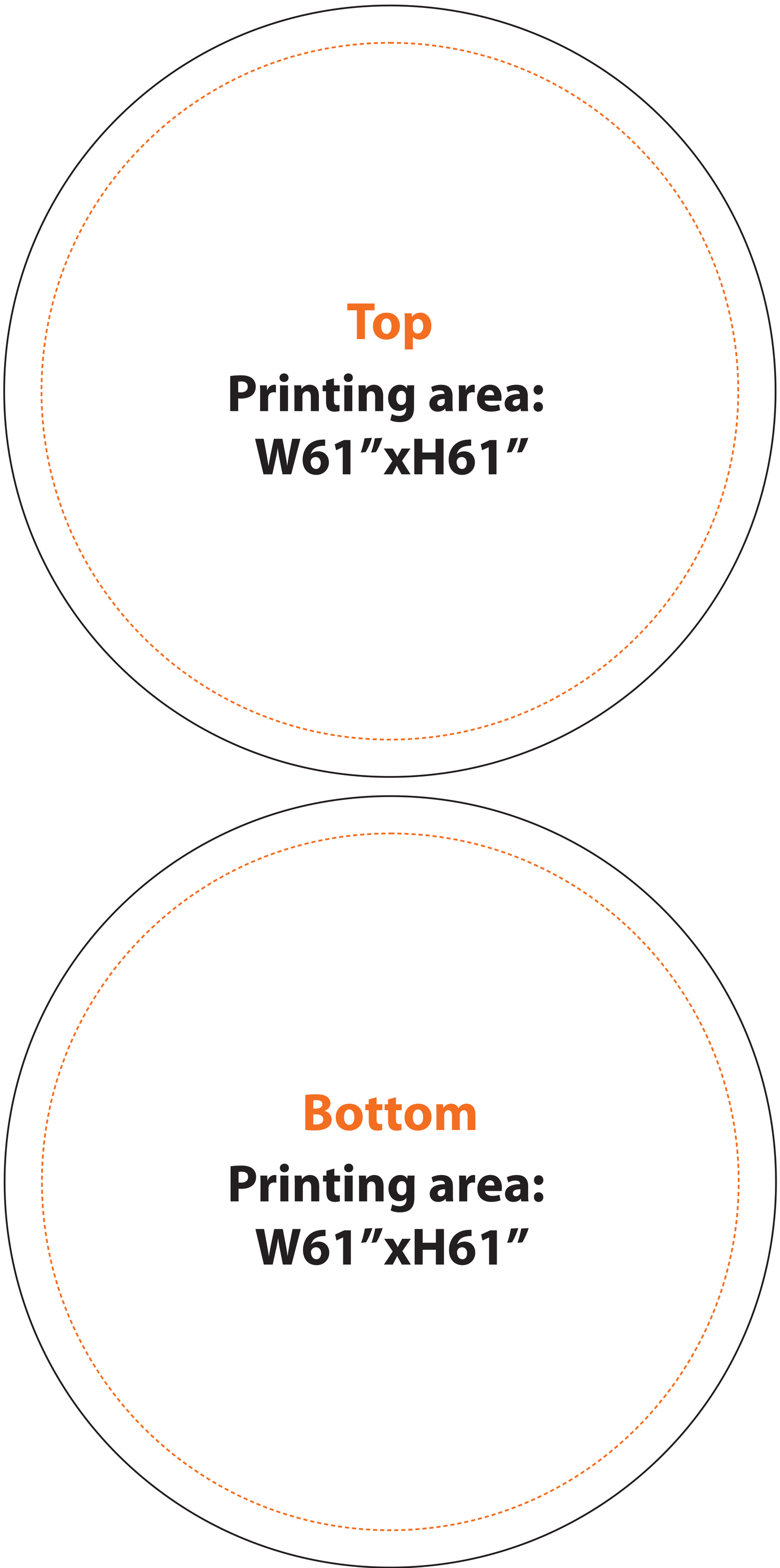
Keep important logos, images & texts 1-2 inches from safe visible area lines.
Extend background images or colors all the way to printing area.

1. CMYK color model
2. Resolutions must be 120dpi
3. Remove guides layer, flatten all design elements and save the final file as TIFF or JPG