## Essential Health Guide



## PANTONE 319

R=37 C=52
G=201 M=0
B=208 Y=19
K=0
HTML=25C9D0
HEX= 3CC1CA



## PANTONE 187

R=166 C=0 G=25 M=100 B=46 Y=74 K=26 HEX/HTML=A6192E



## **PANTONE 6**

R=16 C=100 G=24 M=61 B=32 Y=32 K=96 HEX/HTML=101820

**FONT: MAGZ-BOLD** 



