



401 Taylor Avenue Gordonsville, VA 22942



WE'RE SO GLAD YOU'VE FOUND US! **OUR TRANSFERS GIVE YOU A BETTER WAY TO DECORATE THE PRODUCTS YOU SELL.**

Growing an apparel business is no small endeavor: today's consumer wants unique products and faster turnaround times, without breaking the bank. It can feel like your days are spent keeping up with the current workload, leaving no time for the task of growing your business. We know what it's like to face increasingly tightening turnaround times while developing new ways to decorate modern fabrics.

Since 1981 our screen-printed heat transfer service has been giving both large and small apparel businesses quick, easy, and cost-effective ways to deliver the unique, high quality, decorated apparel that their customers are accustomed to getting. Our heat transfers will help you to reduce inventory costs, improve quality, scale capacity, and save time, freeing you up to focus on building your business.

We are so excited for you to try these samples, and our team looks forward to serving your business

The FM Team

TABLE OF CONTENTS

- **04** Application Process
- **15** Non-Woven Formula
- **05** Spot Color Product Guide
- **07** Full Color Product Guide
- **09** Vintage Formula
- **11** Athletic Formula

13 Fashion Formula

- **17** Foil Formula
 - **19** Performance Formula
- 21 Number Program
- **25** Artwork Guidelines
- **27** Single Image Programs

- **29** Gang Sheet Pricing
- **31** Single Image Pricing

IS IT REALLY THIS EASY?

YEP! APPLYING HEAT TRANSFERS IS SUPER SIMPLE: NO SKILLED LABOR REQUIRED. FOLLOW OUR TIPS AND YOU'LL LEARN HOW TO HEAT PRESS IN MINUTES, PRINTING NEW PROFIT EVERY SEVEN SECONDS.



Adjust Settings

Set your time and temperature to our recommended settings for the type of transfer you are pressing.

Adjust your pressure.

Automatic Machines: 50-60 PSI Digital Manual Machines: 8-9 Manual Machines: Max Pressure



Each pack of transfers comes with a label that includes our recommended settings.

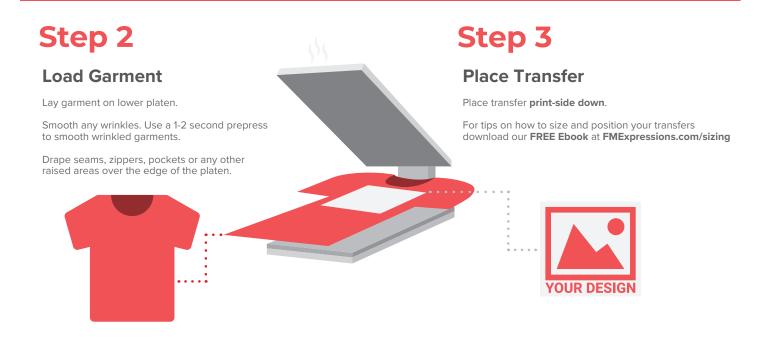
Use a commercial heat press

Hand Irons and hobby equipment like the Cricut[™] EasyPress[™] do NOT provide a sufficient combination of even heat and pressure for use with our transfers. A quality heat press will pay for itself in the first few jobs.

TEMP

TIME

PRESSURE



Avoid teflon sheets or additional covers

Teflon covers, wraps, and pillows can prevent sufficient heat from getting to the transfer, which will compromise the product application and durability.

Step 4

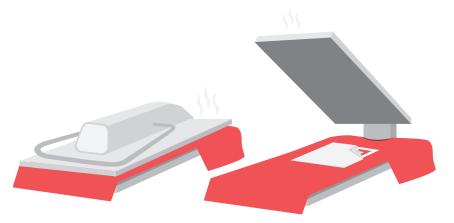
Press and Peel

Press the transfer for the applicable amount of time, then peel based on the formula's listed instructions:

Hot Peel - peel the backing paper immediately after opening the press.

Cold Peel - allow the transfer to cool to room temperature prior to peeling the backing paper.

Peel in a smooth deliberate motion from one corner diagonally across the sheet.



325.8

0:0

PRESSURE



SPOT COLOR TRANSFERS



Spot colors are pre-mixed inks that are screen-printed only in the area assigned for each particular color.

For instance, to print a black and red image we will setup two screens: one screen with blank ink and one screen with red ink.

Our spot color inks are opaque, so they do not require a white underbase for opacity.

