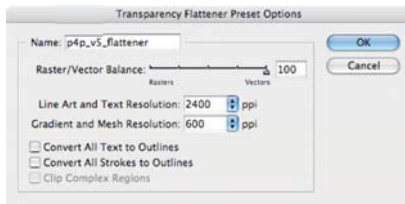


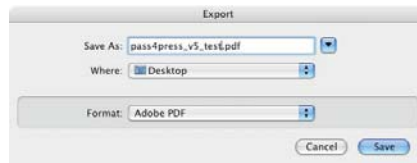
Adobe InDesign CS export to PDF

Guidelines for exporting a **PDF/X** directly from **Adobe InDesign CS**. This example was created on an **Apple Macintosh** running **OS X 10.3.5**

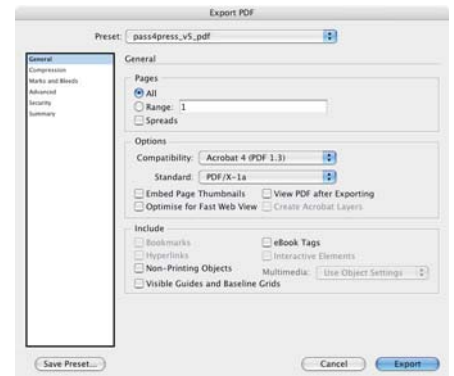
- 1** In **Edit-Transparency Flattener Preset** click **New**, name the preset relevantly and enter the details as below. Click **OK** to store the settings.



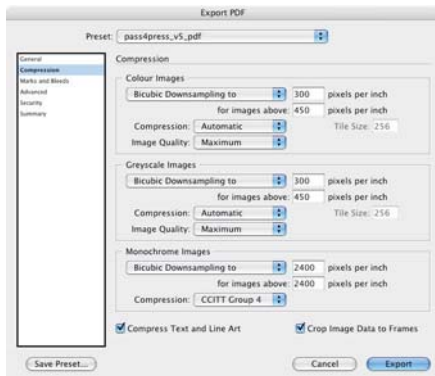
- 2** From the **File** menu select **Export**, in the **Format** pop-up select **Adobe PDF**. Name the file and select the folder that you want to save the PDF into, then click **Save**.



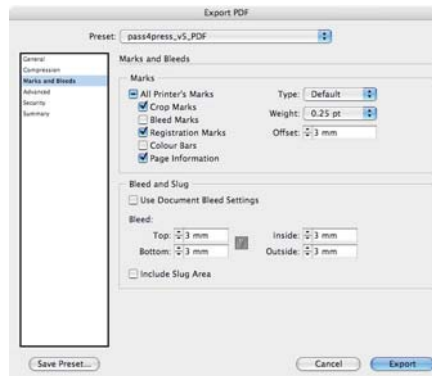
- 3** In the **General** tab select the page to print: typically a single page at a time. Set the **Compatibility** to **Acrobat 4 (PDF 1.3)** and deselect all of the listed **Options**.



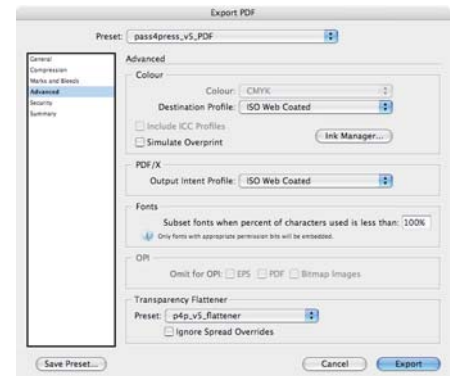
- 4** In **Compression** set the options for how the PDF will handle placed images. Set **Bicubic Downsampling** to 450dpi for **Colour** images and 2400dpi for **Bitmaps**.



- 5** The **Marks And Bleeds** tab should be set as below: the indicated **Printer's Marks** should be enabled, the **Offset** set at 3mm and the **Bleed** set to 3mm all round.



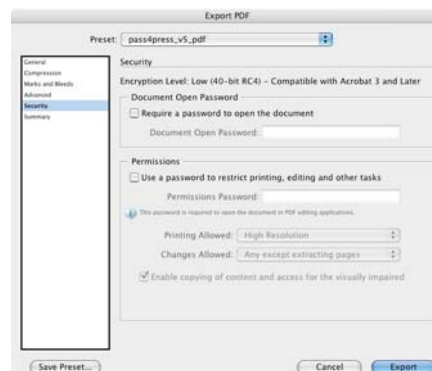
- 6** The **Output Intent** should reflect the colour space of the document (see Output Intent on p15 and InDesign notes on p5). Use **Transparency Flattener Preset** from step 1.



