UPM Notes

Product Catalog 2026

About us

UPM Adhesive Materials provides high-performance, innovative self-adhesive products as well as reliable services close to customers. At our factory in Hagenow, Germany, we produce a large variety of sticky notes and related self-adhesive, paper-based products. We are one of the largest internationally operating manufacturers of sticky notes with more than 30 years of experience and long-standing customers on all continents.

UPM Adhesive Materials is part of UPM, a material solutions company, renewing products and entire value chains with an extensive portfolio of renewable fibers, advanced materials, decarbonization solutions, and communication papers. EcoVadis has recognised UPM with a platinum score based on the company's sustainability performance in the categories Environment, Labour and human rights, Ethics and Sustainable procurement.

UPM Notes

There is a growing need to replace fossil-based packaging materials by renewable packaging solutions. This is why we created our UPM Notes assortment.

Our sticky notes in paper wrapping are packed in FSC™-certified (FSC C003094) paper. The transparent paper offers a more sustainable alternative to the standard plastic packaging of sticky notes and is more than 80% lighter than cardboard packaging.

The recycled and transparent sticky notes are packed in sturdy recycled cardboard packaging, thus reducing the demand for virgin raw materials and promoting circular economy. The recycled sticky notes are also made of 100% recycled paper and not only FSC™-certified, but also certified with the Blue Angel, the oldest eco-label in the world.

All UPM Notes are made from FSC™-certified paper and a water-based microsphere adhesive with super strong adhesion. Both the sticky notes and their packaging are recyclable and can thus easily be disposed of in the paper bin.

The UPM Notes range consists of 44 colourful products – made in Germany.

MADE IN GERMANY

FSC™ Certification

All of our paper-based products are made from FSC™-certified paper (FSC C003094). The Forest Stewardship Council™ (FSC) defines sustainable forest management standards that are based on agreed principles and supported by environmental, social, and economic stakeholders. FSC certification means that:

- the FSC™-certified material is traced and credibly used in accordance with the FSC's chain of custody requirements.
- by choosing our FSC™-certified sticky notes, you support responsible forest management.

Blue Angel Certification

www.blauer-engel.de/uz14b

Our recycled sticky notes are made from 100% recycled paper and certified with the Blue Angel. The Blue Angel is the classical among the environmental and the oldest eco label in the world. Smart use of raw materials, production, usage, service life and disposal – all these factors are assigned a high importance. It demands the adoption of 100% wastepaper to reduce the pressure on virgin feedstocks.

Solvent-free adhesives with super strong adhesion

All our UPM Notes are coated with a solvent-free adhesive. Solvent-free adhesive uses less energy and other resources during manufacturing compared to solvent adhesives. At the same time, it provides super strong adhesion. Solvent-free adhesives are also free from hazardous air pollutants which pose a risk to human health and the environment. Our solvent-free adhesives are continually tested in our own laboratory to create products with optimal adhesion.

Made in Germany

All of our sticky notes are proudly made in Germany at our factory in Hagenow. Local production allows us to maintain strict quality control and meet high environmental standards. This ensures that every product we deliver is reliable and built to perform.

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Our assortment is constantly being improved and expanded. We reserve the right to make changes in the design or materials, as well as to make any colour changes and variations in size. Subject to change without notice.

UPM Notes
sticky notes packed in certified paper
UPM
SUPER STRONG ADHESION
400 sheets
75x75 mm
MIX Paper
FSC FSC® C003094
5820-98PG
4 044355 794029

Paper-wrapped super strong

Eliminate the use of unnecessary plastics by choosing the UPM Notes assortment packed in FSC™-certified (FSC C003094) paper. The innovative paper wrapping can easily be disposed of in the paper bin. The recyclable paper offers a more sustainable alternative to the standard plastic packaging of sticky notes and is more than 80% lighter than cardboard packaging. Its transparency allows the consumer to see the content of the packaging. Our paper-wrapped super strong notes have officially been certified as recyclable by PTS and can easily be disposed of in the paper bin.

All paper-wrapped notes are made from FSC™-certified paper and a water-based microsphere adhesive with super strong adhesion. With these super strong and durable sticky notes, you can organize tasks, collect ideas, mark learning content, or leave short messages - simply attach and reposition them on whiteboards, documents, folders, laptops, or wherever you need them.

