

Men's Health

MALAYSIA

ADVERTISING RATE (PRINT)

| Men's Health (RM) | 12x | 6x | 3x | Casual |
|------------------------------|--------|-------|-------|--------|
| Outside Back Cover | 8,075 | | | |
| Inside Front Cover | 10,625 | | | |
| Inside Back Cover | 5,110 | 5,950 | | |
| Double Page Spread (FPFC) | 8,500 | 9,000 | 9,500 | 10,000 |
| Full Page Full Colour (ROP) | 4,675 | 4,950 | 5,225 | 5,500 |
| 1/2 Page Colour (Horizontal) | 3,230 | 3,420 | 3,610 | 3,800 |

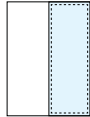
**Specified positions will be charged 20% loading. All advertisement rates are quoted in Malaysian Ringgit and are not inclusive of prevailing government taxes.*

MATERIAL SPECIFICATIONS



FULL PAGE

Trim Size: 210 (w) x 275 (h)
Bleed Size: 216 (w) x 281 (h)
Text Area: 185 (w) x 255 (h)



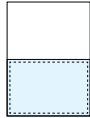
HALF PAGE (VERTICAL)

Trim Size: 105 (w) x 275 (h)
Bleed Size: 111 (w) x 281 (h)
Text Area: 90 (w) x 255 (h)



DOUBLE PAGE SPREAD

Trim Size: 420 (w) x 275 (h)
Bleed Size: 426 (w) x 281 (h)
Text Area: 390 (w) x 255 (h)



HALF PAGE (HORIZONTAL)

Trim Size: 210 (w) x 137 (h)
Bleed Size: 216 (w) x 143 (h)
Text Area: 185 (w) x 125 (h)

**All measurement in millimeters. Text and images must be kept at least 5mm from spine and trim lines.*