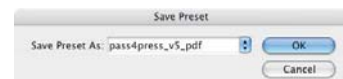
- 7** The **Ink Manager** shows all the colour plates in the document, and will display any non-process colours in the document. Make sure only **CMYK** inks are present.



- 8** The **Security** tab allows you to assign access privileges to the resulting PDF file: enabling any security settings will fail **pass4press** compliance.



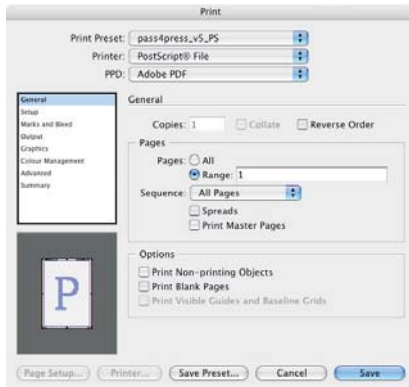
- 9** Before you click **Export** to save the PDF, select **Save Preset...**: this means these settings can be quickly accessed in future using the **Preset** pop-up menu.



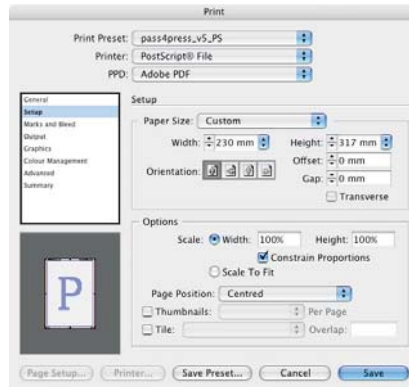
Adobe InDesign CS print to PostScript

Printing a **PostScript** file from **Adobe InDesign CS**, to be converted to a **PDF/X** using **Acrobat Distiller 6.0**. This example was created on an **Apple Macintosh** running **Mac OS X 10.3.5**

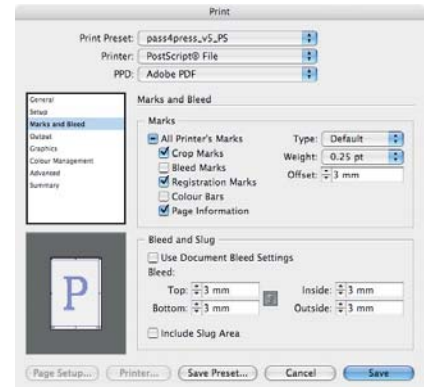
1 Open the **File>Print** menu and from the **Printer** pop-up menu choose **PostScript® File**. Select **Adobe PDF** in the **PPD** menu and enter the number of the page to print.



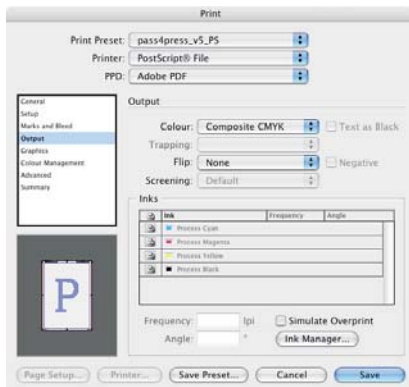
2 In Setup, enter the size of your page plus 20mm in the **Paper Size** width and height boxes. Check the **Orientation** is portrait, the **Scale** 100% and **Page Position Centred**.



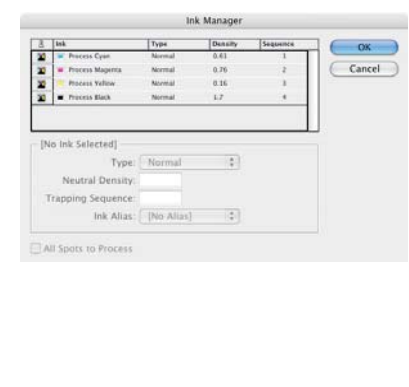
3 The **Marks And Bleeds** tab should be set as below: **All Printers' Marks** must be enabled, **Offset** set to 3mm and **Bleed** set to 3mm all round.



4 In the **Output** tab set the **Colour** option to **Composite CMYK** and **Flip** to **None**. Ensure the **Simulate Overprint** box is not checked. Click the **Ink Manager** button.