Note: True Neons (Pantone 801-814) are not opaque and do require a white underbase when printing on non-white fabric.



<mark>Spot Color</mark> Print Formula Options		Features	Application Settings	100% Cotton Promo T-Shirts Similar To Gildan 5000	100% Cotton Premium T-Shirt Similar To Next Level 3600	Cotton- Poly Blends	100% Polyester	Stretch Fabrics containing Spandex, Elastaine, or Lycra	Nonwoven Poly- propylene	100% Nylon except Waterproof, Water Resistant
SICCIENT WORKS	Our most economical and opaque option with a durable feel 1, 2, or 3 Colors	Soft Hand/Feel Opacity on Darks Blocks Dye Migration	 ♂ 7 Seconds ∂ 325°F Heavy/Max Pressure 60 PSI/8-9 	est Value	~	~	~	×	×	×
PREMIUM	Super soft, feels just like direct screen printing, maybe even softer. Perfect for premium ringspun apparel 1, 2, or 3 Colors	Soft Hand/Feel Opacity on Darks Blocks Dye Migration	 ♂ Seconds 375°F Heavy/Max Pressure 60 PSI/8-9 	~	Softest Feel	Low Poly Content ONLY	×	×	×	×
NONWOVEN POLYPROPYLENE	A heavier, opaque finish that expands your decorating capability to recyclable nonwoven polypropylene 1 Color or Full Color	Soft Hand/Feel Opacity on Darks Blocks Dye Migration	€ 7 Seconds 250°F Heavy/Max Pressure 60 PSI/8-9	×	×	×	×	×	~	×

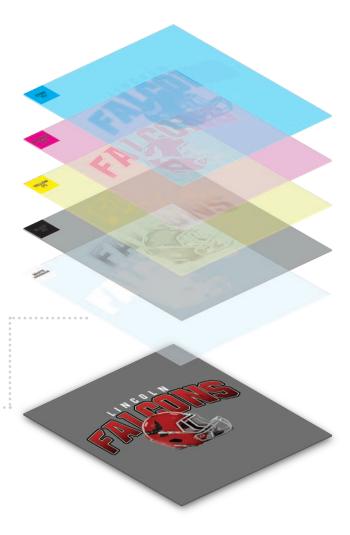


FULL COLOR TRANSFERS

Our Full Color option is recommended for complex graphics containing photographic elements or 4+ colors. Your image is printed based on the CMYK values in your art file.

Full color images are printed by overlapping and combining Cyan, Magenta, Yellow, and Black (CMYK) onto the transfer paper to create a full color image. To print ANY multicolor image the same four translucent colors (CMYK) are used.

Because CMYK inks are translucent, we offer some print formula options that also include a full white underbase. This makes the image opaque on both light and dark fabrics.



Full Color Print Formula Options	Features	Application Settings	100% Cotton Promo T-Shirts Similar To Gildan 5000	100% Cotton Premium T-Shirt Similar To Next Level 3600	Cotton- Poly Blends	100% Polyester	Stretch Fabrics containing Spandex, Elastaine, or Lycra	Nonwoven Poly- propylene	100% Nylon except Waterproof, Water Resistant	
ATHLETIC INCLUDES WHITE UNDERBASE	Our most economical and c with a durable fe Soft Hand/Feel Opacity on Darks Blocks Dye Migration		~	~	~	✓	×	×	×	
FASHION WHITE & LIGHT COLORS ONLY NO WHITE PRINTING	A super soft feel because th underbase print Soft Hand/Feel Opacity on Darks Blocks Dye Migration	here is no white ting 7 Seconds 0 350°F Heavy/Max Pressure 60 PSI/8-9	For White & Light Color Fabric Only	For White & Light Color Fabric Only	For White & Light Color Fabric Only	×	×	×	×	
FASHION DARK COLORS INCLUDES WHITE UNDERBASE	A softer feel with opacity of and dark garmer Soft Hand/Feel Opacity on Darks Blocks Dye Migration		~	~	×	×	×	×	×	
Salad Bar NON-WOVEN POLYPROPYLENE INCLUDES WHITE UNDERBASE	A heavier, opaque finish that decorating capability to recycl polypropylene ite Soft Hand/Feel Opacity on Darks Blocks Dye Migration	able nonwoven	×	×	×	×	×	~	×	





VINTAGE FORMULA

100% Cotton | Cotton/Low Poly Content Blends

Vintage was designed to feel just like traditional screen printing, maybe even a little softer. The Vintage formula is designed to achieve the soft hand feel that brands and customers desire. Apply Vintage to soft, ringspun, combed cotton apparel to create an incredibly comfortable t-shirt that customers will love. Vintage is available in 1, 2, and 3 spot colors.



