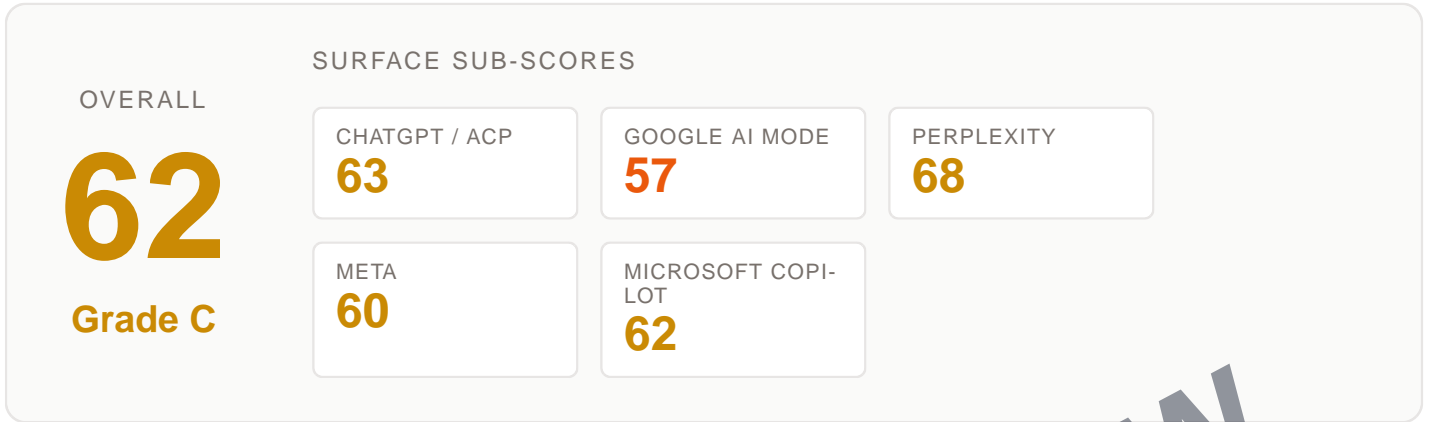


AI AGENT-READINESS REPORT

formnutrition.com

Ran 59 of 81 checks



Findings - 22 need attention



NEEDS WORK **CRITICAL** **HTTPS enforced sitewide + HSTS (>= 6-month max-age)**

Enforce HTTPS sitewide and ship a Strict-Transport-Security header with max-age >= 6 months

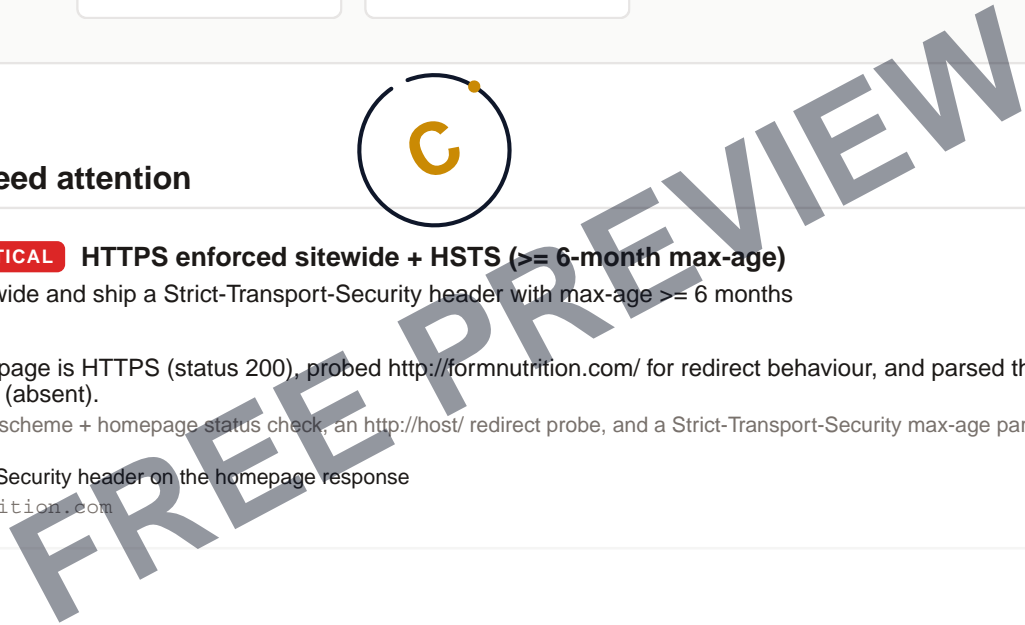
WHAT WE FOUND

Confirmed the homepage is HTTPS (status 200), probed <http://formnutrition.com/> for redirect behaviour, and parsed the Strict-Transport-Security header (absent).

How we checked: URL scheme + homepage status check, an <http://host/> redirect probe, and a Strict-Transport-Security max-age parse (>= 180-day threshold).

- No Strict-Transport-Security header on the homepage response

Checked: formnutrition.com



FAILED **CRITICAL** Offer price + priceCurrency valid

Set price as a number and priceCurrency as an ISO 4217 code

WHAT WE FOUND

Parsed Offer `price` and `priceCurrency` on Product JSON-LD across 9 sampled product pages (0 valid, 0%).

