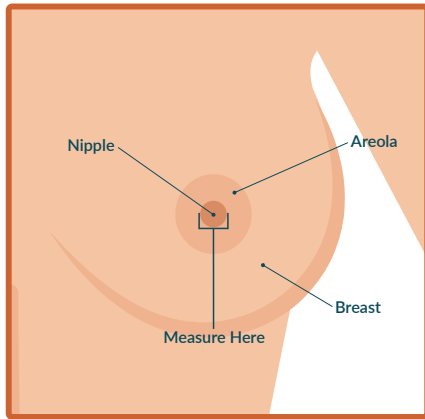


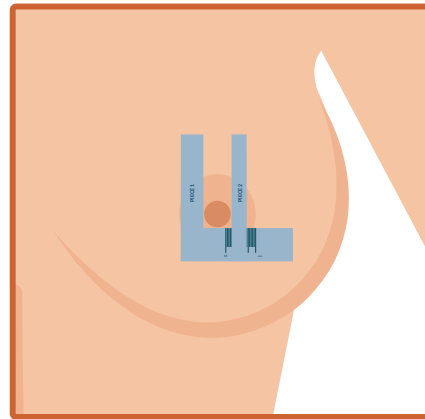
IDAHO JONES GUIDE TO FLANGE SIZING

How to Measure Your Nipple

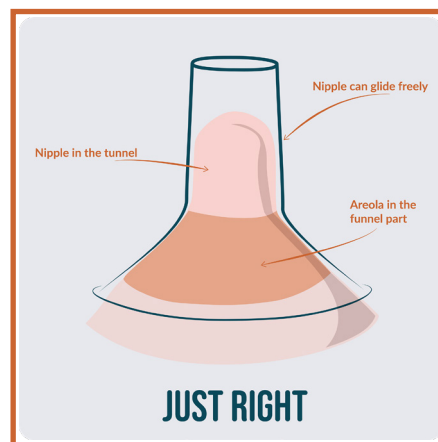
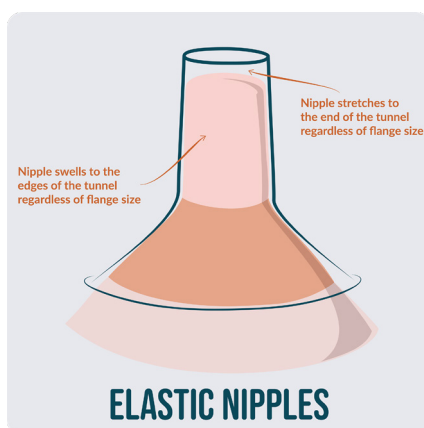
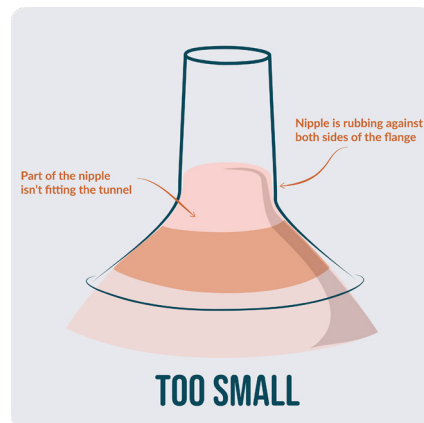
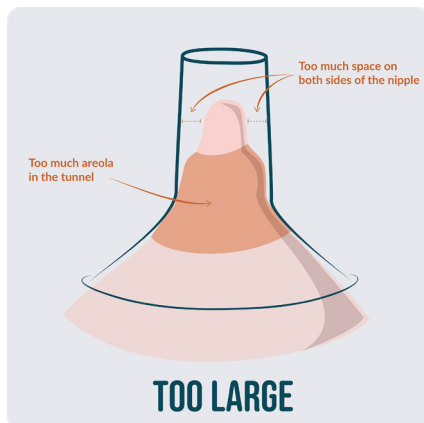
1. Know what to measure



2. Find your nipple size



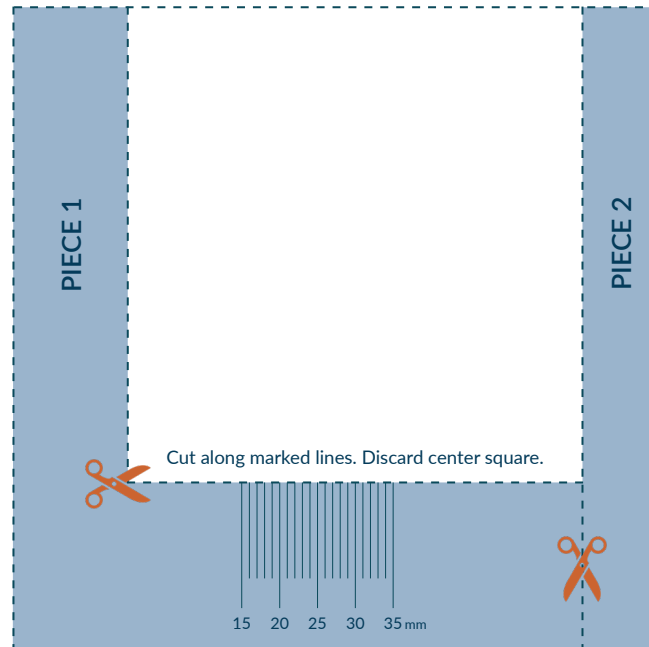
Find the Correct Fit



Why Should You Find the Correct Flange Fit?

-  Comfortable pumping
-  Healthy nipples and breasts
-  Efficient milk extraction
-  Consistent milk supply

IDAHO JONES NIPPLE RULER

 Cut along mark.

This guide is designed to assist you in finding the appropriate flange size for your breasts. Ensure that you utilize this tool prior to pumping to obtain an accurate measurement of your nipple. Employ the provided cutout to measure your nipple diameter, excluding the areola.

HOW TO USE OUR FLANGE SIZING TOOL:

1. Print this page at 100% scale.
2. Cut along the marked lines, resulting in two distinct pieces: the L-shaped 'Piece 1' and the I-shaped 'Piece 2'.
3. Position 'Piece 1' with the ruler side facing outward, aligning it with the right edge of your nipple.
4. Place 'Piece 2' directly next to the left edge of your nipple, ensuring that it runs parallel to 'Piece 1'.
5. The number on the ruler that aligns with 'Piece 2' represents your nipple diameter measurement.