- Transparent paper packaging for good product visibility
- Solvent-free adhesive
- Super strong adhesion
- Removable and repositionable without residue
- FSC™-certified
- Recyclable (tested acc. Cepi Recyclability Laboratory Test Method V2)
- Made in Germany

5653-01PG-12
Sheet size: 50 x 40 mm
100 sheets per pad
12 pads per pack
The pads themselves are unpacked

5654-01PG-3
Sheet size: 75 x 75 mm
100 sheets per pad
3 pads per pack
The pads themselves are unpacked

5654-01PG-6
Sheet size: 75 x 75 mm
100 sheets per pad
6 pads per pack
The pads themselves are unpacked

Paper-wrapped super strong

5654-01PG-12
Sheet size: 75 x 75 mm
100 sheets per pad
12 pads per pack
The pads themselves
are unpacked

5820-01PG
Sheet size: 75 x 75 mm
400 sheets per cube

5655-01PG-3
Sheet size: 125 x 75 mm
100 sheets per pad
3 pads per pack
The pads themselves
are unpacked

5655-01PG-6
Sheet size: 125 x 75 mm
100 sheets per pad
12 pads per pack
The pads themselves
are unpacked

5653-20PG-12
Sheet size:
50 x 40 mm
100 sheets per pad
12 pads per pack
The pads themselves
are unpacked

5654-20PG-3
Sheet size: 75 x 75 mm
100 sheets per pad
3 pads per pack
The pads themselves
are unpacked

5654-20PG-6
Sheet size: 75 x 75 mm
100 sheets per pad
6 pads per pack
The pads themselves
are unpacked

5654-20PG-12
Sheet size: 75 x 75 mm
100 sheets per pad
12 pads per pack
The pads themselves
are unpacked

5820-98PG
Sheet size: 75 x 75 mm
400 sheets per cube

5655-20PG-3
Sheet size: 125 x 75 mm
100 sheets per pad
3 pads per pack
The pads themselves
are unpacked

5655-20PG-6
Sheet size: 125 x 75 mm
100 sheets per pad
6 pads per pack
The pads themselves
are unpacked

Paper-wrapped super strong

5653-21PG-12
Sheet size: 50 x 40 mm
100 sheets per pad
12 pads per pack
The pads themselves are unpacked

5854-21PG-3
Sheet size: 75 x 75 mm
100 sheets per pad
3 pads per pack
The pads themselves are unpacked

5854-21PG-6
Sheet size: 75 x 75 mm
100 sheets per pad
6 pads per pack
The pads themselves are unpacked

5654-39PG
Sheet size: 75 x 75 mm
400 sheets per cube

Paper-wrapped super strong

5855-21PG-3
Sheet size: 125 x 75 mm
100 sheets per pad
3 pads per pack
The pads themselves
are unpacked

5855-21PG-6
Sheet size: 125 x 75 mm
100 sheets per pad
6 pads per pack
The pads themselves
are unpacked

5653-76PG-12
Sheet size: 50 x 40 mm
100 sheets per pad
12 pads per pack
The pads themselves
are unpacked

5854-76PG-6
Sheet size: 75 x 75 mm
100 sheets per pad
6 pads per pack
The pads themselves
are unpacked

5654-75PG
Sheet size: 75 x 75 mm
400 sheets per cube

5855-76PG-6
Sheet size: 125 x 75 mm
100 sheets per pad
6 pads per pack
The pads themselves
are unpacked

UPM Notes
UPM
SUPER STRONG ADHESION
recycled sticky notes in recycled packaging
16×100 sheets
50×40 mm
RECYCLED Paper
FSC® C003094
recycled sticky notes
SUPER STRONG ADHESION
UPM Notes
UPM
SUPER STRONG ADHESION
recycled sticky notes in recycled pack
8×100 sheets
75×75 mm
recycled sticky notes

Recycled super strong

Our recycled super strong notes are made from 100% recycled paper and aim to meet the demand for more sustainable office products while helping reduce plastic waste. Instead of the conventional plastic packaging, they are packed in cardboard boxes made from recycled material, thus reducing the demand for virgin raw materials and promoting circular economy. The sturdy cardboard packaging reliably protects the sticky notes while enabling the end-user to identify its content. Both the sticky notes and their cardboard packaging are recyclable and can easily be disposed of in the paper bin.

All recycled sticky notes are coated with our water-based microsphere adhesive with super strong adhesion. They are not only FSC™-certified (FSC C003094), but also certified with the Blue Angel, the oldest eco-label in the world. With these super strong and durable sticky notes, you can organize tasks, collect ideas, mark learning content, or leave short messages - simply attach and reposition them on whiteboards, documents, folders, laptops, or wherever you need them.