How we checked: Parse Offer `price` (or AggregateOffer `lowPrice`) as a parseable numeric price ≥ 0 ; require `priceCurrency` to match $/^[A-Z]{3}\$/i$.

- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency
- Offer is missing a numeric price or valid priceCurrency

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

FAILED **HIGH** MerchantReturnPolicy node present on Product or Offer

Emit `hasMerchantReturnPolicy` on Product or Offer JSON-LD

WHAT WE FOUND

Inspected `hasMerchantReturnPolicy` on Product/Offer JSON-LD across 9 sampled product pages (0 present, 0%).

How we checked: On each PDP, locate the Product JSON-LD node and check for a `hasMerchantReturnPolicy` object/array at Product level OR Offer level. Pass band $\geq 85\%$ coverage, partial $\geq 50\%$.

- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`
- Product JSON-LD missing `hasMerchantReturnPolicy`

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

NEEDS WORK **HIGH** Offer `availability` is a Schema.org URL

Use a canonical Schema.org availability IRI on every Offer

WHAT WE FOUND

Checked Offer `availability` on 9 sampled product pages with an Offer (6 use a canonical Schema.org URL, 67%).

How we checked: On each Offer, accept `availability` only if it matches one of the canonical Schema.org ItemAvailability IRIs (http or https, trailing slash optional).

- Offer `availability` is missing or not a canonical Schema.org URL
- Offer `availability` is missing or not a canonical Schema.org URL
- Offer `availability` is missing or not a canonical Schema.org URL

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

FAILED HIGH Offer JSON-LD carries shippingDetails (OfferShippingDetails)

Emit shippingDetails (OfferShippingDetails) on Offer JSON-LD

WHAT WE FOUND

Inspected `shippingDetails` on Product/Offer JSON-LD across 9 sampled PDPs (0 present, 0%).

How we checked: On each PDP, locate the Product JSON-LD node and check for `shippingDetails` (single object or array) at Product or Offer level. Pass band >= 85% coverage.

- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`
- Offer JSON-LD missing `shippingDetails`

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

FAILED HIGH Brand attribution on PDPs

Surface brand attribution on every PDP

WHAT WE FOUND

Checked 20 sampled product pages for brand attribution via Product JSON-LD or visible HTML signals (4 attributed, 20%).

How we checked: On each PDP, accept brand attribution from either (a) `extractBrand` on the first Product JSON-LD node OR (b) an HTML brand signal (OG `product:brand`, `brand` meta, `og:brand`, Microdata `itemprop="brand"`).

- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- No brand attribution on this PDP (neither JSON-LD `brand` nor OG/Microdata)
- ...and 6 more PDPs without brand attribution

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more



FAILED HIGH GTIN coverage on PDPs

Populate `gtin` on every branded Product node

WHAT WE FOUND

Checked 20 sampled product pages for a GTIN in the Product JSON-LD (0 carry a valid GTIN, 0%).

How we checked: Extract gtin / gtin8 / gtin12 / gtin13 / gtin14 from the first Product JSON-LD node on each PDP; validate digit length.

- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- No valid GTIN on this product page
- ...and 10 more PDPs without GTIN

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

FAILED HIGH Product `image` populated

Add a resolvable image URL to every Product node

WHAT WE FOUND

Read the `image` field on Product JSON-LD across 9 sampled product pages (0 resolve at least one URL, 0%).

How we checked: Resolve `image` on each Product node into a list of URL strings (string, array, or ImageObject.url/contentUrl); require at least one non-empty URL.

- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL
- Product JSON-LD has no resolvable `image` URL

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more





FAILED HIGH Product JSON-LD present on PDPs

Publish a Product JSON-LD block on every PDP

WHAT WE FOUND

Parsed JSON-LD on 20 sampled product pages for a Product node (9 found, 45%).

How we checked: Walk each sampled PDP's parsed `jsonLdBlocks`, flatten `@graph` containers, and count the page as passing if any node has `@type` Product / ProductGroup / IndividualProduct / ProductModel.

- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- No Product JSON-LD on this PDP
- ...and 1 more PDPs without Product JSON-LD

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

FAILED HIGH /.well-known/ucp profile is present with a `version` field

Publish `/.well-known/ucp` with at minimum a `version` field

WHAT WE FOUND

Inspected `/.well-known/ucp` for a parseable JSON document with a top-level `version` string.

How we checked: Confirm `ctx.wellKnownUcp` is non-null and carries a non-empty `version` string (the only universally-required UCP profile field).

- /.well-known/ucp is not reachable or not parseable as JSON

Checked: formnutrition.com/.well-known/ucp

FAILED HIGH UCP profile carries all four required top-level keys

Add every required top-level key to the UCP profile

WHAT WE FOUND

Wanted to inspect UCP root keys, but no profile was found.

How we checked: Read the profile root (or top-level `ucp` wrapper) and verify the presence of `version`, `services`, `capabilities`, and `signing_keys` keys.

- No /.well-known/ucp profile present

Checked: formnutrition.com/.well-known/ucp

FAILED HIGH UCP profile declares a valid shopping service entry

Declare a shopping service entry with a recognised transport and an HTTPS endpoint

WHAT WE FOUND

Wanted to walk the UCP profile's `services[]` for a valid shopping entry, but no profile was found.

How we checked: List every `services[]` entry whose namespace is `shopping` (or contains `shopping`) and require at least one with `transport` {rest,mcp,a2a,embedded} AND a syntactically valid `https://` endpoint.

