

# POWER

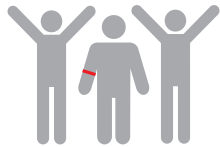
You can provide twice  
the lifesaving power  
in one donation.



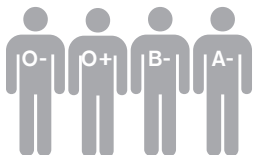
RED



With a Power Red donation, you can double the impact of your donation and give more red blood cells.



You can help save more lives in just one appointment.



A Power Red donation is ideal for O-, O+, B- and A- donors.

## Power Red Requirements:

### Female

- Minimum height: 5'3"
- Minimum weight: 150 lbs.
- Recommended ages: 19-75 yrs. old

### Male

- Minimum height: 5'1"
- Minimum weight: 130 lbs.
- Recommended ages: 17+ yrs. old

**Ask a Red Cross staff member for more details about Power Red.**

[RedCrossBlood.org/PowerRed](https://RedCrossBlood.org/PowerRed) | 1-800-RED CROSS (1-800-733-2767)