- Sticky notes made from 100% recycled paper
- Cardboard box packaging made from recycled materials
- Solvent-free adhesive
- Super strong adhesion
- Removable and repositionable without residue
- FSC™-certified (FSC C003094)
- Recyclable
- Certified with the Blue Angel (www.blauer-engel.de/uz14b)
- Made in Germany

5653-11UR-16
Sheet size:
50 x 40 mm
100 sheets per pad
16 pads per pack

5654-11UR-4
Sheet size:
75 x 75 mm
100 sheets per pad
4 pads per pack

5654-11UR-8
Sheet size:
75 x 75 mm
100 sheets per pad
8 pads per pack

Recycled super strong

5655-11UR-4
Sheet size: 125 x 75 mm
100 sheets per pad
4 pads per pack

5655-11UR-8
Sheet size: 125 x 75 mm
100 sheets per pad
8 pads per pack

Recycled super strong

5653-88UR-16
Sheet size: 50 x 40 mm
100 sheets per pad
16 pads per pack

5654-88UR-4
Sheet size: 75 x 75 mm
100 sheets per pad
4 pads per pack

5654-88UR-8
Sheet size: 75 x 75 mm
100 sheets per pad
8 pads per pack

5655-88UR-4
Sheet size: 125 x 75 mm
100 sheets per pad
4 pads per pack

5655-88UR-8
Sheet size: 125 x 75 mm
100 sheets per pad
8 pads per pack

5654-97UR-4
Sheet size: 75 x 75 mm
100 sheets per pad
4 pads per pack

5654-97UR-8
Sheet size: 75 x 75 mm
100 sheets per pad
8 pads per pack

5654-96UR
Sheet size: 75 x 75 mm
450 sheets per pad
1 cube per pack

5654-97UR
Sheet size: 75 x 75 mm
450 sheets per pad
1 cube per pack

Recycled super strong

5671-88UR-3
Paper page markers
Sheet size: 25 x 75 mm
100 sheets per pad
3 pads per pack

5679-88UR-5
Paper page markers
Sheet size: 15 x 50 mm
100 sheets per pad
5 pads per pack

5624-11UR
Roll Notes in dispenser
Roll size: 60 mm x 8 m

5624-49UR
Roll Notes in dispenser
Roll size: 60 mm x 8 m

1.2 Anatomy of the Heart

The structure of the heart and its relation to myocardial function is still a
heart is the prime mover of blood into the circulatory system. By periodi
it contracts periodically and pumps blood throughout the body.
The heart is located in the left center of the chest. The structure
through the heart chambers are shown in Figure 1.

