

Instruction for Exporting from Adobe InDesign

Go to File > Export and choose Adobe PDF (Print).

In the Marks and Bleeds panel:

- Uncheck Crop Marks
- Uncheck Bleed Marks
- Uncheck Registration Marks
- Uncheck Color Bars
- Uncheck Page Information

- Check Use Document Bleed Settings
- Set the Bleed to 0,19 inch on all sides (Top, Bottom, Left, Right)

In the Output panel:

- Set Color Conversion to Convert to Destination (Preserve Numbers)
- Set Destination to Coated FOGRA39
- Set Profile Inclusion Policy to Include Destination Profile

Export the PDF.