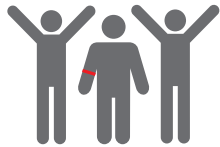


# POWER

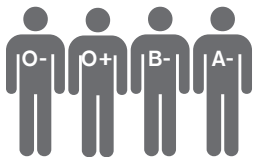
Red blood cells are the most commonly transfused blood component.



With a Power Red donation, you give a concentrated dose of red blood cells.



You can maximize your impact with one donation and help more patients.



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.

### Male

- Minimum height: 5'1"
- Minimum weight: 130 lbs.

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)