

Bauer Media Group  
**BEST SELLER**

Meins Frauen wie wir!

Valerie Niehaus (50): „HUMOR bewahrt den Blick für das WESENTLICHE“

# Meins

Nr. 13 | 4. Juni 2025

**DIE TOP-STOFFWECHSEL-BOOSTER**  
**BLITZ-DETOX**  
für uns Frauen  
mit **50 60 70**

13  
4 198 115 003804

Deutschland 3,80 €  
Österreich 4,30 €  
Schweiz 7,50 CHF  
Belgien 4,50 €  
Luxemburg 4,50 €  
Italien 5,30 €  
Spanien 5,30 €

**Mode 50plus**  
Wir treiben es bunt!

**REISERECHT**  
So wird unser Urlaub perfekt

**Nova Meierhenrich (51):**  
„Mutter zu sein blieb mir verwehrt, aber das hat mich STARK gemacht“

**Radeln macht glücklich...  
Fahrradtouren in Deutschland**

**Easy & lecker**  
Ruck-zuck-Gerichte aus der Pfanne

**Wir leben unsere TRÄUME - genau jetzt!**

**Schmeckt nach Dolce Vita**  
Panna-cotta-Desserts

- **Marita (66):** „Aufgeben ist keine Option“
- **Eva (65):** „Mauritius ist meine neue Heimat“

Prices  
2026



AdAlliance



## Discount combinations

### Subsequent discount

For additional bookings in MEIN TV & ICH you will receive a follow-up discount of 20 %.



# Rates and formats

## Formats on single pages

Format	Format additions	Ad placement	Bleed format (width x height in mm)	Mono/Multi colour
1/1	normal	inner	210 x 280	25,800
1/1	normal	inside front cover	210 x 280	28,380
1/1	normal	outside back cover	210 x 280	29,670
1/2	vertical	inner	103 x 280	17,880
1/2	horizontal	inner	210 x 139	17,880
1/3	vertical	inner	70 x 280	13,400
1/3	horizontal	inner	210 x 94	13,400
1/4	vertical	inner	53 x 280	11,190
1/4	horizontal	inner	210 x 73	11,190

## Formats on double pages

Format	Format additions	Ad placement	Bleed format (width x height in mm)	Mono/Multi colour
2/1	normal	inner	420 x 280	51,600
2/1	normal	inside front cover + page 3	420 x 280	56,760

Reservations for preferred positions expire if a written space order has not been submitted no later than two weeks prior to advertising closing. Furthermore, we reserve the right to give the preferred position to another advertiser who submits a written space order if the advertiser holding a reservation does not submit a written space order within three working days.

Special formats and advertising splits on request.

### ADVERTORIALS

Advertorials are charged according to the currently valid advertising rate plus creation costs, and are included in a contractual year for discount purposes.

### CREATION COSTS

(incl. concept, copy and layout, not incl. photo rights and photo productions)

Double page: 3,500

Full page: 2,900

1/2 page: 2,200

1/3 page: 1,900

Plus any image fees incurred, if these exceed €150.

Additional formats available on request. We will be happy to prepare an individual offer for photo productions, creation of recipes, text writing etc. Advertorials are marked with the word "ANZEIGE" (Advertisement). Creation costs are not eligible for agency commission or discounts.

We require briefing, image and text materials no later than three weeks prior to the deadline for copy material – see also Closing Date Schedule. Timing for individual photo productions, creation of recipes, text writing etc. on request.

All rates are shown in euros; the rates are in effect from 1 January 2026 for bookings through RTL AdAlliance; value added tax will be charged on the net invoice amount if applicable.

