**INSERT SPECIFICATIONS**

It may be possible to accommodate types of inserts other than those shown here; please contact your sales representative to discuss any special requirements.

Although we make every effort to ensure that these specifications are accurate, they will be subject to change. Therefore, please check the specifications with us before sending any material for design or print.

BDJ Student is 210 x 297 mm (A4) and is saddle-stitched.

**SAMPLES**

The insert must be approved by the production department prior to insertion with the journal. Ideally this should be the actual piece. Alternatively this could be a mock-up trimmed to the exact dimensions, using the same paper and folded or perforated, as the final insert would be. This needs to be with production at least two weeks before the issue date.

Clearly identify the front/back of the insert, or the page order where appropriate.

Please send 5 samples to:

Ann Rees  
The Macmillan Campus  
4 Crinan Street  
LONDON  
N1 9XW

If you have any queries regarding inserts please contact the production department on 020 7843 4726 or a.rees@nature.com

**DELIVERY**

All deliveries must be accompanied by a delivery note, attached to each box and on each face of a pallet. It should contain the booking reference number, journal name and issue date — without this deliveries will be refused. Deliveries must be made between 08:00 and 16:00.

Deliver tip-ons and bound inserts to:

Latimer Trend & Company  
Estover Road  
Plymouth  
PL6 7PY

Deliver loose inserts to:

Brookland Mailing Services Ltd  
Unit B  
Petherbridge Way (off Muller Road)  
Horfield  
BRISTOL  
BS7 9NZ

**BOUND INSERTS/OUTSERTS**

Supply pre-folded with the correct trims added. Concertina inserts cannot be accepted.

Safe area: keep all text at least 10 mm from the trimmed edge.

A 6 mm foot trim is required.

Full-size inserts also need a 6 mm head trim and 3 mm foredge trim.

Paper weight: 90 – 150 gsm

Bound inserts are stapled into the centre-fold of the journal, bound outserts are stapled outside of the cover.

All bound inserts require a 10 mm low-folio binding-lap and will jog to the foot.

**4PP BOUND INSERT:**

Maximum flat size: 210 x 297 mm  
Minimum flat size: 120 x 148 mm

Supply folded giving a 10 mm binding-lap on the front page of the insert. This will be trimmed on binding if the insert is full-size.

**TIP-ON:**

105 x 148 mm (portrait version)  
148 x 105 mm (landscape version)

Paper weight: 90 – 300 gsm

**LOOSE INSERTS**

Supply trimmed and folded with a closed edge. Concertina inserts cannot be accepted.

Single sheet: 90 – 150 gsm  
4 – 6 pages: 70 – 130 gsm  
8 – 32 pages: 48 – 80 gsm

**LOOSE INSERT:**

Maximum size: 190 x 277 mm  
Minimum size: 105 x 148 mm

Maximum of four pages.

**LOOSE OUTSERT:**

Maximum size: 210 x 297 mm  
Minimum size: 105 x 148 mm

**POSTER:**

Recommend size: 750 x 520 mm  
This would fold to 8 panels.

**4PP BOUND OUTSERT:**

Flat size: 210 x 297 mm

Supply folded giving a 10 mm binding-lap on the front page of the insert. The binding-lap will not be trimmed.