

FREE ICE LOLLY
 100% Fruit & Sugar
 100% Natural
 100% Delicious

FREE ROYAL WEDDING CUP AND SAUCER
 2

DAILY EXPRESS
 ROYAL WEDDING DAY SUPPLEMENT EDITION

GOD BLESS!

'If you find someone you love in your life, then hang on to that love' PRINCE CHARLES

(THIS IS NOT A THIRD-PARTY SUPPLEMENT. IT IS FEATURED INSIDE THE NEWSPAPER AND IS INCLUDED IN ALL NATIONWIDE PRINTED EDITIONS)

Health and Wellbeing checklist of

Your body is precious and it pays to look after it. Here are a variety of products to help you stay healthy, healthy.

Love, safe sex and expectations

Have a safe sex. This may seem obvious, but it's not always practiced. The National Health Service (NHS) has a website called www.nhs.uk which provides information on safe sex. It includes advice on how to use condoms, how to use lubricants, and how to use condoms with toys. It also includes information on how to use condoms with toys. Visit www.nhs.uk for more information.

Treat your yawning and reflex problems

Yawning and reflex problems can be a nuisance. They can be caused by a variety of factors, including stress, fatigue, and dehydration. There are a number of ways to treat these problems, including drinking water, getting enough sleep, and taking breaks during the day. Visit www.nhs.uk for more information.

Looking to build your own home gym?

Look no further... The home gym is a great way to stay fit and healthy. There are a number of different types of home gyms, including treadmills, elliptical machines, and free weights. Visit www.nhs.uk for more information.

The Slender way to reduce cravings and help you lose weight

Slender is a natural weight loss supplement that helps to reduce cravings and increase metabolism. It is made from natural ingredients and is safe for everyone to use. Visit www.slender.co.uk for more information.

To help you lockstart your health and fitness goals, Fitness World are offering

fitness world are offering a special offer on their fitness equipment. Visit www.fitnessworld.co.uk for more information.

Why protein should be top of your priority list

Protein is essential for a healthy diet. It helps to build muscle, repair tissue, and keep the body healthy. Visit www.nhs.uk for more information.

The right way to take CBD

CBD is a natural compound that has many health benefits. It can be used in a variety of ways, including as a supplement, in food, or in a bath. Visit www.nhs.uk for more information.

When blisters strike, carry on with Compeed®

Compeed is a blister plaster that helps to protect blisters and prevent them from getting worse. It is made from a special material that allows the blister to heal while protecting it from further damage. Visit www.compeed.co.uk for more information.

High-quality contact lenses at Affordable prices delivered straight to your door

VisionDirect is a leading online contact lens retailer. They offer a wide range of contact lenses at affordable prices. Visit www.visiondirect.co.uk for more information.

UP BE AT

UP BE AT is a supplement that helps to improve energy and focus. It is made from natural ingredients and is safe for everyone to use. Visit www.upbeat.co.uk for more information.

satipharm CBD

Satipharm CBD is a high-quality CBD supplement. It is made from natural ingredients and is safe for everyone to use. Visit www.satipharm.co.uk for more information.

Knee pain sufferers unite with Neo G

Neo G is a knee brace that helps to support the knee and reduce pain. It is made from a special material that allows the knee to move while providing support. Visit www.neog.co.uk for more information.

VisionDirect

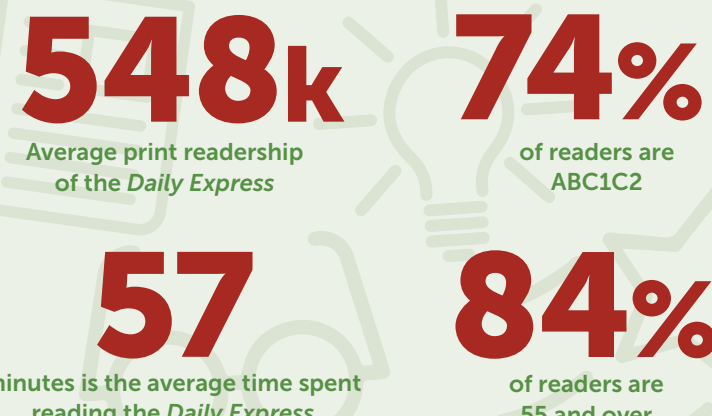
VisionDirect is a leading online contact lens retailer. They offer a wide range of contact lenses at affordable prices. Visit www.visiondirect.co.uk for more information.

Making iron better...

Active Iron is a supplement that helps to improve iron levels in the body. It is made from natural ingredients and is safe for everyone to use. Visit www.activeiron.co.uk for more information.

ACTIVE IRON

Active Iron is a supplement that helps to improve iron levels in the body. It is made from natural ingredients and is safe for everyone to use. Visit www.activeiron.co.uk for more information.



548k
Average print readership
of the *Daily Express*

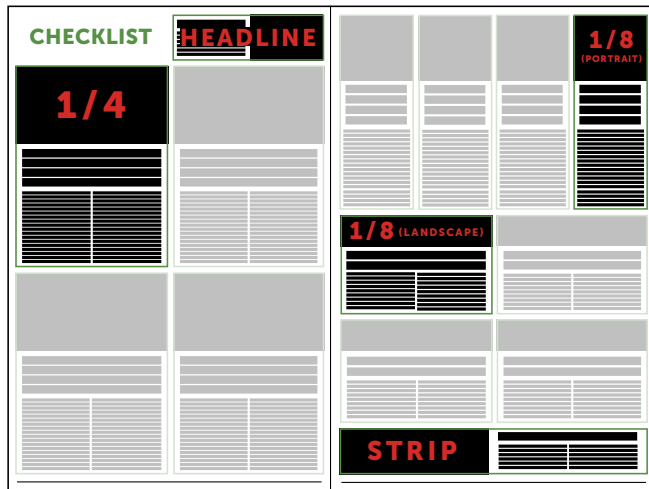
74%
of readers are
ABC1C2

57
minutes is the average time spent
reading the *Daily Express*

84%
of readers are
55 and over

1/4 , 1/8 FEATURE REQUIREMENTS

LAYOUT BELOW FOR ILLUSTRATION PURPOSES ONLY. EXACT LAYOUT SUBJECT TO CHANGE.



