



MUSCLE FOODS USA

marketing@musclefoodsusa.com

MFUSA 2026 Catalog Rate Card - Insertion Order

This form confirms ad placement. It MUST be returned before the ad closing date.

MFUSA Quarterly Catalog:

POSITION	POSITION CODE	RATE
Front Cover	FC	\$3000
Inside Front Cover	IFC	\$1750
Page 1	P1	\$1750
Inside Back Cover	IBC	\$1750
Back Cover	BC	\$2500
Inside Page	P	\$1250

MFUSA Portal Web Banner & E-Blasts:

POSITION	POSITION CODE	RATE
Web Banner - 1 Month	WB1	\$500
Web Banner - Full Qtr (3m)	WBQ	\$1250
E-Blast	EB	\$750



AD SPECS:

8.5"w x 11'h w/ an 1/8" bleed around all four sides. Keep copy 3/8" from trim size.

2pg spread: 17"w x 11'h w/ an 1/8" bleed around all four sides. Keep copy 3/8" from trim size.

Save artwork as a 300dpi CMYK PDF

WEB BANNER SPECS:

1690 w pixels x 730 h pixels

ISSUE	# Pages	Position (use above code)	Rate	Material Due Date
Q1 2026: Jan - March				December 8th, 2025
Q2 2026: April - June				March 11th, 2026
Q3 2026: July - Sept				June 10th, 2026
Q4 2026: Oct - Dec				Sept 9th, 2026

Premium Positions on a first come, first serve basis. Please contact jessicaf@musclefoodsusa.com before booking prime spots.

Please Clearly Print All Information

Company Name: _____

Contact Person: _____

E-mail Address: _____ Phone #: _____

Signature of Representative: _____

Please Note:

Deduction/Payment
is not due until issue
is printed and mailed!

Notice: All ads must have the correct Muscle Foods USA logo with the correct proportion and color. If the ad is on a dark background the logo should be all white otherwise use our full color logo.

***Ads may not include points of purchase other than Muscle Foods USA**

Disclaimer: Muscle Foods USA reserves the right to refuse advertisements deemed unsuitable for publication in our catalog. Failure to submit contracted ad materials by the due date may result in automatic cancellation of any/or all reserved ad space. In this instance, Muscle Foods USA reserves the right to use substitute materials as may be required and advertiser will remain responsible to Muscle Foods USA for the contracted monies due regardless of materials used and catalog ad position.