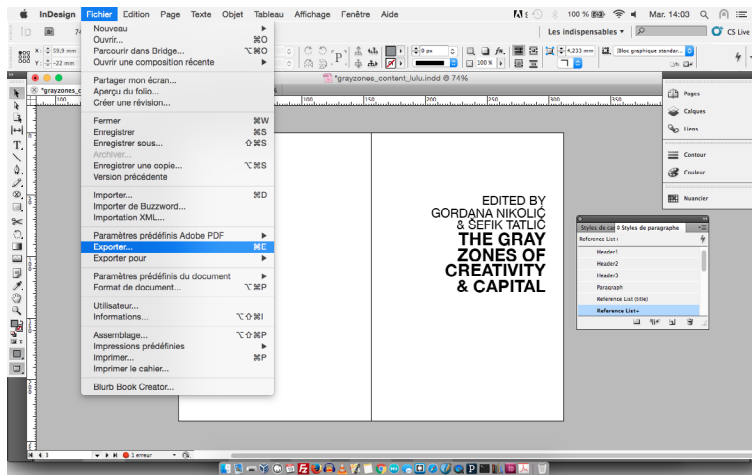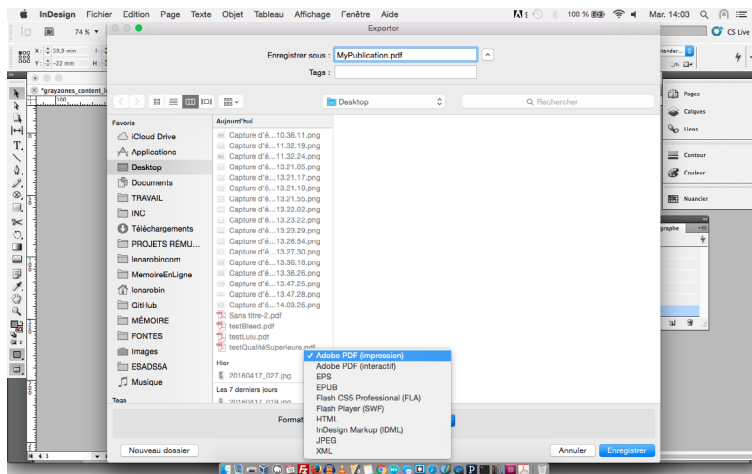# How to export my PDF to print on Lulu?

1. Export the file with File > Export...
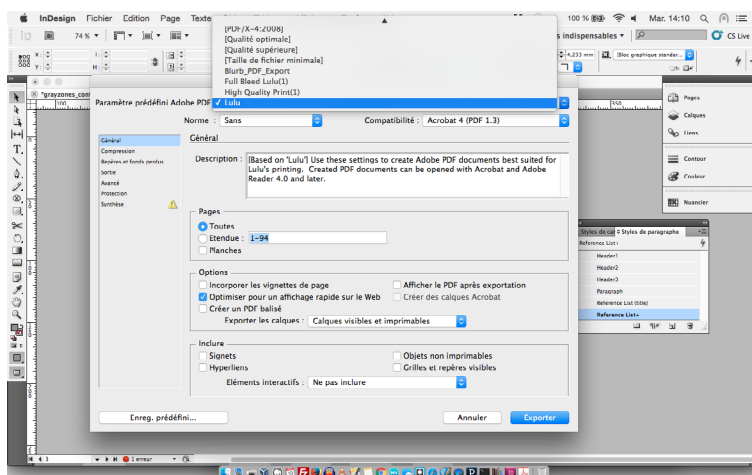
- In the InDesign menu go to: File > Export...

- Save your document as Adobe PDF (for print)

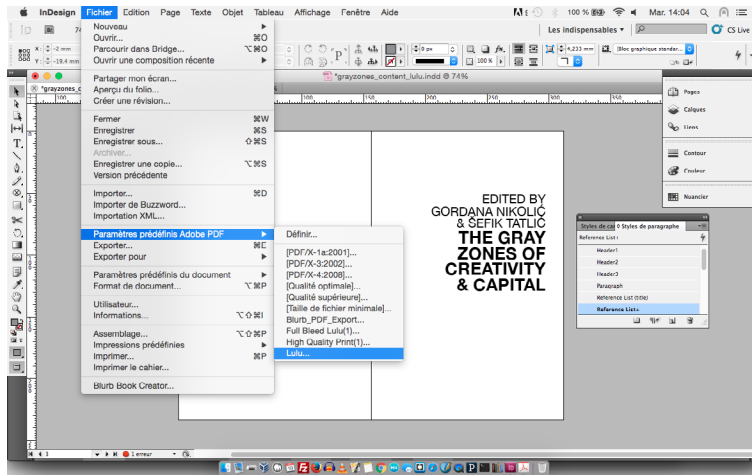- In the Adobe PDF parameters menu, select the Lulu profile.

- As you can see, the parameters have been changed automatically to fit Lulu's printing options.
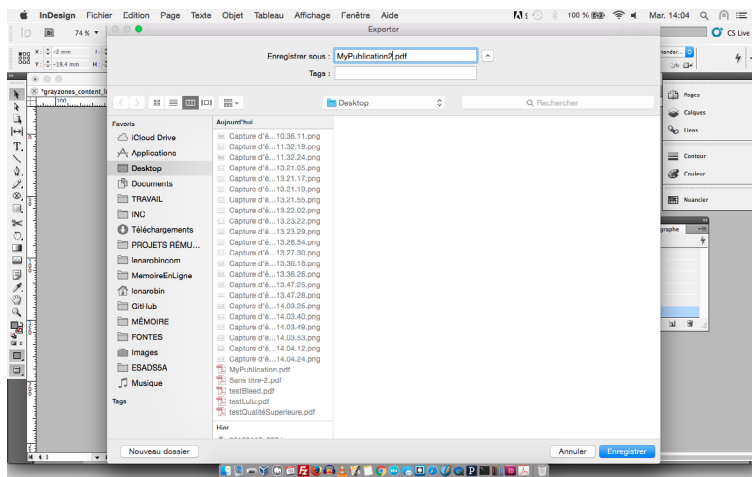
🖐 Do not change any parameters!

- Click on Export to export your file.

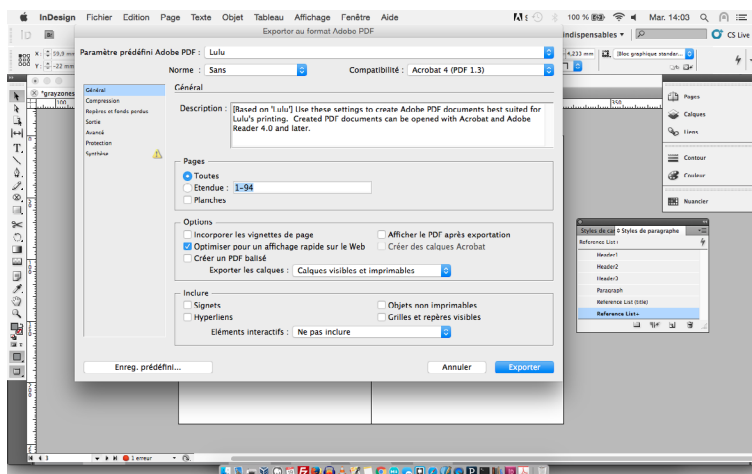**2. Export the file with File > Adobe PDF Presets > Lulu**

- In the InDesign menu go to: File > Adobe PDF Presets > Lulu

- Save your document as a PDF. You don't have to pick a specific file extension.

- The parameters are already set for you.

- Click on Export to export your file.