

## **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 5 mm 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.**