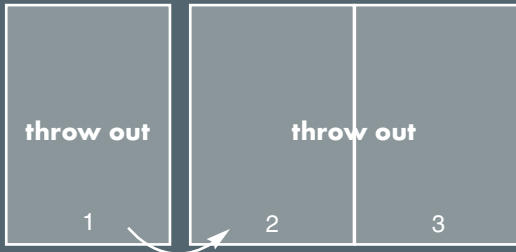


# MECHANICAL specifications



## front cover

size: 185 x 210mm +3mm bleed  
(height x width)



## throw out pages

### front cover throw-out:

page 1 (single page)

bleed: 303 x 216mm  
trim: 297 x 210mm

pages 2-3 (DPS)

bleed: 303 x 426mm  
trim: 297 x 420mm  
(height x width)

### core text throw-out:

As per front cover throw out – with an additional single fourth page – reverse page 3

page 4 (single page)

bleed: 303 x 216mm  
trim: 297 x 210mm  
(height x width)



## double page spread (DPS)

bleed: 303 x 426mm  
trim: 297 x 420mm  
type: 260 x 384mm  
(height x width)

## single page A4 portrait

bleed: 303 x 216mm  
trim: 297 x 210mm  
type: 260 x 180mm  
(height x width)



## half page A4

1/2 vertical: 297 x 105 mm +3mm bleed  
1/2 horizontal: 148.5 x 210mm +3mm bleed  
(height x width)

method of printing: offset litho  
magazine finish: saddle stitch

## SUPPLYING ARTWORK

**WHAT?** We only accept HIGH RESOLUTION PDF's with X1A distiller settings

Please ensure your PDF's:

- DO NOT have any security settings
- All fonts are embedded

When designing adverts please ensure:

- All images are high resolution 300dpi, tif or eps, and all colours are CMYK
- No compressed images – i.e. LZW compression
- There are NO unusual Quark extensions
- Illustrator files have fonts outlines
- DO NOT use spot colours in the design palette.

Alternatively please send adverts in Quark Xpress or EPS format, with MAC fonts and images supplied.

**HOW?** All artwork can be uploaded to our FTP site. For web uploading go to [www.ibackup.com](http://www.ibackup.com) and call us for current log in and password.

Alternatively artwork can be sent on a CD clearly labelled with the company name, magazine and month it is due for insertion.

Artwork can also be emailed to us at [production@intelligentmedia.co.uk](mailto:production@intelligentmedia.co.uk)

Please post to us **2 x full colour hardcopy print outs** of the artwork

**WHERE?** **Intelligent Media Solutions**  
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