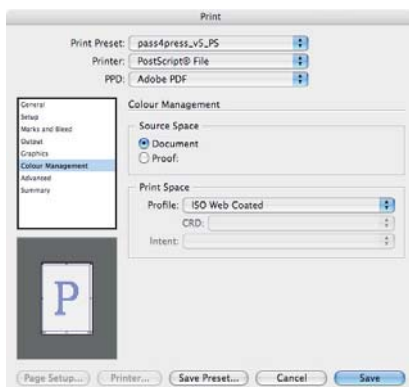
5 In the **Ink Manager**, make sure there are only the four CMYK colour plates shown in the order below and that no spot or RGB colours are present.



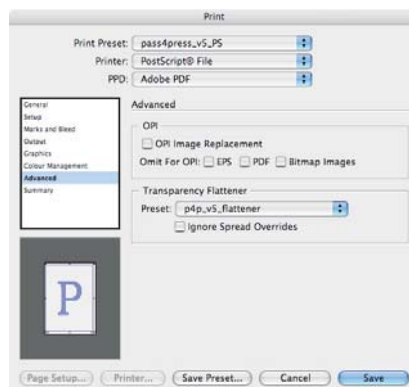
6 In **Graphics**, check that **Send Data** is set to **All**, that **Fonts Download** is set to **Subset**, that **PostScript®** is set to **Level 3** and that the **Data Format** is **Binary**.



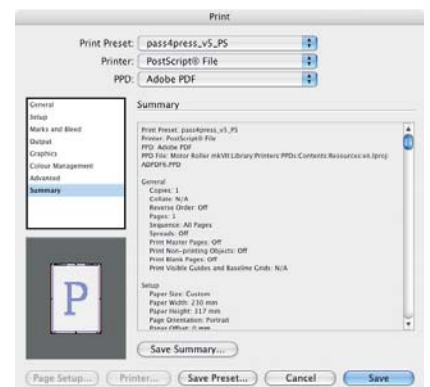
7 The **Output Intent** should reflect the colour space of the document (see Output Intent on p15 and InDesign notes on p5).



8 Make sure **OPI Image Replacement** is disabled. In **Transparency Flattener** set the **Preset** to the settings entered in Step One on page 8 to achieve the highest quality results.



9 Before you click **Save** to begin printing the **PostScript** file select **Save Preset**, in future you can then access these settings via the **Print Preset** menu.

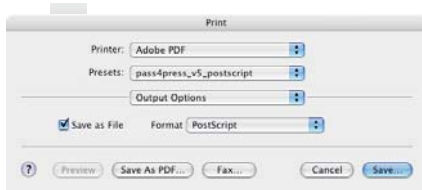


If **InDesign's Colour Settings** are not configured all the options will be greyed out:

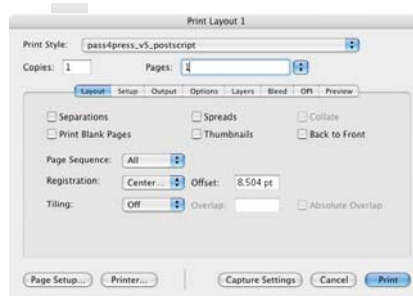
QuarkXpress 6 print to PostScript

Printing a **PostScript** file from **QuarkXpress 6.0**, to be converted to a **PDF/X** file using **Acrobat Distiller 6.0**. This example was created on an **Apple Macintosh** running **Mac OS X 10.3.5**

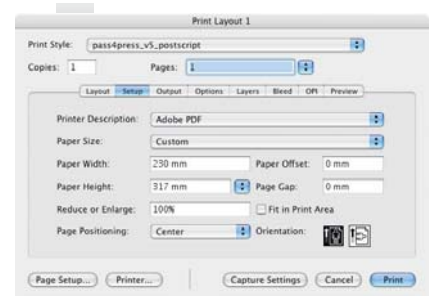
- 1** Select **Edit>Print** and **Printer**. Choose **Adobe PDF** in **Printer**, and in **Output Options** check **Save As File** and **PostScript**: click **Save** to choose the location.



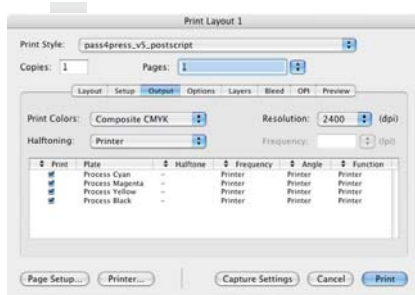
- 2** Back at the main **Print Layout** window, set the **Layout** options as shown. The **Offset** box is in points: either enter **9pt** or **3mm** – which will be converted to **8.504pt**.



