Photoshop
This guide will walk you through PDF creation from Photoshop 7. The process is identical on both Mac and Windows platforms, so only one set of instructions is provided. Note that these steps work for Photoshop 6 as well.

1. With your file open select File > Save As
2. In the Save As dialog box, name the file with the pdf extension (ex. filename.pdf). Set Format to Photoshop PDF. Click the Save button. This will open the PDF options dialog box.

3. Under Encoding. select JPEG, and set the Quality slider to 12 to produce a sharp image. Check the boxes next to Include Vectore Data and Embed Fonts (Note: embed fonts whenever possible as it will produce the best results. However, some fonts are protected from being embeded. In this case you need to check Use Outlines for Text). This will ensure that your text will be nice and crisp in the PDF. Click OK