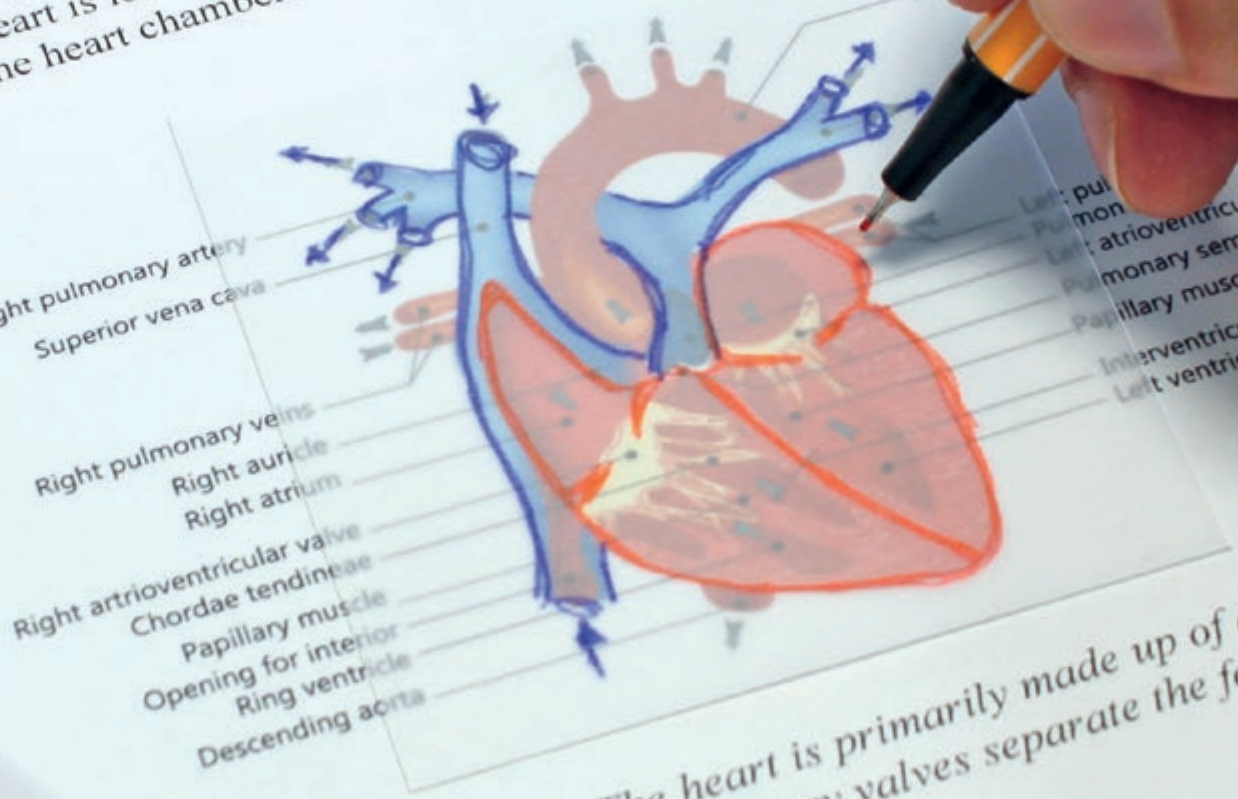

Figure 1. Human heart. The heart is primarily made up of a thi
surrounded by membranes. One-way valves separate the four c

Deoxygenated blood returning from the body enters th
cava. The superior vena cava (SVC) carries blood from th
heart, while the inferior vena cava (IVC) carries blood
as they enter the right atrium (RA).
Blood in the right atrium (RA) flow
whose function is to allow blood
ventricle contracts. Then
valve into the pul

Transparent super strong

Transparent super strong notes are designed for precise note-taking and marking without obscuring the original content. Made from transparent FSC™- certified paper (FSC C003094), these sticky notes provide a smooth writing experience. Unlike plastic-based alternatives, they offer a more sustainable choice, combining transparency with responsible sourcing and reduced environmental impact. They are ideal for applications where clarity is essential – such as in books, study materials, technical documents, or presentations.

The transparent sticky notes with solvent-free and super strong adhesive are removable without residue, even from sensitive surfaces, making the transparent super strong notes a practical and non-intrusive solution for highlighting key text, adding comments to printed documents, or organizing visual content. Instead of conventional plastic film, the notes are packaged in a box made from recycled cardboard, reducing environmental impact without compromising protection or usability. Both the sticky notes and their packaging are recyclable and can easily be disposed of in the paper bin.

- Transparent paper
- Cardboard box packaging made from recycled materials
- Solvent-free adhesive
- Super strong adhesion
- Removable and repositionable without residue
- 80 % back coated, stick over nearly the entire surface
- FSC™-certified (FSC C003094)
- Recyclable sticky notes
- Made in Germany

