

# Address lists

**PostNord helps you to buy up-to-date addresses from the best companies in the market selling address lists containing details of consumers and companies, so you can improve the distribution accuracy of your ADM mail-outs.**

## Consumer addresses

### SPAR

Contains details of all people registered in Sweden. You can buy addresses to effectively everyone over the age of 16.

- In SPAR you can choose among various selection criteria, for example income, gender, age and geography.
- You can also subscribe to information about changes in your customer database.
- With conzoom PostNord can also help you finding new customers looking alike the one's you already have.

### Car-owners register

Here you can find detailed information on all carowners and what type of car they drive.

### Other consumer lists

There are many different lists available on the market today. We know which lists are available, both in Sweden and abroad, and can advise you when you make your choices.

## Company addresses

### Parad

The fastest way to reach around 1,100,000 companies and around 1,800,000 employees in Sweden. In addition to address details, the list also contains:

- Position
- Geographical area
- Industry information
- Legal information
- Key financial ratios
- Detailed and up-to-the-minute market data on the company

### Other company lists

Via PostNord you can also access a number of relevant special lists of companies, organisations and decisionmakers. Contact customer service for further information.

## Delivery

You choose how and when you would like the addresses delivered.

## Order

Contact your sales representative or customer service to place an order.

## Environmentally-certified distribution

PostNord is environmentally certified in accordance with ISO 14001, and we can also report servicespecific environmental data to customers who would like this information.

## Terms and conditions

You can find specific terms and conditions for this service at [postnord.se](https://postnord.se).

## General terms and conditions

For customers paying with invoice or customers with agreements, PostNord's General Terms and Conditions for Commercial Clients and Other Organisations (PAKN) apply.

These terms and conditions can be obtained from [postnord.se/villkor](https://postnord.se/villkor) or via customer service.

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Customer Service

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[postnord.se](https://postnord.se)