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Exercise	, health and	l hope for peop	le with paralysis
PMS 555 C	70% PMS 555 C	60% PMS 555 C	PMS 7406 C
PMS 555 U	70% PMS 555 U	60% PMS 555 U	PMS 7406 U

Note: The "C" next to the Pantone number represents the "coated" texture of the paper. The "U" next to the Pantone number represents the "uncoated" texture of the paper.

4-Color Process Printing



Note: C= Cyan, M= Magenta, Y=Yellow, B=Black

Greyscale

PUSHING BOUNDARIES Exercise, bealth and bope for people with paralysis

100% Black	60% Black	40% Black
100% PMS 555 U	60% PMS 555 U	40% PMS 555 U

Note: If only one color printing is available, the color for the identifier in positive reproduction is black on white or PMS 555 U (green) on white. No other positive one-color treatment is permitted. The "U" next to the Pantone number represents the "uncoated" texture of the paper.

Two Color Screen Printing



PMS 555 C

PMS 7406 C

Note: Use only on two color screen printing. e.g: on fabric, ceramic, or plastic. The "C" next to the Pantone number represents the "coated" texture of the paper and is used for color matching purpose.

PUSHING BOUNDARIES

Exercise, bealth and hope for people with paralysis

Black

Note: Use only on one color screen printing. e.g: on fabric, ceramic, or plastic.

Reverse Printing



Exercise, bealth and hope for people with paralysis

White

If positive reproduction against a white or light-colored background is inconsistent with the overall composition of a communication, the reverse presentation on any solid color background (shown here for example) is acceptable.