

MEDIA INFORMATION 2020

Natural health and wellbeing

- *Naturli* is Denmark's most topical magazine on health, wellbeing and the path to a better way of life. *Naturli* provides advice but does not suggest alternatives to actual medical treatment.
- The magazine's editorial team includes some of Denmark's most renowned experts within the field, such as the radio doctor Carsten Vagn-Hansen. *Naturli* is distributed via health shops and by subscription.
- In addition, *Naturli* is available on the Internet. Naturli.dk is one of the most comprehensive websites on health and wellbeing, and the website's database includes more than 6,000 articles and reviews on natural health.



For everyone with an opinion about what we eat and the way in which we live! ”



CIRCULATION:
32,000

Target group

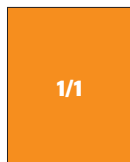
Women with the interest and energy to spend time on themselves and on their families' health and wellbeing:

- They are interested in healthy lifestyle, diet and exercise.
- They appreciate the potential health benefits in self indulgence.
- Careers and psychological wellbeing are relevant aspects of their lives.
- Bullying, stress and personal development concern them.

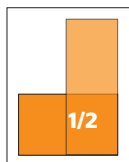
Publication plan 2020

No	Theme	Deadline	Publish
1	Quality/Dietary Supplements, Vegan, Cholesterol, Circuit, Serum/Oils	28.11.19	06.01.20
2	Rhythms (sleep), Light, Rays, Energy, Stomach, Digestion, Eczema	08.01.20	10.02.20
3	Bacteria, Fermentation, Stress, Hygiene, Cleaning, Probiotics	12.02.20	30.03.20
4	Bones, Joints, Pain, Slim, Detox, Varicose Veins, Cellulitis	17.03.20	27.04.20
5	Sleep, Meditation, Sight, Sun Protection for Eyes, Mouth, Makeup,	05.05.20	15.06.20
6	Fertility, Supplements for Children, Without Milk, Calming if unrestful, Gentle Care	23.06.20	19.08.20
7	Hormones, Menopause, Sex & Abdominal Issues, Diabetes, Scents	17.08.20	22.09.20
8	Stop Smoking, Weight, Environment, Sustainability, Circuit, Hands/Feet.	06.10.20	11.11.20

Formats



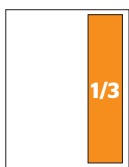
Full page DKK 23,900
Back page DKK 29,900
Page 2 or 5 DKK 27,500
 W: 208 mm x H: 275 mm
 + 3 mm extra for cropping



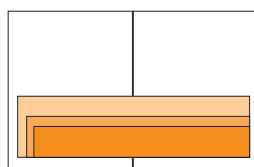
1/2 page
DKK 15,500
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 W: 180 mm x H: 115 mm



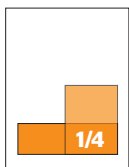
Double-page spread
DKK 38,240
 W: 416 mm x H: 275 mm
 + 3 mm extra for cropping



1/3 page
DKK 12,900
 W: 57 mm x H: 235 mm

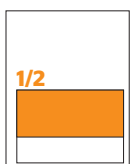


Double-page spread
1/2 page DKK 23,250,-
 W: 388 mm x H: 115 mm
1/3 page DKK 19,200,-
 W: 388 mm x H: 75 mm
1/4 page DKK 11,900,-
 W: 388 mm x H: 55 mm



1/4 page
DKK 9,900
 W: 87 mm x H: 115 mm
 W: 180 mm x H: 55 mm

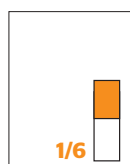
Guide-annoncer



1/2 page guide
DKK 12.500,-
 Size of photo only
 W: 180 mm x H: 79 mm
 Text: Max 135 words



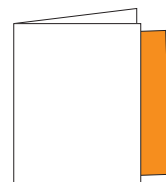
1/4 page guide
8.200,-
 Size of photo only
 W: 88 mm x H: 79 mm
 Text: Max 75 words



1/6 page guide
5.500,-
 Size of photo only
 W: 57 mm x H: 63 mm
 Text: Max 75 words

Inserts:

Please contact the sales department for prices.



Discounts

3 insertions	10 %	8 insertions	25 %
6 insertions	20 %	New business	20 %

All prices exclude VAT at 25 % and are valid as of 1 January 2020.
 For advertisements which go right to the edge, an extra 3 mm must be added for cropping

Agency commission: We pay 5 % in agency commission as security and information compensation. Commission is only paid to nominated agencies.

Advertising materials: All materials must be provided complete as ready-to-print, high-resolution PDF files, CMYK separated, preferably as PDF/X files.
 Please forward to: baastrup@mediegruppen.net

Mediegruppen is happy to help with your advertisement. Please contact us for further information.

FORLAGET: MEDIEGRUPPEN

Horsensvej 72A Phone +45 7089 0022
 DK-7100 Vejle www.forlagetmediegruppen.dk

The publishing company Mediegruppen

- publishes three exciting health magazines which engage their readers with informative articles on health and prevention of illness. The vision is to inspire their readers to make choices that will give them longer and better lives. The message is communicated via design, photographs, illustrations and not least the written word. Our objective is to produce communication that affects both opinions and emotions as well as readers and get them into action.



Naturli
 Published
 8 times a year



Krop+fysik
 Published
 6 times a year



Helse
 309,000 readers
 (TNS Gallup,
 first half of 2019.
 Published
 10 times a year

Advertising consultants



NATURLI:
Mette Baastrup
 Phone +45 7640 6411
baastrup@mediegruppen.net



KROP+FYSIK:
Lars Burchardt
 Phone +45 2533 7114
lars@mediegruppen.net



HELSE:
Helle Hviid
 Phone +45 2445 9010
helle@mediegruppen.net