









NAPPY INSERT ABSORBENCY GUIDE

| INSERT TYPE | SPEED OF ABSORBENCY | CAPACITY RATING |
|---------------|---|---|
| Microfibre |  |  |
| Bamboo Cotton |  |  |
| Bamboo |  |  |
| Hemp |  |  |

QUICK TIPS

- Inserts can take anywhere between 6-10 washes to reach their full absorbency
- When combining insert types to meet your bubba bear's individual absorbency needs - layer inserts from fastest absorbing on top (closest to babies bum) to slowest on the bottom layers
- When using microfibre inserts - Never place inserts against babies skin. Always place them inside the nappy pocket to avoid skin irritation