COLORS

PMS colors listed are for reference only and may not be exact matches due to printing variances.

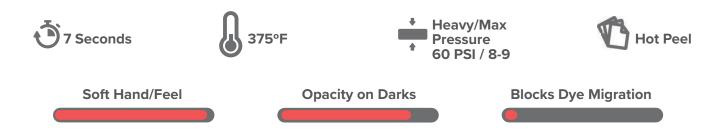


For 1, 2, & 3 Color Designs

Custom Pantone color matches are available for \$45 per color.

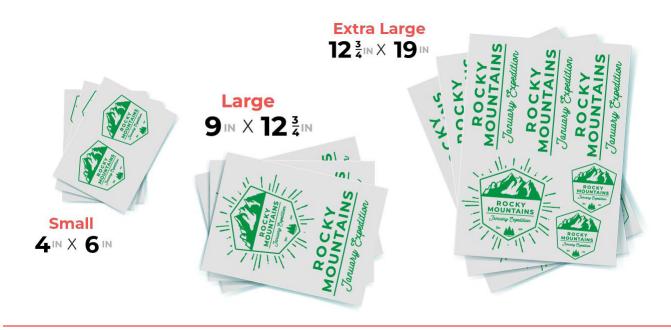
APPLICATION

Use a commercial grade heat press, because hand irons just can't cut it. Do NOT use any extra covers (Teflon sheets, heat platen covers, or pillows.)



GANG SHEETS

Place as many images as you'd like on the sheet before uploading. We'll print it exactly as you upload it.







ATHLETIC FORMULA

100% Cotton | 100% Polyester | Cotton-Poly Blends

Our most versatile heat transfer matches the look and feel of our in stock numbers. These screen printed plastisol transfers feature a 325°F temperature application and dye migration blockers. Available in 1, 2, and 3 spot colors or full color. Our full color option is a 4-color process (CMYK) with an opaque white underbase.



COLORS

PMS colors listed are for reference only and may not be exact matches due to printing variances.

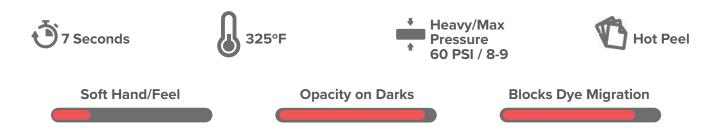


For 1, 2, & 3 Color Designs. Full Color images are printed using CMYK with a white underbase

Custom Pantone color matches are available for \$45 per color. Pantone matching is not available for Full Color.

APPLICATION

Use a commercial grade heat press, because hand irons just can't cut it. Do NOT use any extra covers (Teflon sheets, heat platen covers, or pillows.)



GANG SHEETS

Place as many images as you'd like on the sheet before uploading. We'll print it exactly as you upload it.







FASHION FORMULA

100% Cotton | Cotton-Poly Blends

Our Fashion formula creates a smooth, soft hand feel on apparel and is available in two full color options.

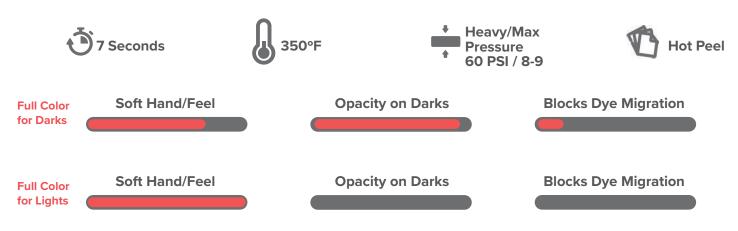
Full Color for Lights is a screen printed 4-color process (CMYK) WITHOUT a white underbase that leaves a 'barely there' feel on white and light colored cotton and cotton-poly blends. It is not recommended for mid to dark toned fabric.

Full Color for Darks is a 4-color process with a white underbase creating an opaque, muted and matte finish on 100% cotton only.



APPLICATION

Use a commercial grade heat press, because hand irons just can't cut it. Do NOT use any extra covers (Teflon sheets, heat platen covers, or pillows.)