- No /.well-known/ucp profile present

Checked: formnutrition.com/.well-known/ucp

FAILED HIGH Every signing_keys[] entry is a valid JWK

Make every signing_keys[] entry a JWK with kty + kty-specific params

WHAT WE FOUND

Wanted to validate signing_keys[], but no UCP profile was found.

How we checked: Walk signing_keys[] and validate each entry per §4.1 (kty required) + §6 (kty-specific required parameters). `kid` is OPTIONAL per §4.5 and not enforced here.

- No /.well-known/ucp profile present

Checked: formnutrition.com/.well-known/ucp

FAILED MEDIUM Organization/OnlineStore JSON-LD with contactPoint on homepage

Add an Organization (or OnlineStore) JSON-LD block to your homepage with a contactPoint

WHAT WE FOUND

Found a homepage Organization node but its contactPoint is missing both email and telephone.

How we checked: Parse homepage `

FAILED **MEDIUM** **Third-party review-platform integration detected**

Install a third-party review platform so agents see syndicated reviews on your storefront

WHAT WE FOUND

Scanned the homepage and 20 sampled PDPs for 8 review-platform asset fingerprints; none matched.

How we checked: Substring scan of homepage and sampled PDP HTML for known review-platform asset fingerprints (judge.me, yotpo, stamped.io, reviews.io, okendo, loox, trustpilot, bazaarvoice).

- No third-party review-platform integration detected

Checked: formnutrition.com, formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks +13 more

FAILED **LOW** **About page reachable with substantive copy**

Publish a substantive About page at a standard URL

WHAT WE FOUND

Probed 5 candidate About-page paths and none returned a 2xx body.

How we checked: URL probe of platform-specific about-page paths via politeFetch; the first 2xx response whose HTML-stripped body length is \geq 200 chars counts as a pass.

- No About page reachable at any standard URL

Checked: formnutrition.com/about, formnutrition.com/about-us, formnutrition.com/pages/about

NEEDS WORK **LOW** **Alt text on at least 80% of PDP images**

Add descriptive alt text to product images (WCAG 2.x SC 1.1.1)

WHAT WE FOUND

Parsed `` alt attributes across 20 sampled product pages (11 have alt text on at least 80% of images).

How we checked: Per PDP, count `` tags via regex; a tag 'has alt text' when its 'alt' attribute is present AND non-empty after trim. A PDP passes when it carries no `` at all OR \geq 80% of its `` tags have non-empty alt.

- Most images on this product page lack alt text
- Most images on this product page lack alt text
- Most images on this product page lack alt text
- Most images on this product page lack alt text
- Most images on this product page lack alt text
- Most images on this product page lack alt text
- Most images on this product page lack alt text
- Most images on this product page lack alt text
- Most images on this product page lack alt text

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

NEEDS WORK **LOW** Product title quality (present, not all-caps)

Use sentence-case product titles

WHAT WE FOUND

Inspected the Product JSON-LD title on 9 sampled product pages (8 non-empty and not all-caps, 89%).

How we checked: Read `name` on the first Product JSON-LD node. Fail if missing/empty after trimming OR if the string contains letters and they're all upper-case.

- Product title is entirely upper-case

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

FAILED **INFO** Apple Pay markers detected (informational)

Enable Apple Pay through your payment processor (informational only)

WHAT WE FOUND

Scanned the homepage and 20 sampled PDPs for Apple Pay markers; none matched.

How we checked: Substring match on known Apple Pay SDK/markup signatures (ApplePaySession, apple-pay-button, /apple-developer-merchant-domain-association) across the homepage and every sampled PDP HTML.

- No Apple Pay markers detected on the homepage or PDPs

Checked: formnutrition.com, formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks +13 more

FAILED **INFO** Google Pay markers detected (informational)

Enable Google Pay through your payment processor (informational only)

WHAT WE FOUND

Scanned the homepage and 20 sampled PDPs for Google Pay markers; none matched.

How we checked: Substring match on known Google Pay SDK/markup signatures (pay.google.com/gp/p/js/pay.js, google.payments.api, <google-pay-button) across the homepage and every sampled PDP HTML.

- No Google Pay markers detected on the homepage or PDPs

Checked: formnutrition.com, formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks +13 more

PASSING **CRITICAL** Googlebot allowed on product paths

Allow Googlebot on product paths

WHAT WE FOUND

Checked robots.txt for Googlebot at the representative product path `/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less`. The active group resolves to Allow.

How we checked: group match on `User-agent: Googlebot` rules at the representative product path `/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less` (via the parsed robots.txt isAllowed predicate).