<b>Loose inserts</b>						<b>Oversize-inserts</b>					
<b>Definition</b>	Loose inserts are products which are supplied ready for loosely inserting in the magazine with the closed side to the binding edge. The maximum weight must be determined in advance. Product samples and CDs on request.					Oversize loose inserts extend outside the head of the issue (headers). They are loosely inserted in the magazine with the closed side to the binding edge. The maximum weight is subject to agreement.					
<b>Rates per 1,000</b>	Weights up to	Total without Subs	Subs within Total	Partial circ. ex. Subs	Subs	Weights up to	Total without Subs	Subs within Total	Partial circ. ex. Subs	Subs	
	20 g	111	135	122	152	20 g	139	174	153	191	
	30 g	116	150	128	167	30 g	169	211	186	228	
	40 g	121	165	133	182	every addl. 10 g	+10	+19	+10	+17	
	50 g	126	184	139	201						
	60 g	136	202	150	219						
	every addl. 10 g	+10	+19	+10	+17						
	Loose inserts with tip-on elements on request.					*Plus 50 EUR per 1,000 postal fees.					
<b>Circulation</b>	Minimum circulation: 50,000 copies. The subscription circulation cannot be partially booked.					Minimum circulation: 50,000 copies. The subscription circulation cannot be partially booked.					

<b>Glued inserts</b>					<b>Bound inserts</b>			
<b>Definition</b>	Glued (tip-on) inserts are products which are supplied ready for processing and glued to a carrier ad so that they can be easily removed by the reader.				Bound inserts are printed materials/brochures from a single advertiser that are firmly bound into the issue. They can either be delivered ready for processing or produced by us on request.			
<b>Rates per 1,000</b>	Special ad format	Weights up to	Total without Subs	Subs within Total	Pages	Total without Subs	Subs within Total	
	Booklet	10 g	74	93	4	114	143	
	Booklet	20 g	78	101	8	119	149	
	every addl. 10 g		+12	+15	12	124	161	
	Product sample	10 g	103	129	16	126	170	
	Product sample	20 g	113	147	every addl. 4 pages	+12	+15	
	Flat spray / Teabags*		153	191				
	*Plus 100 EUR per 1,000 additional technical costs and 100 EUR per 1,000 postal fees. Other tip-ons on request.				Bound inserts with tip-on elements on request.			
<b>Circulation</b>	Minimum circulation: domestic circulation Carrier ad: minimum full page in the total circulation (rate according to rate card)				Minimum circulation: domestic circulation			

<b>Price Quotes</b>	Rates per thousand copies started. Rates for special ad formats may increase if their processing causes problems. Special ad formats from more than one advertiser are possible following special agreement. Weight-related postal fees charged by the German Post for booking the subscription circulation are included in these prices. If the minimum booking quantity is not reached, the minimum booking quantity is used as the basis for calculating the price.
<b>Circulation</b>	For technical reasons the booked circulations are subject to fluctuation. For this reason the quantity of special ad formats actually required must be determined when placing the order. Different versions in the same issue are only possible on request.
<b>Technical Information and Delivery</b>	Binding technical information, deadlines, samples, as well as delivery can be downloaded from <a href="http://www.adspecial-portal.de">www.adspecial-portal.de</a> . An inquiry regarding the circulation can also be placed through the portal. In the event of any processing difficulties, the completion of the circulation takes precedence over the special ad format.
<b>Print Service</b>	On request, the special ad formats can be produced by the publisher. Prices on request.
The total prices also apply when booking the domestic circulation. All rates are shown in euros; the rates are in effect from 1 January 2026 for bookings through RTL AdAlliance; value added tax will be charged on the net invoice amount if applicable.	

