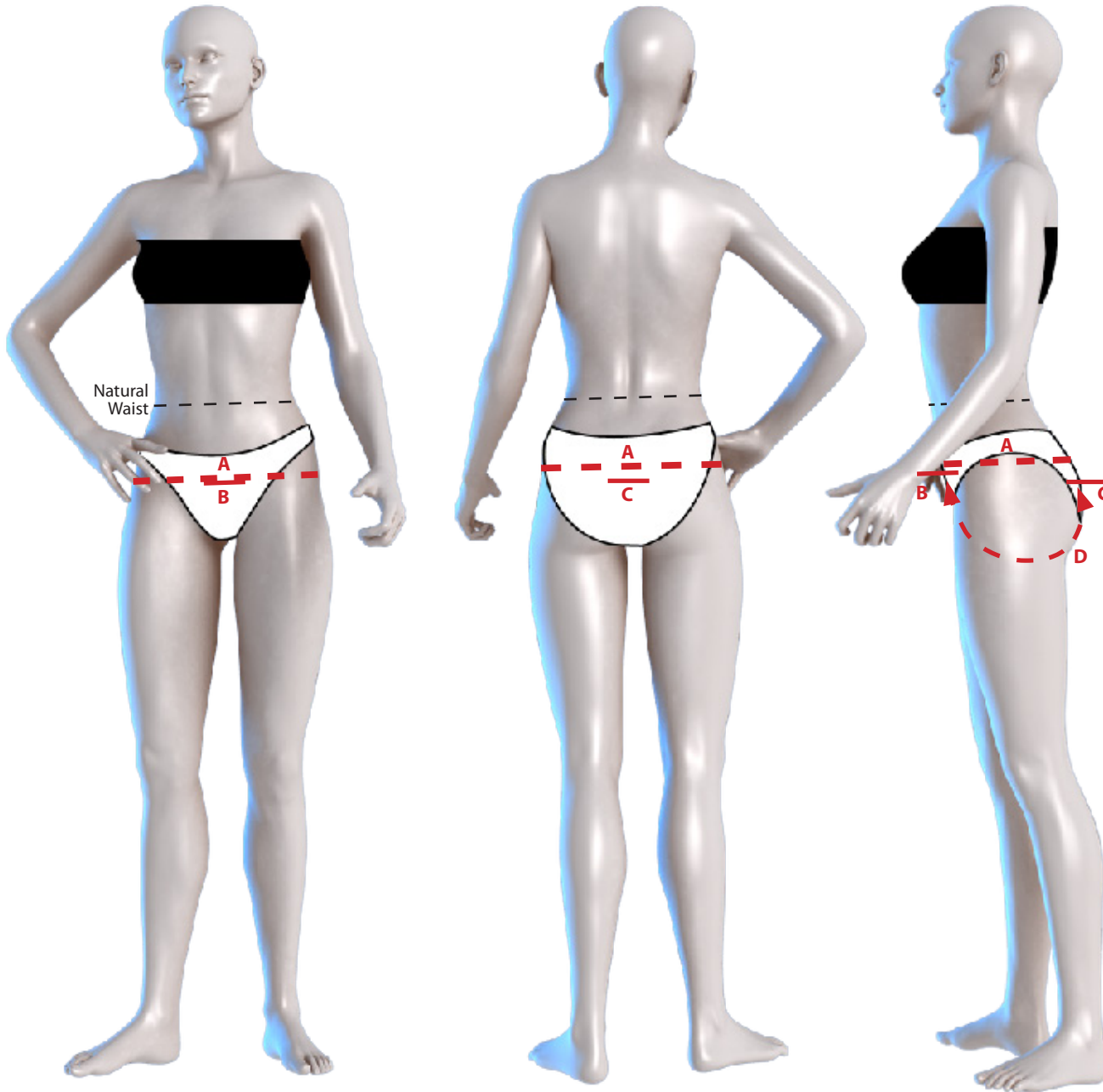


Female Pad & Undergarment Sizing Chart



A - Measure the hips' circumference approximately 7"-9" below natural waist line. This is for undergarment measurement. There are three sizes available.*

- **Size 1 - Small** - Up to 36"
- **Size 2 - Medium** - Up to 38"
- **Size 3 - Large** - Up to 41"

* Undergarments should be selected to have a comfortable, but snug fit to hold the pad firmly in place.

B - Top of the pad front positioned right above the top of the pelvic bone, which should be approximately on the hip line.

C - Top of the pad back, positioned so it just covers the gluteal fold.

D - Length of pad from B to C. There are two sizes available.**

- **Size 1** - Up to 14"
- **Size 2** - Up to 16"

** This is a general guide. Best fit may vary from body to body.