5654-00
Sheet size:
75 x 75 mm
50 sheets per pad
1 pad per pack

5655-00
Sheet size:
125 x 75 mm
50 sheets per pad
1 pad per pack

Logistics information

Item No.	Page	Product Single Size [mm] LxWxH	Retail Packaging Size [mm] LxWxH	Pieces per Retail Packaging	Retail packaging EAN	Total Weight of Product + Retail Packaging [g]	Weight Master Carton [kg]
Paper-wrapped super strong							
5653-01PG-12	05	50 x 40 x 10	120 x 50 x 40	12	4044355794937	177,21	0,179
5654-01PG-3	05	75 x 75 x 10	75 x 75 x 30	3	4044355793671	128,18	0,120
5654-01PG-6	05	75 x 75 x 10	75 x 75 x 60	6	4044355793695	255,67	0,145
5654-01PG-12	06	75 x 75 x 10	150 x 77 x 60	12	4044355793718	521,94	0,124
5820-01PG	06	75 x 75 x 38	75 x 75 x 38	1	4044355793985	166,61	0,120
5655-01PG-3	06	125 x 75 x 10	125 x 75 x 30	3	4044355793732	210,34	0,128
5655-01PG-6	06	125 x 75 x 10	125 x 75 x 60	6	4044355793756	428,99	0,186
5653-20PG-12	07	50 x 40 x 10	120 x 50 x 40	12	4044355794968	179,01	0,179
5654-20PG-3	07	75 x 75 x 10	75 x 75 x 30	3	4044355793770	127,20	0,120
5654-20PG-6	07	75 x 75 x 10	75 x 75 x 60	6	4044355793794	259,14	0,145
5654-20PG-12	07	75 x 75 x 10	150 x 77 x 60	12	4044355793817	515,57	0,124
5820-98PG	08	75 x 75 x 38	75 x 75 x 38	1	4044355794029	168,45	0,120
5655-20PG-3	08	125 x 75 x 10	125 x 75 x 30	3	4044355793824	216,69	0,128
5655-20PG-6	08	125 x 75 x 10	125 x 75 x 60	6	4044355793848	433,31	0,186
5653-21PG-12	09	50 x 40 x 10	120 x 50 x 40	12	4044355794944	180,81	0,179
5854-21PG-3	09	75 x 75 x 10	75 x 75 x 30	3	4044355793909	127,45	0,120
5854-21PG-6	09	75 x 75 x 10	75 x 75 x 60	6	4044355793923	253,91	0,145
5654-39PG	09	75 x 75 x 38	75 x 75 x 38	1	4044355794005	169,78	0,120
5855-21PG-3	10	125 x 75 x 10	125 x 75 x 30	3	4044355793947	210,70	0,128
5855-21PG-6	10	125 x 75 x 10	125 x 75 x 60	6	4044355793961	419,17	0,186
5653-76PG-12	11	50 x 40 x 10	120 x 50 x 40	12	4044355794951	177,93	0,179
5854-76PG-6	11	75 x 75 x 10	75 x 75 x 60	6	4044355793862	254,40	0,145
5654-75PG	11	75 x 75 x 38	75 x 75 x 38	1	4044355794043	167,49	0,120
5855-76PG-6	11	125 x 75 x 10	125 x 75 x 60	6	4044355793886	413,05	0,168

Master Carton Size [mm] LxWxH	Pieces per Master Carton	Master Carton EAN	Cartons per pallet	Cartons per level	Levels per pallet	Stack height [mm]	Pallet height [mm]
255 x 220 x 215	36	4044355794982	90	15	6	1290	1435
235 x 155 x 125	24	4044355793688	250	25	10	1250	1395
390 x 160 x 125	20	4044355793701	104	13	8	1000	1145
320 x 160 x 190	12	4044355793725	70	14	5	950	1095
235 x 155 x 90	12	4044355793992	350	25	14	1260	1405
320 x 125 x 205	24	4044355793749	100	20	5	1025	1170
640 x 155 x 125	20	4044355793763	56	7	8	1000	1145
255 x 220 x 215	36	4044355794999	90	15	6	1290	1435
235 x 155 x 125	24	4044355793787	250	25	10	1250	1395
390 x 160 x 125	20	4044355793800	104	13	8	1000	1145
320 x 160 x 190	12	4044355794494	70	14	5	950	1095
235 x 155 x 90	12	4044355794036	350	25	14	1260	1405
320 x 125 x 205	24	4044355793831	100	20	5	1025	1170
640 x 155 x 125	20	4044355793855	56	7	8	1000	1145
255 x 220 x 215	36	4044355794975	90	15	6	1290	1435
235 x 155 x 125	24	4044355793916	250	25	10	1250	1395
390 x 160 x 125	20	4044355793923	104	13	8	1000	1145
235 x 155 x 90	12	4044355794012	350	25	14	1260	1405
320 x 125 x 205	40	4044355793954	100	20	5	1025	1170
640 x 155 x 125	20	4044355793978	56	7	8	1000	1145
255 x 220 x 215	36	4044355795002	90	15	6	1290	1435
390 x 160 x 125	20	4044355793879	104	13	8	1000	1145
235 x 155 x 90	12	4044355794050	350	25	14	1260	1405
640 x 155 x 125	20	4044355793893	56	7	8	1000	1145