# Closing date schedule

Issue No.	On Sale Date	Calendar Week	Ad Closing, Copy & Cancellation Date	Special Ad Formats Closing & Cancellation Date	Special Ad Formats Delivery Date
2/2026	14/01/2026	03	27/11/2025	27/11/2025	22/12/2025
3/2026	28/01/2026	05	11/12/2025	11/12/2025	12/01/2026
4/2026	11/02/2026	07	30/12/2025	30/12/2025	26/01/2026
5/2026	25/02/2026	09	15/01/2026	15/01/2026	09/02/2026
6/2026	11/03/2026	11	29/01/2026	29/01/2026	23/02/2026
7/2026	25/03/2026	13	12/02/2026	12/02/2026	09/03/2026
8/2026	08/04/2026	15	24/02/2026	24/02/2026	19/03/2026
9/2026	22/04/2026	17	10/03/2026	10/03/2026	02/04/2026
10/2026	06/05/2026	19	23/03/2026	23/03/2026	17/04/2026
11/2026	20/05/2026	21	07/04/2026	07/04/2026	30/04/2026
12/2026	03/06/2026	23	20/04/2026	20/04/2026	15/05/2026
13/2026	17/06/2026	25	04/05/2026	04/05/2026	01/06/2026
14/2026	01/07/2026	27	19/05/2026	19/05/2026	15/06/2026
15/2026	15/07/2026	29	03/06/2026	03/06/2026	29/06/2026
16/2026	29/07/2026	31	18/06/2026	18/06/2026	13/07/2026
17/2026	12/08/2026	33	02/07/2026	02/07/2026	27/07/2026
18/2026	26/08/2026	35	16/07/2026	16/07/2026	10/08/2026
19/2026	09/09/2026	37	30/07/2026	30/07/2026	24/08/2026
20/2026	23/09/2026	39	13/08/2026	13/08/2026	07/09/2026
21/2026	07/10/2026	41	27/08/2026	27/08/2026	21/09/2026
22/2026	21/10/2026	43	10/09/2026	10/09/2026	05/10/2026
23/2026	04/11/2026	45	24/09/2026	24/09/2026	19/10/2026
24/2026	18/11/2026	47	08/10/2026	08/10/2026	02/11/2026
25/2026	02/12/2026	49	22/10/2026	22/10/2026	16/11/2026
26/2026	16/12/2026	51	05/11/2026	05/11/2026	30/11/2026
1/2027	29/12/2026	53	16/11/2026	16/11/2026	09/12/2026

Current topics can be found on <https://contentfinder.ad-alliance.de>.

# General information

<b>Publisher</b>	Heinrich Bauer Verlag KG
<b>Marketers</b>	RTL AdAlliance S.A., Headquarters Luxembourg, 43, Boulevard Pierre Frieden, L-1543 Luxembourg, www.rtl-adalliance.com
<b>Order Processing</b>	E-Mail: print-order@ad-alliance.de
<b>Ad Management</b>	E-Mail: print-placements@ad-alliance.de Phone: +49 (0) 40 / 286686-4832
<b>Special Ad Formats</b>	Email: print-adspecials@ad-alliance.de Phone: (+49-40) 286686-4343
<b>COPY MATERIAL</b>	Mohn Media Mohndruck GmbH – Anzeigen MAT
	Email: anzeigen@bertelsmann.de Phone: (+49-5241) 80 - 897 00 Technical Specifications: Current and binding English-language information is available under: www.duon-portal.de Delivery of Copy Material: The centralized delivery address for copy material is: www.duon-portal.de For support please contact: support@duon-portal.de Telephone hotline: (+49-40) 37 41 - 17 50



Binding technical specifications for special ad formats are available online at [www.adspecial-portal.de](http://www.adspecial-portal.de)

<b>FREQUENCY</b>	all 14 days
<b>ON SALE DATE</b>	Wednesday
<b>COVER PRICE</b>	3.80 EUR
<b>PZN</b>	MEINS 502100

**Conditions of Payment** Payment is due within 45 days after invoicing. A 2 % discount is granted for payments within 10 days after invoicing, provided no other amounts are outstanding. Special discounts are not eligible for a prepayment discount. An automatic bank debit transfer can be arranged. If an outstanding amount is not paid by the date of required payment, all other outstanding amounts are immediately due regardless of any payment agreements which had been previously made. Penalty interest on arrears will be charged according to Section 8 of the General Conditions of Business and based on current bank interest rates for running account credits.

**Conditions of Business** The distribution area of the booked print magazine(s) is worldwide. Ad Alliance GmbH reserves the right to restrict or exclude the distribution of advertisements/ad specials in foreign distribution areas in accordance with standardised, objectively justified principles. Ad Alliance GmbH will inform the client of this in advance. All business conducted is subject to the Publisher's Conditions of Payment and Terms of Trade which are available from the publisher or under [www.internationalmediasales.net/cob](http://www.internationalmediasales.net/cob). Tax regulations require that you include your Company Tax Number and/or Turnover Tax ID when placing an advertising space order.