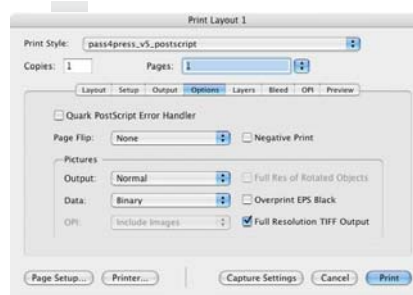
- 3** Change to the **Setup** tab. Make sure the **Paper Size** is **Custom**, and that the **Height** and **Width** is your page size plus **20mm**. Ensure the page is **100%** and centred.



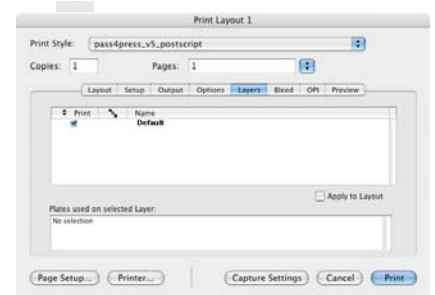
- 4** Select **Output**: this lists the colours in the document and will display any rogue RGB or Spot colours. Make sure **Halftoning** is **Printer** and **Resolution** to **2400dpi**.



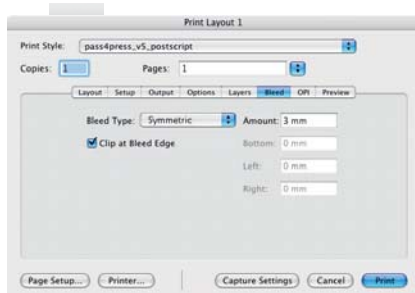
- 5** In the **Options** window set the **Output** to **Normal**, the **Data** format to **Binary** and check the **Full Resolution TIFF Output** box. **OPI** will be greyed out if not active.



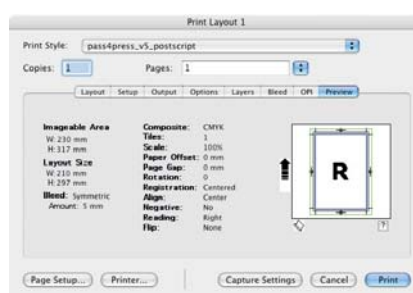
- 6** **Layers** displays all the layers present in the document and shows the specific colours plates used on each individual layer – ensure all the required layers are active.



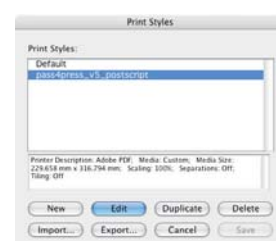
- 7** **Bleed Type** to **Symmetric** and the amount to **3mm** to give the correct all-round bleed around the document's trim size. Check the **Clip At Bleed Edge** option.



- 8** **Preview** tab is a way to visually check the trim, bleed and media boxes are correct. Click **Print** to create the **PostScript** file.



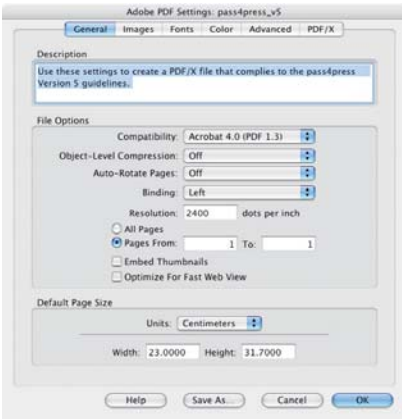
- 9** You can save most of the settings as a **Print Style** for easy re-use. Open **Edit>Print Styles** and select **New**. Enter a name and the settings as per the guidelines.