Checked: formnutrition.com/robots.txt, /inform/zone-zero-training-the-case-for-doing-a-whole-lot-less

PASSING **CRITICAL** OAI-SearchBot allowed

Allow OAI-SearchBot in robots.txt

WHAT WE FOUND

Checked robots.txt rules for OAI-SearchBot (OpenAI's ChatGPT search/discovery crawler) at path /. The active group resolves to Allow. How we checked: group match on `User-agent: OAI-SearchBot` rules at path `/` (via the parsed robots.txt isAllowed predicate).
Checked: formnutrition.com/robots.txt

PASSING **CRITICAL** No global wildcard root disallow

Remove the wildcard `Disallow: /` from robots.txt

WHAT WE FOUND

Scanned the robots.txt wildcard `User-agent: *` group for a root Disallow (wildcard group present; root Disallow absent). How we checked: Line-by-line scan of robots.txt; track membership of the `User-agent: *` group (stacked UA lines combine into one group per section 2.2.1) and flag the file when a root `Disallow: /` appears in that group with no offsetting `Allow: /`.
Checked: formnutrition.com/robots.txt

PASSING **HIGH** Bingbot allowed

Allow Bingbot in robots.txt

WHAT WE FOUND

Checked robots.txt rules for Bingbot (Microsoft's web crawler — also the source for Copilot Shopping's index) at path /. The active group resolves to Allow. How we checked: group match on `User-agent: Bingbot` rules at path `/` (via the parsed robots.txt isAllowed predicate).
Checked: formnutrition.com/robots.txt

PASSING **HIGH** Contact page exposes email or phone

Add a `mailto:` email link or `tel:` phone link to your contact page

WHAT WE FOUND

Reached the contact page and found a contact method: mailto link (mailto:hello@formnutrition.com), email (hello@formnutrition.com). How we checked: URL probe of contact paths; the first 2xx body is scanned for `mailto:` / `tel:` hrefs, plain emails (placeholder hosts excluded), and phone-shaped numbers.
Checked: formnutrition.com/contact-us

NOT APPLICABLE **HIGH** MerchantReturnPolicy finite-window has positive merchantReturnDays

Add a positive `merchantReturnDays` to finite-window return policies

WHAT WE FOUND

No MerchantReturnPolicy node used the MerchantReturnFiniteReturnWindow category, so the `merchantReturnDays` check has nothing to evaluate. How we checked: For each MerchantReturnPolicy node whose returnPolicyCategory normalizes to MerchantReturnFiniteReturnWindow, require `merchantReturnDays` to be a positive number (or a numeric string > 0).
Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

NOT APPLICABLE **HIGH** MerchantReturnPolicy satisfies Option A (country+category) or B (returnLink)

Make every MerchantReturnPolicy node satisfy Option A or Option B

WHAT WE FOUND

No PDP carried a `hasMerchantReturnPolicy` node, so Option A/B shape cannot be evaluated.

How we checked: For each PDP, walk every `hasMerchantReturnPolicy` node (Product or Offer level) and require either (applicableCountry + returnPolicyCategory) OR a syntactically-valid `merchantReturnLink` URL.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

PASSING **HIGH** Sampled PDPs are not gated behind a login wall (401 / 403)

Open PDPs to anonymous fetches

WHAT WE FOUND

Sampled 20 PDP(s); none return 401 / 403.

How we checked: For each sampled PDP, evaluate the captured HTTP status code (preferred) or fall back to body-presence; 401/ 403 fails.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

PASSING **HIGH** No sampled PDP returns a noindex directive

Remove the noindex directive from every PDP

WHAT WE FOUND

Sampled 20 PDP(s); every one is indexable (no noindex in HTML or response headers).

How we checked: For each sampled PDP, inspect the HTML for `

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

PASSING **HIGH** Each PDP carries at most one Product JSON-LD node

Emit a single Product JSON-LD node per PDP

WHAT WE FOUND

Sampled 20 PDP(s); every one carries at most one Product JSON-LD node.

How we checked: For each sampled PDP, count JSON-LD nodes whose @type is `Product` or whose @type array contains `Product`. Each PDP must expose at most one.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more



PASSING **HIGH** PerplexityBot allowed

Allow PerplexityBot in robots.txt

WHAT WE FOUND

Checked robots.txt rules for PerplexityBot (Perplexity's shopping index crawler) at path /. The active group resolves to Allow. How we checked: group match on `User-agent: PerplexityBot` rules at path `/` (via the parsed robots.txt isAllowed predicate).
Checked: formnutrition.com/robots.txt

PASSING **HIGH** Privacy policy page reachable

Publish a privacy policy page and link it from your site nav/footer

WHAT WE FOUND

Found a privacy policy page at https://formnutrition.com/privacy-policy/ (13600 chars of stripped body text). How we checked: Discover candidate URLs by scoring homepage nav/footer anchors for privacy/gdpr/cookie keywords, then append platform-conventional paths; probe each with politeFetch and pass on the first 2xx with >=200 stripped-body chars.
Checked: formnutrition.com/privacy-policy

PASSING **HIGH** Product `name` populated

Populate `name` on every Product JSON-LD node

WHAT WE FOUND

Read the `name` field on Product JSON-LD across 9 sampled product pages (9 populated, 100%). How we checked: On each PDP with a Product JSON-LD node, require `name` to be a string of length > 0 after trimming.
Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

PASSING **HIGH** Product JSON-LD includes `offers`

Add an `offers` object to every Product node

WHAT WE FOUND

Looked for an `offers` (or AggregateOffer) block on Product JSON-LD across 9 sampled product pages (9 carry one, 100%). How we checked: On each Product node, require a resolvable Offer (or first Offer inside an AggregateOffer) via `findOffer`.
Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

PASSING **HIGH** Product pages discoverable without JavaScript

Make product pages discoverable without JavaScript

WHAT WE FOUND

Counted product pages discovered by the non-JavaScript crawl (20 found). How we checked: Count the product pages a non-JavaScript crawl could discover via the sitemap or initial HTML (no JS execution). The fetcher already attempted discovery; we read ctx.pdpSample.
Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +2 more



PASSING HIGH Products are machine-discoverable

Publish a product feed or a crawlable product sitemap

WHAT WE FOUND

Confirmed agents can discover your products via `feed` (20 product pages verified).