THE INFORMATION CONTAINED IN THIS RATE CARD IS SUBJECT TO CHANGE DURING THE COURSE OF THE YEAR. A CURRENT RATE CARD CAN BE FOUND UNDER [WWW.INTERNATIONALMEDIASALES.NET](http://WWW.INTERNATIONALMEDIASALES.NET). THE ENGLISH RATE CARD IS A TRANSLATION OF THE CURRENTLY VALID GERMAN RATE CARD. IN THE EVENT OF DISCREPANCIES, INACCURACIES OR OMISSIONS IN THIS TRANSLATION, THE GERMAN ORIGINAL RETAINS SOLE VALIDITY.

 best for planning. [www.b4p.de](http://www.b4p.de)



Member of  
Informationsgemeinschaft zur Feststellung  
der Verbreitung von Werbeträgern e.V.  
(German Audit Bureau of Circulation)

## Sales offices

### Luxembourg (Headquarters)

RTL AdAlliance S.A.  
43, Boulevard Pierre Frieden  
L-1543 Luxembourg  
Email [rtladalliance\\_info@rtl.com](mailto:rtladalliance_info@rtl.com)

### Germany (Headquarters)

RTL AdAlliance GmbH  
Überseeallee 10  
20457 Hamburg  
Email [rtladalliance\\_info@rtl.com](mailto:rtladalliance_info@rtl.com)

### Austria

RTL AdAlliance  
Stella-Klein-Löw-Weg 11-17  
Haus C  
1020 Vienna  
Email [rtladalliance\\_at@rtl.com](mailto:rtladalliance_at@rtl.com)

### Belgium

RTL AdAlliance  
Coupure Rechts 64B  
9000 Ghent  
Email [rtladalliance\\_be@rtl.com](mailto:rtladalliance_be@rtl.com)

### Finland

RTL AdAlliance  
Sofiankatu 4 C  
00170 Helsinki  
Email [rtladalliance\\_fi@rtl.com](mailto:rtladalliance_fi@rtl.com)

### France

RTL AdAlliance  
157 Avenue Charles de Gaulle  
92200 Neuilly sur Seine  
Email [rtladalliance\\_fr@rtl.com](mailto:rtladalliance_fr@rtl.com)

### Germany

RTL AdAlliance  
Picassoplatz 1  
50679 Cologne  
Email [rtladalliance\\_de@rtl.com](mailto:rtladalliance_de@rtl.com)

### Italy

RTL AdAlliance  
Piazza Velasca 8  
20121 Milano  
Email [rtladalliance\\_ita-international-sales@rtl.com](mailto:rtladalliance_ita-international-sales@rtl.com)

### Netherlands

RTL AdAlliance  
Meeuwenlaan 98-100  
1021 JL Amsterdam  
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### Norway

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### Sweden

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### Switzerland

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### United Kingdom

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### USA - Los Angeles

RTL AdAlliance  
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### USA - New York

RTL AdAlliance  
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10019 NY  
Email [rtladalliance\\_usa@rtl.com](mailto:rtladalliance_usa@rtl.com)



You can find the current media portfolio at [www.ad-alliance.de](http://www.ad-alliance.de).  
Ad Alliance GmbH | Registered Office: Köln, Local court: Köln HRB 33057  
Executive Board: Frank Vogel, Stephan Schmitter

RTL AdAlliance is in charge of the international marketing of the Ad Alliance portfolio.



The General Terms and Conditions of Ad Alliance GmbH apply,  
which can be found at <https://www.ad-alliance.de/terms-conditions>

Ad Alliance is the marketing division of RTL Deutschland and is responsible for marketing the channels and services of RTL Deutschland, the Bauer Media Group, and the video and addressable TV network of RTL AdAlliance. As a service provider, Ad Alliance markets print brands and Media Impact's digital in-page brands, and as a proprietary trader, it markets Media Impact's digital in-stream brands, selected print and digital brands of the FUNKE Media Group, and Warner Bros. Discovery's HBO Max streaming service.

The General Terms and Conditions of Media Impact GmbH & Co. KG apply, available at:  
<https://www.mediaimpact.de/en/general-terms-and-conditions/>, unless otherwise indicated.