GANG SHEETS

Place as many images as you'd like on the sheet before uploading. We'll print it exactly as you upload it.







NON-WOVEN FORMULA

Non-Woven | Polypropylene

Widely used to make reusable tote bags. Non-woven Polypropylene is difficult to decorate due to a low melting point and dimpled texture. Our solution is applied at 250°F, safely below the melting point and with an easy application. Available in 1 color or full color. Our full color option is 4-color process (CMYK) with an opaque white underbase.



COLORS

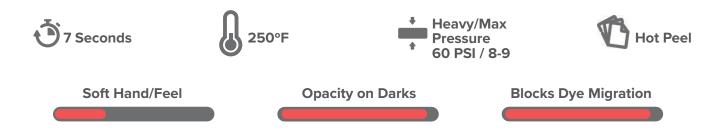
PMS colors listed are for reference only and may not be exact matches due to printing variances.



Custom Pantone color matches are available for \$45 per color. Pantone matching is not available for Full Color.

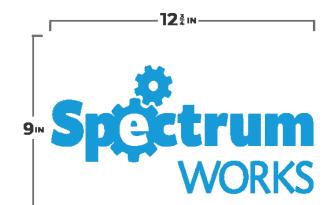
APPLICATION

Use a commercial grade heat press, because hand irons just can't cut it. Do NOT use any extra covers (Teflon sheets, heat platen covers, or pillows.)



SINGLE IMAGE

Designs can be oriented in landscape or portrait format. Single images only. Ganging or grouping multiple designs is prohibited.





FOIL FORMULA

100% Cotton | Cotton-Poly Blends

Add brilliant luster to your fashion line with foiled graphics. Custom Foil Heat Transfers are applied using a two-step process onto 100% cotton & cotton-poly blends.

Survived the HNSON

MARCH 15, 2015 MITCHELL & CLAIRE







The color of the foil shown may appear different than actual product.

Foil rolls sold separately (12in x 200ft)

APPLICATION

Use a commercial grade heat press, because hand irons just can't cut it. Do NOT use any extra covers (Teflon sheets, heat platen covers, or pillows.)



GANG SHEETS

Place as many images as you'd like on the sheet before uploading. We'll print it exactly as you upload it.







PERFORMANCE FORMULA

High-Stretch | Compression

For synthetic fabrics containing Lycra[®], Spandex, or elastaine. Designed to flex and rebound on high stretch compression apparel. Performance has a smooth, soft-hand feel. We recommend testing a sample on the item you plan to decorate prior to production.



COLORS

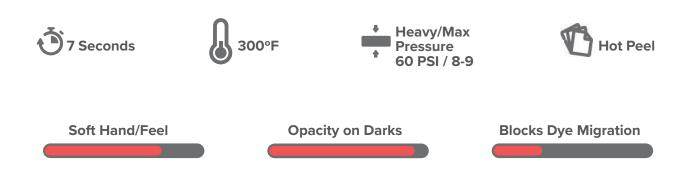
PMS colors listed are for reference only and may not be exact matches due to printing variances.



Custom Pantone color matching is available for \$45 per color.

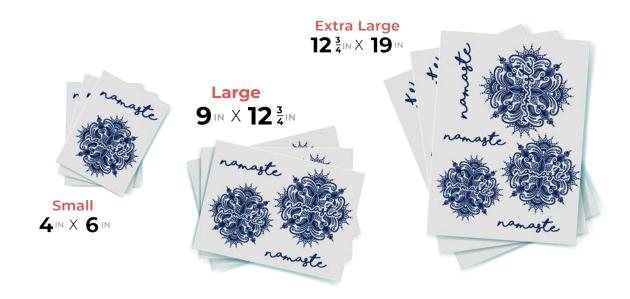
APPLICATION

Use a commercial grade heat press, because hand irons just can't cut it. Do NOT use any extra covers (Teflon sheets, heat platen covers, or pillows.)



GANG SHEETS

Place as many images as you'd like on the sheet before uploading. We'll print it exactly as you upload it.





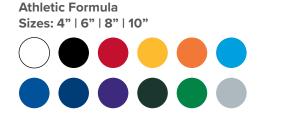


100% Cotton | 100% Polyester | Cotton-Poly Blends

Athletic Numbers and Letters are available in 2 print formulas. Our durable Athletic formula is designed to apply to a 100% polyester, 100% cotton & cotton-poly blends. Performance formula applies on high stretch fabrics.