How we checked: Read the product-discovery cascade result from ctx.discovery. Score by discovery method (feed / platform_api / sitemap_typed -> pass when verifiedProductCount >= MIN_CONFIDENT_PRODUCTS; content_verified -> partial; none or under-threshold -> fail).

Checked: formnutrition.com/feed

PASSING HIGH robots.txt present at root

Publish a non-empty robots.txt at the site root

WHAT WE FOUND

Reached a non-empty /robots.txt at the site root (633 bytes, 2 declared Sitemap lines).

How we checked: Check whether the fetcher reached a non-empty /robots.txt at the site root (§2.2.3 access method).

Checked: formnutrition.com/robots.txt

PASSING HIGH Terms of service page reachable

Publish a terms of service page and link it from your site nav/footer

WHAT WE FOUND

Found a terms-of-service page at https://formnutrition.com/terms-conditions/ (20898 chars of stripped body text).

How we checked: Discover candidate URLs by scoring homepage nav/footer anchors for terms/tos/legal/conditions keywords, then append platform-conventional paths; probe each with politeFetch and pass on the first 2xx with >=200 stripped-body chars.

Checked: formnutrition.com/terms-conditions

NOT APPLICABLE HIGH UCP profile Cache-Control is shared-cacheable with max-age >= 60s

Serve /.well-known/ucp with `Cache-Control: public, max-age=...`

WHAT WE FOUND

No UCP profile present; Cache-Control policy is not evaluable.

How we checked: Parse the `Cache-Control` header on the /.well-known/ucp response; require `public`, `max-age >= 60`, and no `no-store` / `no-cache` / `private`.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE HIGH /.well-known/ucp response Content-Type is application/json

Serve /.well-known/ucp with `Content-Type: application/json`

WHAT WE FOUND

No UCP profile present; Content-Type is not evaluable.

How we checked: Check that the `Content-Type` header on /.well-known/ucp starts with `application/json` (optionally with a charset parameter).

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE HIGH /.well-known/ucp is publicly fetchable with no auth

Allow unauthenticated access to /.well-known/ucp

WHAT WE FOUND

No UCP profile reachable; public-fetch evaluation deferred to ucp-profile-present.

How we checked: Confirm an unauthenticated GET to /.well-known/ucp returns a 2xx status.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE **HIGH** **/.well-known/ucp returns 200 directly with no redirects**

Serve /.well-known/ucp directly with a 200 response

WHAT WE FOUND

No UCP profile present; redirect behaviour is not evaluable.

How we checked: Inspect the final HTTP status of GET /.well-known/ucp and whether any 3xx redirect was followed to reach it.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE **HIGH** **Each service satisfies the transport-conditional field requirements**

Populate the conditional fields required by each service's transport

WHAT WE FOUND

No UCP profile present.

How we checked: For each services[] entry with a recognised transport, require the transport-conditional fields: rest/mcp -> endpoint+schema; a2a -> endpoint; embedded -> schema.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE **HIGH** **Each service `transport` is rest, mcp, a2a, or embedded**

Set transport to one of rest, mcp, a2a, or embedded

WHAT WE FOUND

No UCP profile present.

How we checked: For each services[] entry, require `transport` to be one of: rest, mcp, a2a, embedded.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE **MEDIUM** **HSTS policy carries the includeSubDomains directive**

Add `includeSubDomains` to your Strict-Transport-Security header

WHAT WE FOUND

Looked for `includeSubDomains` in the Strict-Transport-Security header, but HSTS itself is not enabled.

How we checked: Parse the homepage `Strict-Transport-Security` header for the `includeSubDomains` directive (§6.1.2).

- HSTS not enabled; check `https-and-hsts-enforced` first.

Checked: formnutrition.com

NOT APPLICABLE **MEDIUM** **MerchantReturnPolicy merchantReturnLink URL is reachable**

Repair every merchantReturnLink URL

WHAT WE FOUND

No MerchantReturnPolicy node carried a `merchantReturnLink` URL, so reachability has nothing to evaluate.

How we checked: Collect every unique `merchantReturnLink` URL across all MerchantReturnPolicy nodes; probe each once via politeFetch (failSoft). 2xx counts as reachable.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

NOT APPLICABLE **MEDIUM** **MerchantReturnPolicy applicableCountry uses ISO 3166-1 alpha-2 codes**

Use ISO 3166-1 alpha-2 country codes in applicableCountry

WHAT WE FOUND

No MerchantReturnPolicy node carried `applicableCountry`, so the ISO-code check has nothing to evaluate.

How we checked: On each MerchantReturnPolicy node where `applicableCountry` is set, extract every candidate string and require every one to match `/^[A-Z]{2}$/i` .

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

NOT APPLICABLE **MEDIUM** **MerchantReturnPolicy returnPolicyCategory uses valid Schema.org enum**

Use a valid Schema.org returnPolicyCategory enum value

WHAT WE FOUND

No MerchantReturnPolicy node carried `returnPolicyCategory`, so the enum check has nothing to evaluate.

