

Press Release
February 12th 2021

A little loving is good for the heart

- UK-wide survey shows only a quarter of Brits know sex can help prevent heart disease
 - Less than a fifth knew it can also help combat obesity
 - The majority find a runny nose a big turn-off

Huddersfield, February 2021:

With Valentine's Day just around the corner, research shows that only a quarter of Brits are aware that sex can help prevent heart disease.

This is among the revealing attitudes towards sex uncovered in research by pharmaceutical manufacturer Thornton & Ross (T&R).

T&R's parent company STADA conducted research* into attitudes towards sex, contraception and sexual health across 12 European countries as part of its latest Health Report. In the UK, 2,010 people aged between 18 and 99 were questioned as part of 24,087 respondents across the different European countries.

It found that barely a quarter of Brits – 27 per cent – realised that sex can help prevent heart disease, a figure way below the 42 per cent average. Only 18 per cent knew it could help fight obesity, again behind the survey average of 25 per cent.

We were, however, more conscious that it can promote healthy sleep, with more than four fifths (84 per cent) aware that getting intimate with your partner can help ensure a good night's rest.

But if you have a runny nose, you might be in for a lonely night. Just one in five Brits would have sex with their partner if they had a cold and less than a third would give them a kiss – showing no other nation is as turned off sex by a cold as the UK.

T&R, part of the STADA Group, develops, manufactures and supplies a wide range of branded over-the-counter medicines, dermatological solutions and other healthcare and hygiene products including KY Jelly[®], Zoflora[®], Hedrin[®] and Setlers[®] at its headquarters in Huddersfield.

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* The research was carried out by market research institute Kantar Health during February and March this year. The 12 countries included in the research were the UK, Austria, Belgium, Finland, France, Germany, Italy, Poland, Russia, Serbia, Spain and Switzerland.

Issued on behalf of Thornton & Ross by Faith PR. For further information please email thorntonandross@faith-pr.co.uk or call 01484 599886.



About Thornton & Ross Ltd

Part of the STADA group, Thornton & Ross employs more than 500 people at its headquarters in Huddersfield, West Yorkshire. With a strong track record of supplying the NHS with emollients and bone health products, the company offers a wide and diverse portfolio of generic pharmaceuticals and over the counter healthcare solutions including Covonia[®], Savlon[®] and Zoflora[®]. For more information go to www.thorntonross.co.uk

About STADA Arzneimittel AG

STADA Arzneimittel AG is headquartered in Bad Vilbel, Germany. The company focuses on a two-pillar strategy consisting of generics, including specialty pharmaceuticals and non-prescription consumer health products. Worldwide, STADA Arzneimittel AG sells its products in approximately 120 countries. In financial year 2019, STADA achieved adjusted group sales of EUR 2,608.6 million and adjusted earnings before interest, taxes, depreciation and amortization (EBITDA) of EUR 625.5 million. As of December 31, 2019, STADA employed 11,100 people worldwide.

www.stada.com/investor-relations