

online

One Park Avenue • New York, New York, 10016 • 212.545.4800

UNIT	DIMENSIONS	MAX FILE SIZE
Leaderboard	728x90	40K
Wide Skyscraper	160x600	40K
Large Rectangle	300x250	40K
Floating DHTML	400x400	40K
Pop Ups	Various	40K
Pop Unders	Various	40K
Sponsored By Logo	120x90	40K
Interstitial	500x400	40K

GUIDELINES

- All creative is due 5 business days prior to launch date
- NaturalHealthMag.com accepts Standard Banner, Flash®, iFrame, iLayer, HTML/ DHTML, java, 3rd Party Redirect, Popup/Popunder and Text Link ad formats
- Third party ad tags are accepted. Please send internal redirects/redirects and iframe/ javascript
- No looping restrictions
- All ads should be coded so that click-throughs launch a new browser window using target=""_blank"
- Subject to IAB terms and conditions: www.iab.net/standards/termsandcond2.pdf

FLASH GUIDELINES FOR DISPLAY

- A default GIF/JPEG is required
- All ads should be coded so that click-throughs launch a new browser window using target=""_blank"
- Flash ads need to have a clicktag encoded rather than a hard-coded click-thru command. The following code needs to be added manually to the .swf file:

```
On (release) {
  getURL(clickTAG,"_blank");
}
```
- For more information, consult Macromedia Flash:
http://www.macromedia.com/resources/richmedia/tracking/adserving_guide/

RICH MEDIA GUIDELINES - Flash 8 is preferred

EXPANDABLES GUIDELINES

- 728x90 – expands down to 728x390
- 160x600 – expands right to 460x600
- 300x250 – expands right to 460x250

INTERSTITIAL GUIDELINES

500x400, we will convert video, 15 second max

WALLPAPER GUIDELINES

- 500x400
- Repeating pattern
- .eps or .ai file

ADVERTISING SPECIFICATIONS

NATURAL HEALTH
FEEL GOOD • LOOK GOOD • DO GOOD