How we checked: On each MerchantReturnPolicy node where `returnPolicyCategory` is set, accept the bare enum name or the schema.org URL form; reject any other string.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

NOT APPLICABLE **MEDIUM** **OfferShippingDetails shippingDestination is a valid DefinedRegion**

Emit shippingDestination as a DefinedRegion with ISO addressCountry

WHAT WE FOUND

No OfferShippingDetails node carried `shippingDestination`, so the DefinedRegion check has nothing to evaluate.

How we checked: On each OfferShippingDetails node where `shippingDestination` is set, require it to be a DefinedRegion (or array) and every entry to carry `addressCountry` matching `/^[A-Z]{2}$/i` .

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

NOT APPLICABLE **MEDIUM** **OfferShippingDetails shippingRate is a valid MonetaryAmount**

Emit shippingRate as a valid MonetaryAmount

WHAT WE FOUND

No OfferShippingDetails node carried `shippingRate`, so the MonetaryAmount check has nothing to evaluate.

How we checked: On each OfferShippingDetails node where `shippingRate` is set, require an object with numeric value/maxValue (typed or numeric string) and a 3-letter ISO 4217 currency.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more



PASSING **MEDIUM** **Product `description` present**

Populate `description` on every Product JSON-LD node

WHAT WE FOUND

Read `description` on Product JSON-LD across 9 sampled product pages (9 non-empty after HTML strip, 100%).

How we checked: Read `description` on each Product node; strip HTML tags and collapse whitespace; require length > 0.

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

PASSING **MEDIUM** **Product title not a placeholder**

Replace placeholder and slug-shape titles with real product names

WHAT WE FOUND

Inspected 9 Product JSON-LD titles for placeholders or slug shapes (9 human-meaningful, 100%).

How we checked: Read `name` on the first Product JSON-LD node. Fail if empty, matches a known placeholder list (Default Title / Untitled / Product N / sample / test / draft / placeholder), or matches slug shape (lower-case alnum + at least one hyphen).

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

PASSING **MEDIUM** **Returns/refund policy page reachable**

Publish a returns policy page and link it from your site nav/footer

WHAT WE FOUND

Found a returns/refund policy page at <https://formnutrition.com/returns/> (5595 chars of stripped body text).

How we checked: Discover candidate URLs by scoring homepage nav/footer anchors for return/refund/exchange keywords, then append platform-conventional paths; probe each with politeFetch and pass on the first 2xx with >=200 stripped-body chars.

Checked: formnutrition.com/returns

PASSING **MEDIUM** **Shipping policy page reachable**

Publish a shipping policy page and link it from your site nav/footer

WHAT WE FOUND

Found a shipping policy page at <https://formnutrition.com/shipping/> (6157 chars of stripped body text).

How we checked: Discover candidate URLs by scoring homepage nav/footer anchors for shipping/delivery/dispatch keywords, then append platform-conventional paths; probe each with politeFetch and pass on the first 2xx with >=200 stripped-body chars.

Checked: formnutrition.com/shipping

PASSING **MEDIUM** **Sitemap declared in robots.txt**

Add a `Sitemap:` line to robots.txt

WHAT WE FOUND

Read robots.txt and counted 2 declared Sitemap lines.

How we checked: Read parsed Sitemap: directives from robots.txt (sitemaps.org / implementation note).

Checked: formnutrition.com/robots.txt, formnutrition.com/sitemap_index.xml, formnutrition.com/us/sitemap_index.xml

PASSING **MEDIUM** Sitemap <loc> entries are entity-escaped

Entity-escape `&`, `<`, `>` in every <loc>

WHAT WE FOUND

Sampled 65 <loc> entries across 5 sitemap resource(s); every one is properly entity-escaped.

How we checked: Sample the first 100 <loc> entries per sitemap document and check for raw &, <, or > (sitemaps.org entity escaping rules).

Checked: formnutrition.com/sitemap_index.xml, formnutrition.com/product-sitemap.xml, formnutrition.com/us/sitemap_index.xml, formnutrition.com/us/product-sitemap.xml, formnutrition.com/sitemap.xml

PASSING **MEDIUM** Sitemap resolvable and includes at least one product URL

Publish a sitemap containing product URLs

WHAT WE FOUND

Resolved an XML sitemap with 29 <loc> entries; 1 look like product URLs (3%).

How we checked: Parse `<loc>` entries from the resolved sitemap (or sitemap index) and classify each against product-URL patterns (`/products/...`, `/product/...`, `/p/<id>`, etc.).

Checked: formnutrition.com/sitemap.xml

PASSING **MEDIUM** Sitemap entries share the host of the containing sitemap

Keep every sitemap entry on the sitemap's own host

WHAT WE FOUND

Compared 65 <loc> entries against their sitemap host across 5 resource(s); every entry shares its sitemap's host.

How we checked: For each resolved sitemap resource, parse the sitemap URL's host and compare it against every parsed <loc> URL's host.

Checked: formnutrition.com/sitemap_index.xml, formnutrition.com/product-sitemap.xml, formnutrition.com/us/sitemap_index.xml, formnutrition.com/us/product-sitemap.xml, formnutrition.com/sitemap.xml

PASSING **MEDIUM** Sitemap root declares the sitemaps.org 0.9 namespace

Add the sitemaps.org 0.9 xmlns to the root element

WHAT WE FOUND

Inspected 5 sitemap resource(s); every one declares the sitemaps.org 0.9 namespace.

