přírodní pomoc pro ženy i muže	Internal Links	Dofollow
Vitamín D, vitamín K2 a hořčík – silná trojice pro kosti, cévy a obranný štít	Internal Links	Dofollow
Všechny kategorie	Internal Links	Dofollow
Všichni výrobci	Internal Links	Dofollow
Více o nás	Internal Links	Dofollow
Opravdu mohu počítat s dopravou zdarma na všechny objednávky?	Internal Links	Dofollow
Mám problém s objednávkou (platba, změna zboží, stav objednávky,...), co mám dělat?	Internal Links	Dofollow
Chci zjistit, zda máme zboží skladem pro odeslání z eshopu.	Internal Links	Dofollow
Více dotazů v poradně	Internal Links	Dofollow
Prodejna Brno	Internal Links	Dofollow
+420 734 443 792	Internal Links	Dofollow
Prodejna Ostrava	Internal Links	Dofollow
+420 734 491 892	Internal Links	Dofollow
Prodejna Plzeň	Internal Links	Dofollow
+420 734 443 793	Internal Links	Dofollow
Doprava a platba	Internal Links	Dofollow
Reklama a vrátěn zboží	Internal Links	Dofollow
Obchodní podmínky	Internal Links	Dofollow

Ochrana osobních dat	Internal Links	Dofollow
Etický kodex společnosti	Internal Links	Dofollow
Kontakt	Internal Links	Dofollow
Nastavení soukromí	Internal Links	Dofollow
Registrace na ForActiv.cz se vyplatí...	Internal Links	Dofollow
Najd'z't na mapd'z'	External Links	Dofollow
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While there's no exact limit to the number of links you should include on a page, best practice is to avoid exceeding 200 links.

Links pass value from one page to another, but the amount of value that can be passed is split between all of the links on a page. This means that adding unnecessary links will dilute the potential value attributed to your other links.

Using the Nofollow attribute prevents value from being passed to the linking page, but it's worth noting that these links are still taken into account when calculating the value that is passed through each link, so Nofollow links can also dilute pagerank.



Broken Links



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