

+gezond | Rates and formats 2025

Base rate
in euro's excl. VAT

1/1 page € 6,120.-

Format index

2/1 page 187

Position index

Preferred position	110
Spread in center	110
1 ^e page right	110
Cover 2 or 3	120
Opening spread	120
Cover 4	130
Fold out cover*	280

*excl. production cost –
upon request

Formats and measurements (mm)

Format width x height

Trim size

1/1 202 x 267
2/1 202 x 267 – 202 x 267

+ 5 mm bleed on all sides

Technical specifications

Trim size: 202 x 267 mm (wxh)

Advertisement material:

Please submit your digital ad files
as Certified PDF.

Newsletter

Plus Gezond Newsletter

Newsletter Item € 3,500.-