FM





Performance Formula Sizes: 4" | 6" | 8" | 10"



Athletic Formula Sizes: 4" | 8" | 10"



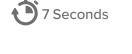
123456789



Performance Formula Sizes: 4" | 6" | 8" | 10"

STYLES

Block 1 Color



heat platen covers, or pillows.)

APPLICATION

Soft Hand/ Feel



Use a commercial grade heat press, because hand irons just can't cut it. Do NOT use any extra covers (Teflon sheets,

Opacity on Darks





Blocks Dye Migration

OW ГHF HOLE MAGICA OCESS PD **ORK**

WE LOVE TO MAKE IT SUPER EASY FOR YOU TO CREATE, PRESS, AND SELL QUALITY CUSTOM APPAREL FOR A PROFIT.











Just visit FMEXPRESSIONS.COM and pick a method:

- Upload custom artwork
- Customize our design template
- Choose a stock design
- Use our art services

02. We Preflight Your Art

To make sure you get the best results our seasoned artists will review your artwork.

We'll either email you to let you know that your order is good to go or send you a detailed review that includes our best recommendations to adjust your artwork for optimal results.

03. We Screen Print It

(Our Favorite Part)

We'll screen print your artwork onto a special heat transfer release paper.

We've been doing this since 1981!

04. We Ship It Fast

Most of our custom transfers are ready to ship in 1 to 2 business days. Your delivery date is estimated at checkout.

Need it Faster? We have rush services available.

05. You Heat Press It

(The Best Part)

Most of our products apply in just 7 seconds.

Follow our application guidelines to heat press your design onto apparel and other soft good accessories.



06. You Deliver Custom Apparel (And Get Paid!)

Deliver quality screen-printed apparel that your customers love so much they'll come back for another project. Rinse. Repeat.



4 WAYS TO GET A GREAT DESIGN



UPLOAD YOUR ART

Upload your unique design. We'll screen print it onto heat transfer paper and ship it to you to heat press.



We've got thousands of in-stock transfers ready to ship the next day. You can shop our entire collection online.



CUSTOMIZE OUR ART

Try Switch[™], our easy-to-use online designer. Start with a great design and instantly customize it for your project. No art skills or expensive software required.



USE OUR ART SERVICES

Have an idea for a great design, but lack the time or art skills? Let our art staff turn your idea into print-ready artwork. Email: artservices@fmexpressions.com



ARTWORK SETUP MADE EASY

1. Use professional graphics software



Adobe Illustrator[™]

Ps Adobe Photoshop[™] *300 DPI resolution at print size



We prefer PDF, AI, and PSD file formats. We also accept EPS, JPG, BMP, PNG, and SVG formats.

2. Create artwork at desired print size



We print your artwork at the exact size you upload it.

Set your canvas/artboard to the dimension of the image/sheet size you want to order. Create your artwork at the size you want it to print within your artboard. For example, if you select a 9"x12.75" sheet size and upload a graphic that is 6"x8", we will print your graphic at 6"x8."

RESOLUTION - If you are using non-vector software like Adobe Photoshop[™], set the resolution to 300 dpi when you create the document. Re-sizing (especially upsizing) non-vector graphics can result in blurry pixelation and/or jagged edges on your image.

3. Convert fonts



All type must be converted to a non-editable format.

Ρ

Type that is "live" or editable may not display accurately when opened on another computer with a different font library. To convert your fonts, simply follow the instructions below for your graphic design software.

Ai	

Adobe Illustrator™ Convert to outlines Select all text > TYPE > CREATE OUTLINES

s	Adobe Photoshop [™]
S	Rasterize type
	Select each text layer >
	LAYER >
	RASTERIZE TYPE

4. Double check print specs

Spot color

1, 2 & 3 color example



Thin show-through areas

Non-printing gaps smaller than 2 pts or 0.0277 of an inch may fill in.
 Thin-printing areas (Athletic & Vintage)
 Printing areas smaller than 1 pt or 0.01388 of an inch may not print.
 Thin-printing areas (Performance)
 Printing areas smaller than 2 pts or 0.0277 of an inch may not print.

COMPANY NAME COM

Full color 4-Color process example

Thin show-through areas



Non-printing gaps smaller than 2 pts or 0.0277 of an inch may fill in.