How we checked: Substring-match `xmlns="http://www.sitemaps.org/schemas/sitemap/0.9"` against the raw XML of every resolved sitemap document.

Checked: formnutrition.com/sitemap_index.xml, formnutrition.com/product-sitemap.xml, formnutrition.com/us/sitemap_index.xml, formnutrition.com/us/product-sitemap.xml, formnutrition.com/sitemap.xml

NOT APPLICABLE **MEDIUM** Each capability has version + spec + schema

Populate version, spec, and schema on every capabilities[] entry

WHAT WE FOUND

No UCP profile present.

How we checked: For each capabilities[] entry, require non-empty string values for `version`, `spec`, and `schema`.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE **MEDIUM** Each service's `spec` URL origin matches its namespace authority

Point each service `spec` URL at the canonical UCP authority

WHAT WE FOUND

No UCP profile present.

How we checked: For each service with a `spec` URL, require the URL origin to be a canonical UCP authority OR the host/path to include the namespace token.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE **MEDIUM** Every service `version` matches YYYY-MM-DD

Use ISO-date `version` strings on every service

WHAT WE FOUND

No UCP profile present; service version formats are not evaluable.

How we checked: For each services[] entry, require `version` to be a string matching `/^d{4}-d{2}-d{2}$/`.

Checked: formnutrition.com/.well-known/ucp

PASSING **LOW** BreadcrumbList present on PDPs

Add a BreadcrumbList JSON-LD block to every PDP

WHAT WE FOUND

Searched JSON-LD on 9 sampled product pages for a BreadcrumbList (9 found, 100%).

How we checked: Search every JSON-LD block on each PDP for `@type: BreadcrumbList` with a non-empty itemListElement.

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

PASSING **LOW** ChatGPT-User allowed

Allow ChatGPT-User in robots.txt (advisory)

WHAT WE FOUND

Checked robots.txt rules for ChatGPT-User (OpenAI's user-initiated live fetcher (advisory)) at path /. The active group resolves to Allow.

How we checked: group match on `User-agent: ChatGPT-User` rules at path `/` (via the parsed robots.txt isAllowed predicate).

Checked: formnutrition.com/robots.txt

NOT APPLICABLE **LOW** HSTS policy carries the preload directive

Add `preload` to your Strict-Transport-Security header and submit to hstspreload.org

WHAT WE FOUND

Looked for the `preload` directive in the Strict-Transport-Security header, but HSTS itself is not enabled.

How we checked: Parse the homepage `Strict-Transport-Security` header for the `preload` directive (hstspreload.org vendor extension to).

- HSTS not enabled; check `https-and-hsts-enforced` first.

Checked: formnutrition.com

PASSING **LOW** Product images meet Google's 50,000-pixel area threshold

Upload higher-resolution product images (area \geq 50,000 pixels)

WHAT WE FOUND

Inspected `` attributes on 20 sampled product pages (20 have at least one image with area \geq 50,000 px; dimensions absent from HTML are not HEAD-probed and count as indeterminate).

How we checked: For every sampled PDP, parse `` tags and read explicit ``width`` and ``height`` attributes; a PDP passes when at least one image has width x height \geq 50,000. PDPs without any explicit-dimension `` are marked indeterminate (this check does not HEAD image URLs).

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

NOT APPLICABLE **LOW** MerchantReturnPolicy enrichment enums use valid Schema.org values

Use Schema.org enum values for returnFees / returnMethod / refundType

WHAT WE FOUND

No MerchantReturnPolicy node carried returnFees, returnMethod, or refundType, so the enum check has nothing to evaluate.

How we checked: On each MerchantReturnPolicy node, inspect `returnFees`/`returnMethod`/`refundType` if set; require the bare name or schema.org URL form of a value in the corresponding Schema.org enum.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

PASSING **LOW** Offer `itemCondition` is canonical when present

Either omit `itemCondition` (defaults to NewCondition) or set it to a canonical IRI

WHAT WE FOUND

Checked Offer `itemCondition` on 9 sampled product pages with an Offer (9 either omit or use a canonical Schema.org URL, 100%).

How we checked: On each Offer: if `itemCondition` is omitted, count as pass (Google defaults to NewCondition). If present, accept only when it matches a canonical Schema.org ItemCondition IRI.

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

NOT APPLICABLE **LOW** OfferShippingDetails deliveryTime is a valid ShippingDeliveryTime

Emit a ShippingDeliveryTime with handlingTime and/or transitTime populated

WHAT WE FOUND

No OfferShippingDetails node carried `deliveryTime`, so the ShippingDeliveryTime check has nothing to evaluate.

How we checked: On each OfferShippingDetails node where `deliveryTime` is set, require an object with at least one of handlingTime / transitTime populated as a QuantitativeValue.

Checked: formnutrition.com/inform/zone-zero-training-the-case-for-doing-a-whole-lot-less, formnutrition.com/inform/ask-dr-adam-what-happens-when-you-cut-carbs, formnutrition.com/inform/fuelled-by-form-nutrition-scientist-dr-emily-prpa-on-trusting-your-gut, formnutrition.com/inform/the-japanese-walking-method-is-everywhere-does-it-work, formnutrition.com/inform/psychobiotics-can-eating-for-your-gut-improve-your-mood, formnutrition.com/inform/what-does-good-recovery-actually-look-like, formnutrition.com/inform/this-diet-could-banish-your-tiredness-and-brain-fog-in-just-six-weeks, formnutrition.com/inform/why-your-next-retreat-should-be-by-the-sea-the-quiet-science-of-blue-therapy +12 more

PASSING **LOW** Perplexity-User allowed

Allow Perplexity-User in robots.txt (advisory)

WHAT WE FOUND

Checked robots.txt rules for Perplexity-User (Perplexity's live user-initiated fetcher (advisory)) at path /. The active group resolves to Allow.