QUARTER PAGE

Portrait: 131.5 x 137.7 mm

Total word count 200-250 words

Call to action i.e. Discount offer, website, phone, or social links

Images 2 images + logo

EIGHTH PAGE

Landscape: 131.5 x 67 mm
Portrait: 63.9 x 137.7 mm

Total word count 70-100 words

Call to action i.e. Discount offer, website, phone, or social links

Images 1 image + logo

STRIP Landscape: 267 x 42.5 mm

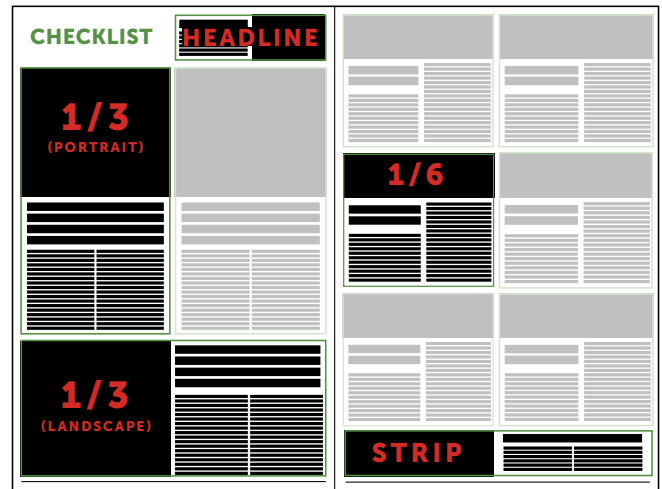
Total word count 120-150 words

Call to action i.e. Discount offer, website, phone, or social links

Images 2 images + logo

1/3 , 1/6 FEATURE REQUIREMENTS

LAYOUT BELOW FOR ILLUSTRATION PURPOSES ONLY. EXACT LAYOUT SUBJECT TO CHANGE.



THIRD PAGE

Landscape: 267 x 90.4 mm
Portrait: 131.5 x 185 mm

Total word count 200-300 words

Call to action i.e. Discount offer, website, phone, or social links

Images 2-3 images + logo

SIXTH PAGE

Landscape: 131.5 x 90.4 mm

Total word count 120-150 words

Call to action i.e. Discount offer, website, phone, or social links

Images 1-2 image + logo

HEADLINE Landscape: 131.5 x 42.5 mm

Total word count 60-80 words

Call to action i.e. Discount offer, website, phone, or social links

Images 1 image + logo

SUPPLYING CONTENT

IMAGE SPECIFICATIONS*

- CMYK images in JPEG, TIFF or PSD format.
- All images are high resolution (at least 300dpi).
- Please supply images at their original size and aspect ratio. We will crop images to an appropriate size when laying out your advertorial.
- Please do not supply images with any copy i.e. slogans on top.
- We recommend supplying lifestyle images depicting your target audience, service or general message; or product shots.

COPY SPECIFICATIONS

- Total word count includes max. 10 words for headline and max. 20 words for a call to action.
- Hurst Media reserve the right to make changes, including grammatical changes and corrections to ensure supplied copy meets house style.

FILE TRANSFER WARNING: EMAIL ATTACHMENT LIMIT

Files less than 8mb (total attachment limit) can be emailed to production@hurstmediacompany.co.uk. Larger files can be sent to production@hurstmediacompany.co.uk via the free file sharing service [wetransfer.com](https://www.wetransfer.com). Please clarify in your message your company name, publication, theme and on sale date as per your booking.

DESIGN PROCESS

- Once all material is submitted according to specification, **Hurst Media will layout your advertorial** within the pre-approved house style of the publication.
- Supplied copy will be **subedited by Hurst Media's editorial team**. Spelling, grammar and punctuation will also be corrected to the house style.
- Layouts may vary depending on style of images and/or text supplied.

APPROVALS & AMENDMENTS

- Hurst Media will provide a PDF for client approval.
- The client will have the option of two rounds of amendments before final approval is required. Please ensure any amendments are clear and concise.
- Approval is required within 48 hours.
- Please note that the newspaper must also approve all advertorials and they reserve the right to make changes or corrections to ensure copy passes their compliance standards.

* Image use subject to editorial discretion and may vary depending quality, size and layout. We cannot guarantee the quality of the final print for images supplied outside of these specifications.

Bespoke advertorials (in which Hurst Media supplies the copy ONLY, and all images/logos are provided by the client) will be charged at a further 10%, or a one-off fee of £150, whichever is greater.

Image sourcing conducted by Hurst Media on behalf of the client will be charged at a fee of £25.

CONTACT DETAILS

Hurst Media Company, United House, North Road, N7 9DP
Company number: 08357910 VAT number: 161866882

Health & Wellbeing Checklist is advertorial content compiled by Hurst Media Company Ltd which takes sole responsibility for the content, but is published in Daily Express

All bookings are made subject to our Terms & Conditions of advertising, which are available here: hurstmediacompany.co.uk/hurst-media-advertising-terms

MEDIA SALES

Tel: 0203 478 6017 Fax: 0203 478 6018
sales@hurstmediacompany.co.uk

PRODUCTION DEPARTMENT

Tel: 0203 770 4020
production@hurstmediacompany.co.uk



HURST MEDIA
The UK's trusted media partner