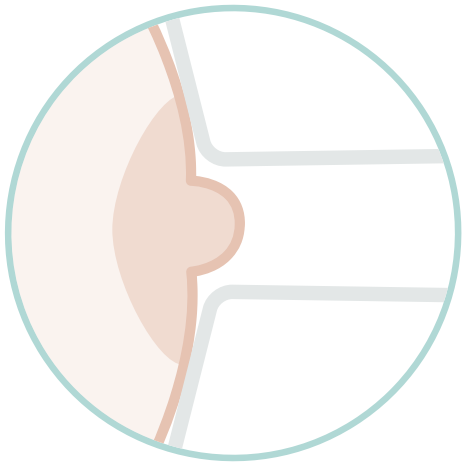


Find Your Size



Good Fit

- 1** Fold paper and use scissors to cut out the centre of the circles.
- 2** Unfold paper and wait to the end of your pumping session.
- 3** Hold circles to your nipple to gauge your correct shield size.

Ensure a 2-4mm gap surrounding your entire nipple for an optimal fit.

To guarantee accurate measurements, ensure this document is printed at 100%.

