

HEALTH & NUTRITION

MARKET LEADER

250+ print advertiser relations

Revenue market share of 95%

Over 50 new advertisers every year

75+ key Wellness & lifestyle brands advertise in
Health & Nutrition

40% of *Health & Nutrition's* advertising comes
From Wellness, Health care, Lifestyle, &
Automobiles

strong social media presence/followers

WELLNESS * FITNESS * LIFESTYLE

HEALTH & NUTRITION

A MAGNA PUBLICATION
www.magnamags.com

₹ 100 MARCH 2018
INDIA'S FOREMOST HEALTH MAGAZINE
With Latest Updates From Top International Sources

ORGANIC INDIA
Herbal Food Supplement
sample inside

From Skinny To Hunky!
Bollywood's Newest Hottie
Kartik Aaryan's
Terrific Transformation!

Women's Day Special
Saluting Men
Batting For
'HER' Health

COUPLE QUIZ
What Type Of Lover Are You?

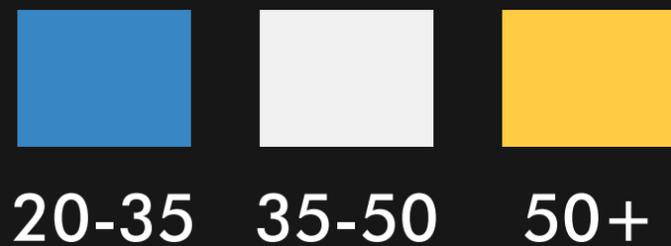
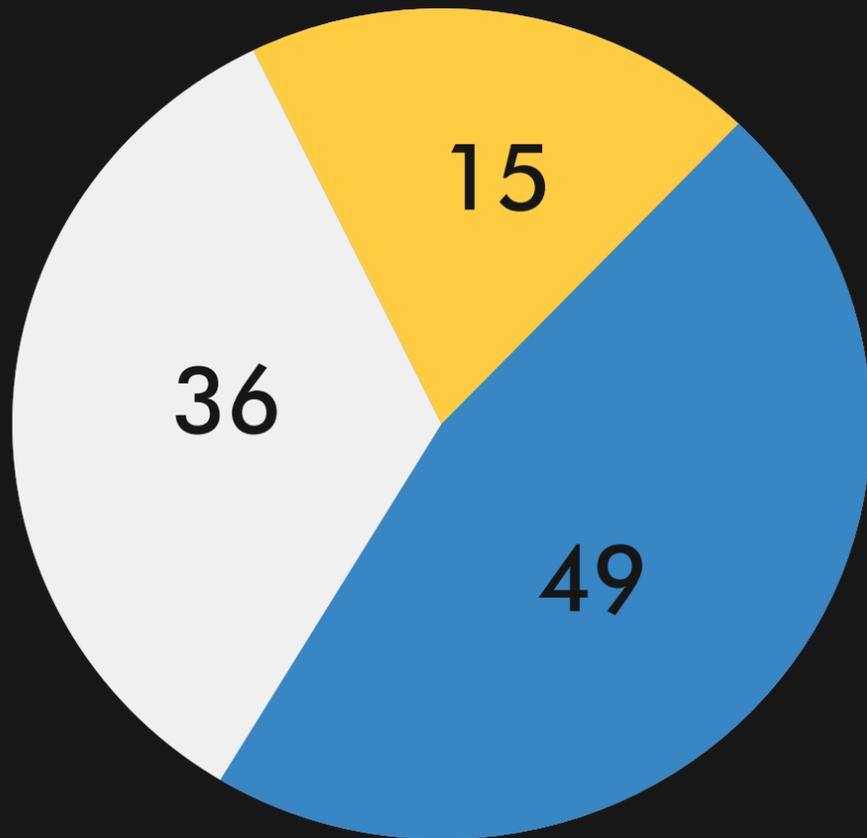
**SECRETS OF THE
SUPER HEALTHY**

FITNESS GUIDE
▶ Get Ripped, Stay Ripped
▶ Find Your Ideal Exercise Plan
▶ Easy Slim Down Tricks

THE MAGIC OF MILLET

READERSHIP PROFILE

AGE



PROFILE

Crème de la cream



38%

More than 2 car ownership



45%

Fitness freak



65%

Youth



75%

India's #1 widely read Health magazine



CIRCULATION 2,20,000



AVERAGE AGE GROUP 25-45



ACROSS 235 CITIES



READERSHIP 9,50,000



90% IN ALL RETAIL OUTLETS



HEALTH NUTRITION

ADVERTISING RATE CARD

	(INR)
Full page color	1,60,000
Double Spread Color	3,20,000
Inside Cover	2,00,000
Back Cover	2,30,000

Mechanical Specifications

- ★ Please keep 4 mm extra on 3 sides for FP Bleed ads & on 4 sides for D/S bleed ads.
- ★ Please keep 6 mm extra for gutter margin for D/S Ad.
- ★ Please avoid running text matter in the center of D/S ad unless the font sizes are really big. Screen : for Colour 150.
- ★ CD should be in EPS / PDF / TIF or corel draw 9 format.
- ★ Please make sure that the resolution should be in 300 DPI

WELLNESS ★ FITNESS ★ LIFESTYLE

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7 DEADLY FITNESS SINS

SUMMER CARE
 ☞ Cooling Energy Drinks
 ☞ Sun-Safe Tricks
 ☞ Excess Tanning Can Give Cancer

SELF-LOVE
 The Secret To A Healthy Relationship

9th Anniversary Special
Celebrating Bollywood's Best Bods
AKSHAY KUMAR & DEEPIKA PADUKONE Top The Charts