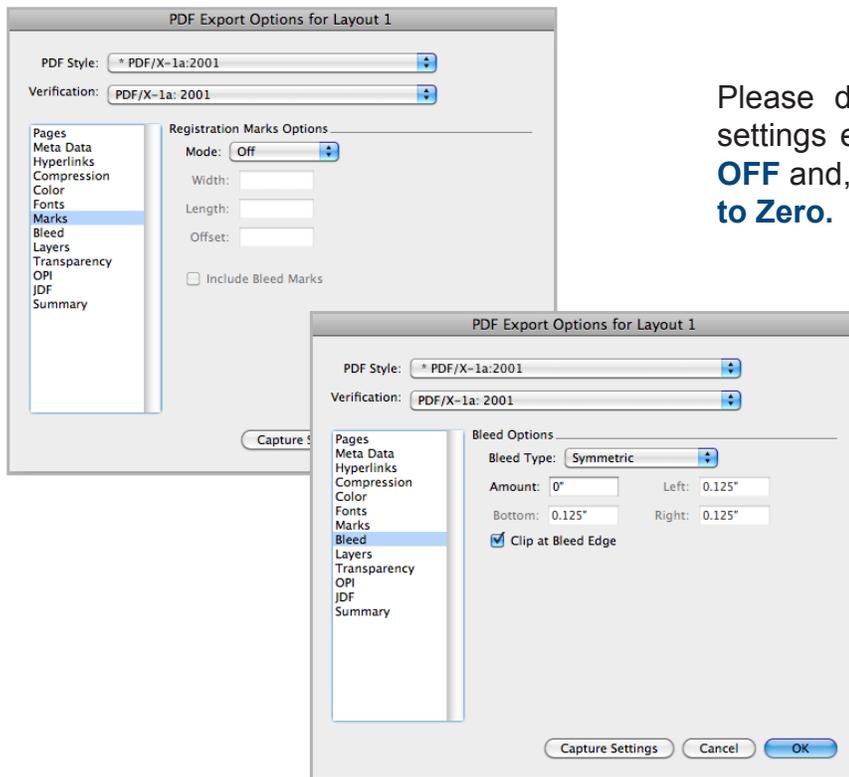# Exporting an LS Compliant PDF - Quark

When using Quark to layout a cover or interior, exporting has become a viable and recommended way of creating a compliant PDF. Below are instruction for exporting from the latest Macintosh versions of Quark but the Windows versions may vary slightly.

To begin, select **FILE > Export > Layout as PDF**

Select where you would like to export the file and under PDF Style select either:
PDF/X-1a:2001 or PDF/X-3:2002

Select **Options...**

Please do not modify any of the default settings except to turn **Registration Marks OFF** and, if using an LS template, **Set Bleed to Zero.**

* For **Duplex Covers**, in the "**Export to PDF**" screen, please verify that "**All**" is selected.

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