

# MATERIAL SPECIFICATIONS

Material Specifications in millimetres

**HEALTH**  
**SMART**

SIZE		TRIM		LIVE ART		BLEED	
		Depth	Width	Depth	Width	Depth	Width
Full Page		276	215	256	195	286	225
Double Page Spread*		276	430	256	410	286	440
Half Page	Horizontal	136	215	116	195	146	225
	Vertical	276	103	256	83	286	113
Third Page	Vertical	276	75	256	55	286	85

Artwork to be supplied using Quickcut, WebSEND or in digital form using QXP or InDesign and supplied on CD-ROM. All digital documents should include all screen and printer fonts, EPS and TIFF files.

\* DPS art must be supplied as 2 single pages. Allow 30mm in gutter (15mm on each page) for gutter creep

## PRODUCTION ENQUIRIES

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