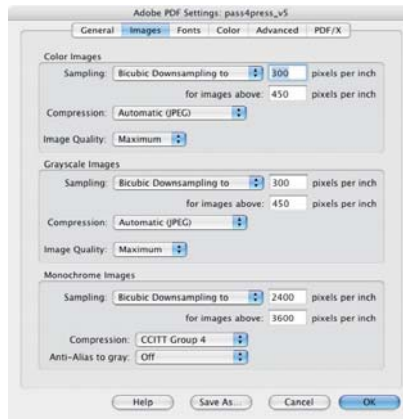
PDF/X-1a distilling in Adobe Acrobat 6

Creating a **PDF/X** file by printing a **PostScript** file from **Adobe InDesign 2.0.2** or **QuarkXpress 4.1.1** or higher. This example was created on an **Apple Macintosh** running **Mac OS X 10.3.5**

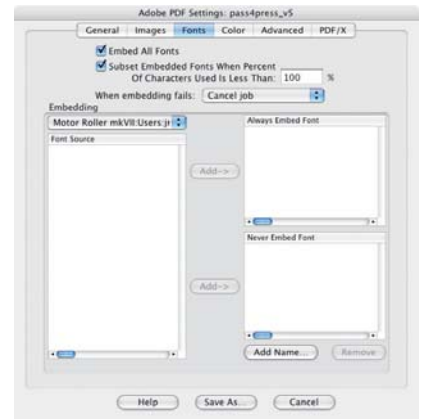
1 In **Distiller's** Settings menu, select **Edit Adobe PDF Settings....** In the **General** tab make sure the **Default Page Size** is set to the dimensions relevant to your publication.



2 In the **Images** tab set the **Compression** and **Sampling** options. The settings reduce very high resolution images down, but will not prevent the placement of low-res images.



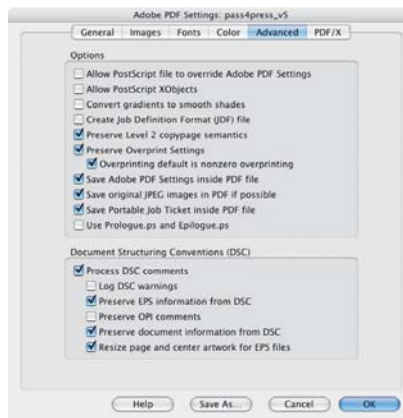
3 The **Fonts** tab allows you to embed fonts into the PDF to ensure the correct fonts are rendered. **Subsetting** fonts means only characters used in the document are saved.



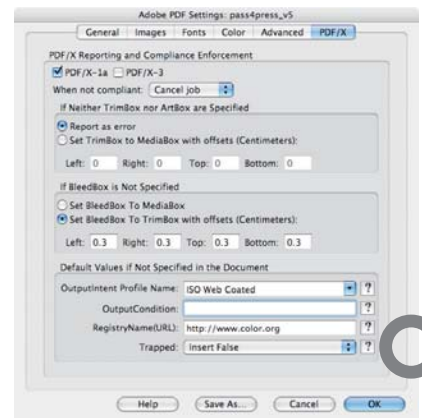
4 The **Color** tab is set to **Leave Colour Unchanged**; all placed images should already be **CMYK**. This tab also sets how the PDF will treat **Transfer Functions** (see FAQ).



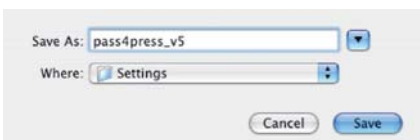
5 The **pass4press Version 5 Advanced** settings are based on the **Ghent Workgroup's** European recommendations: tick the boxes as per the example.



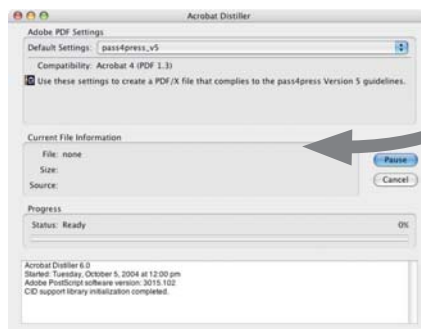
6 This tab defines **PDF/X**-specific settings. The **Output Intent Profile Name** names a registered characterisation at www.color.org (see FAQ). Note **Trapping** option below.



7 To save the settings, click **Save As...** at the bottom of the window and fill in a relevant name. These settings are available pre-configured from www.pass4press.com



8 Drag-and-drop a **PostScript** file over the main **Distiller** window so it highlights – the file will be automatically distilled and saved to the same folder as the original postscript file.



9 In future you can simply open **Distiller**, select the **pass4press Version 5 PDF/X Job Options** and drop your **PostScript** file onto the **Distiller** window.

6a The **Trapped** flag must be set to **Insert False** if the job is not trapped or **Insert True** if it is trapped. Do not set this to **Leave Undefined**.