Thin-printing areas

Full color printing areas smaller than 3 pts or 0.04166 of an inch may not appear opaque on dark garments.

White areas smaller than 1 pt or 0.01388 of an inch may not print.

100% black details smaller than .25pt will not print.



Want to learn how to create artwork your customers will love? Sign up for our FREE Adobe Illustrator™ online course.

video sessions | Learn at your own pace



DOES IT COST AN ARM AND A LEG?

NOPE. AS LOW AS A DIME AND A NICKEL FOR OUR ONE-COLOR HEAT TRANSFERS AFTER THE \$25 SETUP.

ONE COLOR SINGLE IMAGE





TWO COLOR SINGLE IMAGE



NEED A BIGGER IMAGE? GET A 12"x 12" FOR AS LOW AS \$1.10 WITH AN \$80 SETUP

FULL COLOR SINGLE IMAGE



NEED A BIGGER IMAGE? GET A 12"x 12" FOR AS LOW AS \$1.70 WITH AN \$85 SETUP

GANG SHEET OPTIONS AVAILABLE

We offer three (3) gang sheet sizes. The largest is 12.75" x 19". Just set your artboard or canvas size to one of our gang sheet sizes and group/layout your multiple graphics within that area. Your sheets will come printed at the size you designed and uploaded. Make sure you leave yourself enough room (1/4") between designs for you to cut them apart.

Gang sheets are priced based on the sheet size, quantity, and number of colors. There is no setup fee for gang sheet.

Full pricing available online at **FM**EXPRESSIONS.COM





GANG PRICING

ATHLETIC

1 COLOR			 2 COLOR				3 COLOR			
QTY	S 4" x 6"	L 9" x 12.75"	XL 12.75" × 19"	QTY	S 4" × 6"	L 9" x 12.75"	XL 12.75" × 19"	QTY	L 9" × 12.75"	XL 12.75" x 19"
8	\$5.50	\$8.25	\$9.10	8	\$11.00	\$16.90	\$20.57	8	\$31.58	\$40.57
24	\$1.87	\$3.05	\$3.80	24	\$4.10	\$6.67	\$8.88	24	\$12.53	\$20.90
48	\$1.28	\$2.10	\$2.50	48	\$2.47	\$3.86	\$6.23	48	\$7.51	\$12.50
96	\$0.84	\$1.45	\$1.82	96	\$1.52	\$2.71	\$5.68	96	\$5.20	\$9.61
144	\$0.65	\$1.32	\$1.52	144	\$1.42	\$2.47	\$4.50	144	\$4.18	\$7.21
288	\$0.52	\$1.00	\$1.22	288	\$0.97	\$1.79	\$3.03	288	\$3.14	\$5.14
512	\$0.37	\$0.74	\$0.92	512	\$0.80	\$1.40	\$2.40	512	\$2.58	\$3.60

ATHLETIC & FASHION

	FULL COLOR							
QTY	S 4" x 6"	L 9" x 12.75"	XL 12.75" x 19"					
8	\$8.75	\$23.49						
24	\$4.86	\$8.97	\$16.08					
48	\$3.31	\$5.06	\$9.62					
96	\$2.14	\$3.26	\$5.96					
144	\$1.62	\$2.72	\$4.79					
288	\$1.05	\$2.18	\$3.59					
512	\$0.95	\$1.70	\$2.80					

VINTAGE

3 COLOR							
QTY	L 9" x 12.75"	XL 12.75" x 19"					
8	\$31.58	\$40.57					
24	\$12.53	\$20.90					
48	\$7.51	\$12.50					
96	\$5.20	\$9.61					
144	\$4.18	\$7.21					
288	\$3.14	\$5.14					
512	\$2.58	\$3.60					

VINTAGE & PERFORMANCE

	100	DLOR			2 CC	LOR	
QTY	S 4" × 6"	L 9" x 12.75"	XL 12.75" × 19"	QTY	S 4" × 6"	L 9" x 12.75"	XL 12.75" x 19"
8	\$5.25	\$9.47	\$10.71	8	\$11.00	\$16.90	\$20.57
24	\$2.00	\$3.51	\$4.36	24	\$4.10	\$6.67	\$8.88
48	\$1.35	\$2.42	\$2.73	48	\$2.47	\$3.86	\$6.23
96	\$0.86	\$1.64	\$1.99	96	\$1.52	\$2.71	\$5.68
144	\$0.67	\$1.47	\$1.65	144	\$1.42	\$2.47	\$4.50
288	\$0.51	\$1.10	\$1.23	288	\$0.97	\$1.79	\$3.03
512	\$0.36	\$0.73	\$0.87	512	\$0.80	\$1.40	\$2.40



