AUTOIMMUNE BALANCE CLUB · @AUTOIMMUNEBALANCECLUB

Media kit

As of: 23 November 2026

Followers	Engagement rate	Accounts reached	Views
8.8K	3.1%	220,824	482,197

Story views (7 days)	Story views (30 days)	Accounts engaged	Avg. reach per post
11,565	71,881	3,968	6,838

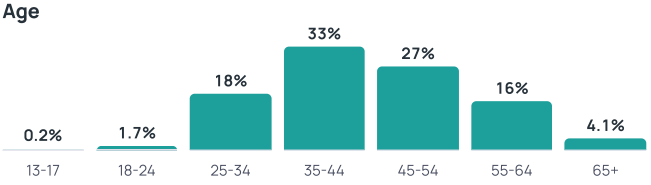
Community

Gender



Women **64%** · Men **6.3%** · Not specified **29%**

Age



Top countries

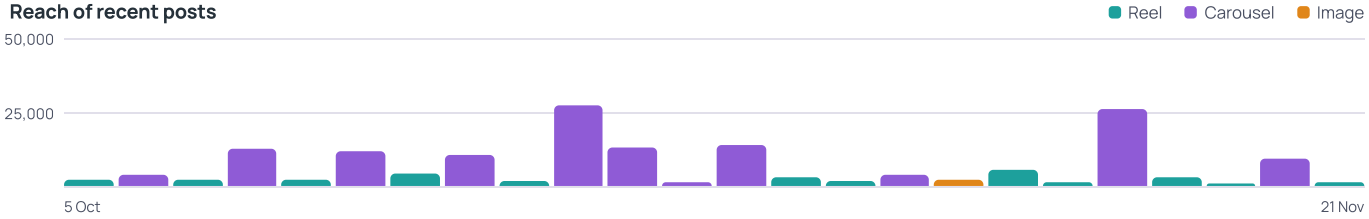
Germany	68%
United States	10%
Austria	5.7%
Switzerland	3.9%
United Kingdom	1.5%

Top cities

Berlin	4.8%
Hamburg	2.1%
Munich	1.7%
Wien	1.5%
Cologne	1.3%

Content performance

Reach of recent posts



Avg. reach by format

Reel (12)	2,396
Carousel (11)	12,124
Image (1)	1,990

Top posts



Carousel · 25 Oct

Fatigue versteht keiner. Nicht mal ich selbst.

Reach **27,203** · Likes **1,353** · Saves **268**



Carousel · 16 Nov

Müde ist, wenn eine Nacht Schlaf reicht. Fatigue ist, wenn nicht mal eine Woche reicht …

Reach **25,967** · Likes **861** · Saves **211**



Carousel · 2 Nov

View on Instagram

Reach **13,773** · Likes **598** · Saves **78**

Let's work together

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