How we checked: group match on `User-agent: Perplexity-User` rules at path `/` (via the parsed robots.txt isAllowed predicate).

Checked: formnutrition.com/robots.txt



PASSING **LOW** Product `aggregateRating` present

Add an AggregateRating to Product nodes when you have real reviews

WHAT WE FOUND

Looked for a valid `aggregateRating` on Product JSON-LD across 9 sampled product pages (8 valid, 89%).

How we checked: On each Product node, parse `aggregateRating` (or the first element if it's an array) and require ratingValue in [0,5] AND reviewCount or ratingCount >= 1.

Checked: formnutrition.com/plant-based-nutrition/form-creatine, formnutrition.com/plant-based-nutrition/form-protein-bar, formnutrition.com/plant-based-nutrition/bmtestproduct, formnutrition.com/plant-based-nutrition/superblend-protein-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/form-insulated-stainless-steel-shaker, formnutrition.com/plant-based-nutrition/performance-protein-single-serve-sachets, formnutrition.com/plant-based-nutrition/peakblend-vegan-meal-replacement, formnutrition.com/plant-based-nutrition/radiant-vegan-collagen-support +1 more

PASSING **LOW** /robots.txt is served as text/plain

Send Content-Type: text/plain on /robots.txt

WHAT WE FOUND

Inspected /robots.txt Content-Type ("text/plain"); recognised as text/plain.

How we checked: Inspect the /robots.txt response `Content-Type` header for a `text/plain` media type per §2.3.

Checked: formnutrition.com/robots.txt

PASSING **LOW** /robots.txt is under 500 KiB (RFC 9309 \$2.5 parser cap)

Trim /robots.txt below 500 KiB

WHAT WE FOUND

Measured /robots.txt at 633 bytes; within the 512,000-byte (500 KiB) cap.

How we checked: Measure the raw byte size of the /robots.txt body and compare against the §2.5 parser cap (>= 500 KiB).

Checked: formnutrition.com/robots.txt

PASSING **LOW** /robots.txt is served as UTF-8

Serve /robots.txt as UTF-8

WHAT WE FOUND

Inspected the /robots.txt byte stream (633 bytes); decodes as UTF-8.

How we checked: Inspect the raw byte stream of /robots.txt for UTF-8 decodability per §2.3.

Checked: formnutrition.com/robots.txt

PASSING **LOW** Every sitemap <loc> URL is under 2048 characters

Keep every <loc> URL under 2,048 characters

WHAT WE FOUND

Inspected 65 <loc> entries across 5 sitemap resource(s); every one is under 2,048 characters.

How we checked: Iterate every parsed <loc> URL across all resolved sitemap resources and check length against the 2,048-character cap.

Checked: formnutrition.com/sitemap_index.xml, formnutrition.com/product-sitemap.xml, formnutrition.com/us/sitemap_index.xml, formnutrition.com/us/product-sitemap.xml, formnutrition.com/sitemap.xml

PASSING **LOW** Sitemap respects 50 MiB / 50,000-URL caps per document

Split over-cap sitemaps into a sitemap index

WHAT WE FOUND

Checked 5 sitemap resource(s) against the 50 MiB / 50,000-URL caps; every one is within the limits.

How we checked: Check raw byte size (<= 52,428,800 B) and entry count (<= 50,000) for every resolved sitemap resource.

Checked: formnutrition.com/sitemap_index.xml, formnutrition.com/product-sitemap.xml, formnutrition.com/us/sitemap_index.xml, formnutrition.com/us/product-sitemap.xml, formnutrition.com/sitemap.xml

PASSING **LOW** **Sitemap is served as UTF-8**

Serve every sitemap document as UTF-8

WHAT WE FOUND

Inspected 5 sitemap resource(s); every one decodes as UTF-8.

How we checked: Inspect every resolved sitemap document's raw byte stream for UTF-8 decodability (sitemaps.org encoding requirement).

Checked: formnutrition.com/sitemap_index.xml, formnutrition.com/product-sitemap.xml, formnutrition.com/us/sitemap_index.xml, formnutrition.com/us/product-sitemap.xml, formnutrition.com/sitemap.xml

NOT APPLICABLE **LOW** **UCP MCP-transport entries have valid HTTPS endpoints**

Make every declared MCP transport endpoint an absolute HTTPS URL

WHAT WE FOUND

No UCP profile found; MCP transport validity is not evaluable.

How we checked: Filter services[] to entries where transport=mcp and validate that `endpoint` is an absolute https:// URL.

Checked: formnutrition.com/.well-known/ucp

NOT APPLICABLE **INFO** **llms.txt present (informational)**

Publish an /llms.txt manifest (optional)

WHAT WE FOUND

Looked for /llms.txt at the site root; the fetcher returned no file.

How we checked: Check whether the fetcher reached an /llms.txt at the site root. Informational only — no failure path per llmstxt.org being a voluntary community convention.

Checked: formnutrition.com/llms.txt