PRICING

FOIL

GANG SHEETS							
QTY	S 4" x 6"	M 6" × 9"	L 9" x 12.75"	XL 12.75" x 19"			
8	\$5.45	\$6.93	\$7.70	\$9.19			
16	\$2.75	\$3.52	\$4.07	\$5.45			
24	\$1.87	\$2.42	\$2.75	\$3.80			
32	\$1.43	\$1.93	\$2.42	\$3.19			
48	\$1.27	\$1.71	\$1.98	\$2.42			
72	\$0.99	\$1.43	\$1.71	\$2.09			
96	\$0.77	\$1.21	\$1.43	\$1.71			
144	\$0.55	\$1.10	\$1.27	\$1.43			
288	\$0.44	\$0.77	\$0.88	\$1.10			
512	\$0.28	\$0.55	\$0.72	\$0.83			

NON-WOVEN

1 COLOR (SINGLE IMAGE)

QTY	L 9" x 12.75"
100-249	\$1.94
250+	\$1.54

FULL COLOR (SINGLE IMAGE)

QTY	L 9" x 12.75"
100-249	\$3.22
250+	\$2.60

*Foil roll sold separately, see Page 18 for pricing

NUMBERS

1 COLOR								
SIZE	PACK 5	KIT 170	KIT 340					
4"	\$0.70	\$21.95	\$41.75					
6"	\$1.05	\$33.70	\$64.00					
8"	\$1.45	\$47.16	\$89.50					
10"	\$2.10	\$67.30	\$118.30					

2 COLOR							
SIZE	PACK 5	KIT 170	KIT 340				
4"	\$1.05	\$33.70	\$64.00				
8"	\$2.40	\$77.35	\$146.75				
10"	\$3.30	\$107.60	\$204.05				

PERFORMANCE

SIZE	PACK 5	KIT 170	KIT 340
4"	\$0.75	\$30.45	\$58.75
6"	\$1.10	\$42.20	\$81.00
8"	\$1.50	\$55.65	\$106.50
10"	\$2.15	\$75.80	\$135.30

SINGLE IMAGE PRICING

1 COLOR ATHLETIC FORMULA 9 ⁱⁿ x 12 ³ / ₄ ⁱⁿ		PERFORM	1 COLOR PERFORMANCE FORMULA 9 ⁱⁿ x 12 ³ / ₄ ⁱⁿ		1 COLOR VINTAGE FORMULA 9 ⁱⁿ x 12 ³ / ₄ ⁱⁿ	
QTY F	Price Per Unit					
1-74	25¢	QTY	Price Per Unit	QTY	Price Per Unit	
75+	15¢	1+	35¢	1+	45¢	
\$25 Se	\$25 Setup		\$30 Setup		\$30 Setup	
+\$5 FOR MET	ALLIC INKS					
1 COLOR ATHLETIC FORMULA 12 ⁱⁿ x 12 ⁱⁿ		PERFORM	1 COLOR PERFORMANCE FORMULA 12 ⁱⁿ x 12 ⁱⁿ		I COLOR VINTAGE FORMULA 12 ⁱⁿ x 12 ⁱⁿ	
QTY F	Price Per Unit					
1-74	30¢	QTY	Price Per Unit	QTY	Price Per Unit	
75+	20¢	1+	45¢	1+	55¢	
\$30 Se	etup	\$35	5 Setup	\$35	Setup	
	ATHLET 9 ⁱⁿ 2	DLOR IC FORMULA x 12 ³ / ₄ in		ATHLETIC FORMULA 12 ⁱⁿ x 12 ⁱⁿ		
	QTY	Price Per Unit	Q		Jnit	
	75-499	95¢	75-4			
	500+	85¢	50	0+ \$1.10		
	\$60	Setup		\$80 Setup		
	ALL FORM 9 ⁱⁿ 2 QTY 50-74	COLOR AULA OPTIONS X 12 ³ / ₄ in Price Per Unit \$2.00	4 Q1 50-	74 \$2.75	_	
	75-99 100+	\$1.40	75-			
		\$1.25 Setup	100	0+ \$1.70 \$85 Setup		