Logistics information

Item No.	Page	Product Single Size [mm] LxWxH	Retail Packaging Size [mm] LxWxH	Pieces per Retail Packaging	Retail packaging EAN	Total Weight of Product + Retail Packaging [g]	Weight Master Carton [kg]
Recycled super strong							
5653-11UR-16	13	50 x 40 x 10	82 x 52 x 83	16	4044355794616	254,46	0,134
5654-11UR-4	13	75 x 75 x 10	77 x 77 x 43	4	4044355794517	181,94	0,132
5654-11UR-8	13	75 x 75 x 10	77 x 77 x 84	8	4044355794524	353,08	0,124
5655-11UR-4	14	125 x 75 x 10	128 x 77 x 43	4	4044355794579	295,23	0,222
5655-11UR-8	14	125 x 75 x 10	127 x 78 x 82	8	4044355794586	583,38	0,166
5653-88UR-16	15	50 x 40 x 10	82 x 52 x 83	16	4044355794623	251,42	0,134
5654-88UR-4	15	75 x 75 x 10	77 x 77 x 43	4	4044355794531	179,00	0,132
5654-88UR-8	15	75 x 75 x 10	78 x 78 x 85	8	4044355794548	351,30	0,124
5655-88UR-4	15	125 x 75 x 10	128 x 77 x 43	4	4044355794593	297,11	0,222
5655-88UR-8	15	125 x 75 x 10	127 x 78 x 82	8	4044355794609	567,91	0,166
5654-97UR-4	16	75 x 75 x 10	77 x 77 x 43	4	4044355794555	170,80	0,132
5654-97UR-8	16	75 x 75 x 10	77 x 77 x 84	8	4044355794562	343,61	0,124
5654-96UR	16	75 x 75 x 48	77 x 77 x 48	1	4044355794647	199,52	0,120
5654-97UR	16	75 x 75 x 48	77 x 77 x 48	1	4044355794630	188,97	0,120
5671-88UR-3	17	25 x 75 x 10	126 x 76 x 12	3	4044355794654	49,56	0,145
5679-88UR-5	17	15 x 50 x 10	102 x 76 x 12	5	4044355794661	34,21	0,120
5624-11UR	17	60 x 45 x 45	65 x 53 x 53	1	4044355795088	58	0,124
5624-49UR	17	60 x 45 x 45	65 x 53 x 53	1	4044355 795064	58	0,124

Item No.	Page	Product Single Size [mm] LxWxH	Retail Packaging Size [mm] LxWxH	Pieces per Retail Packaging	Retail Packaging EAN	Total Weight of Product + Retail Packaging [g]	Weight Master Carton [kg]
Transparent super strong							
5654-00	19	75 x 75 x 5	116 x 76 x 5	1	4044355794913	38	0,044
5655-00	19	125 x 75 x 5	126 x 118 x 5	1	4044355795385	69	0,044

Master Carton Size [mm] LxWxH	Pieces per Master Carton	Master Carton EAN	Cartons per pallet	Cartons per level	Levels per pallet	Stack height [mm]	Pallet height [mm]
250 x 215 x 180	24	4044355794814	90	15	6	1080	1225
320 x 160 x 135	24	4044355794715	84	14	6	810	955
320 x 160 x 190	16	4044355794722	70	14	5	950	1095
320 x 260 x 160	24	4044355794777	60	10	6	960	1105
385 x 155 x 210	12	4044355794784	65	13	5	1050	1195
250 x 215 x 180	24	4044355794821	90	15	6	1080	1225
320 x 160 x 135	24	4044355794739	84	14	6	810	955
320 x 160 x 190	16	4044355794746	70	14	5	950	1095
320 x 260 x 160	24	4044355794791	60	10	6	960	1105
385 x 155 x 210	12	4044355794807	65	13	5	1050	1195
320 x 160 x 135	24	4044355794753	84	14	6	810	955
320 x 160 x 190	16	4044355794760	70	14	5	950	1095
235 x 155 x 125	12	4044355794845	250	25	10	1250	1395
235 x 155 x 125	12	4044355794838	250	25	10	1250	1395
390 x 160 x 125	48	4044355794852	104	13	8	1000	1145
235 x 155 x 125	48	4044355794869	250	25	10	1250	1395
320 x 160 x 190	36	4044355795095	70	14	5	1000	1145
320 x 160 x 190	36	4044355795071	70	14	5	1000	1145

Master Carton Size [mm] LxWxH	Pieces per Master Carton	Master Carton EAN	Cartons per pallet	Cartons per level	Levels per pallet	Stack height [mm]	Pallet height [mm]
150 x 100 x 100	18	4044355795040	55	10	5	1050	1195
150 x 100 x 100	16	4044355795392	55	10	5	1050	1195

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