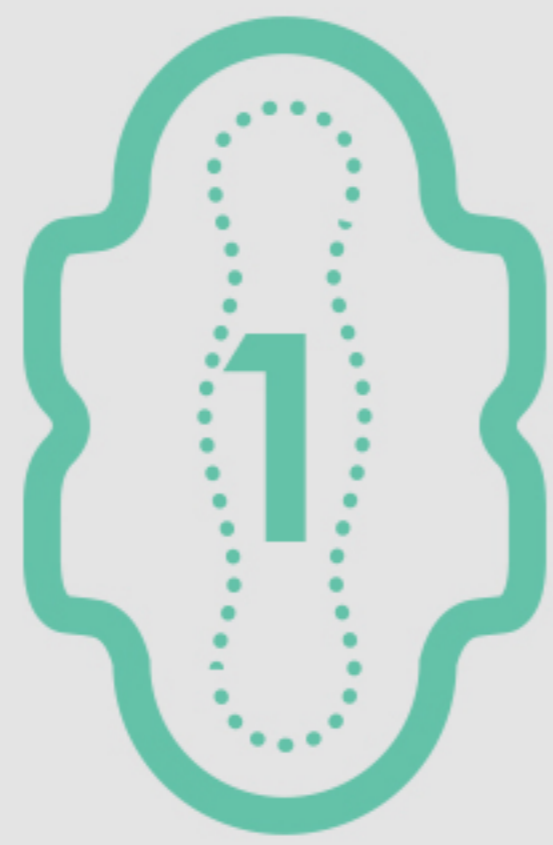


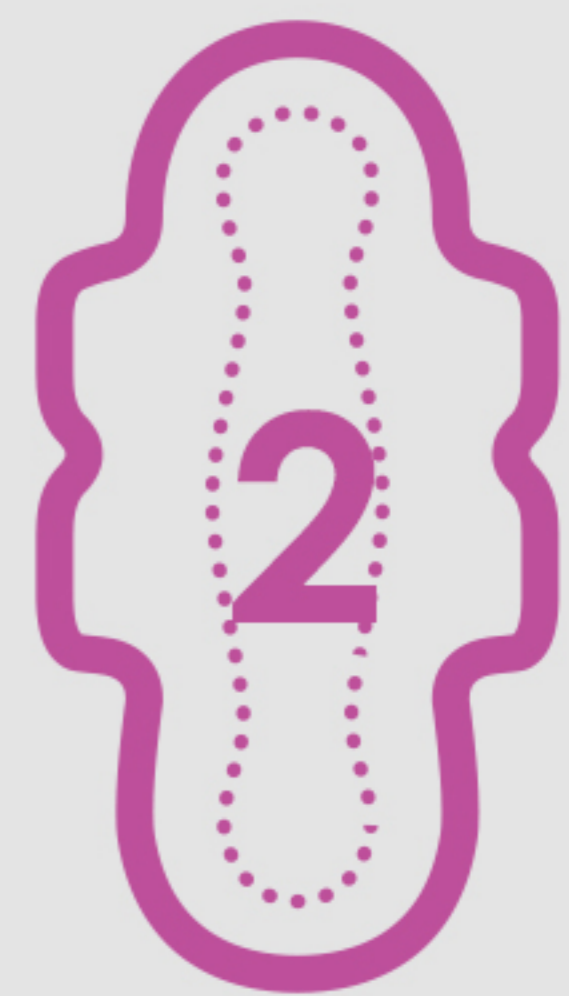
Undie size

Flow	Undie size		
	S	M	L
Light	1	1	2
Moderate	1	2	3
Heavy	2	3	3
For extra Always night protection	4	4	4



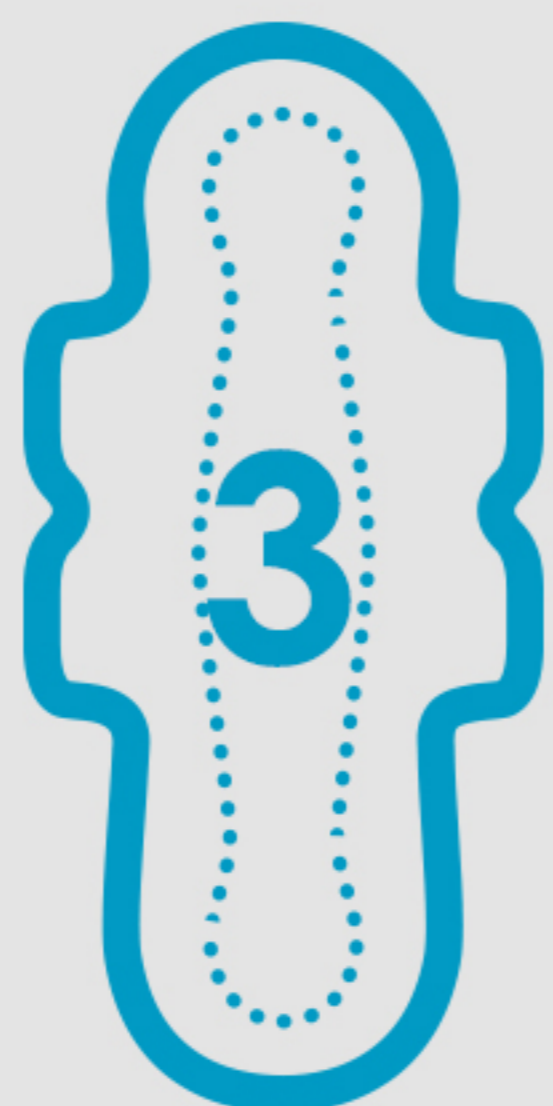
1. ALWAYS Ultra Size 1

ALWAYS Ultra Normal (Size 1) offers up to 100% protection for your shape and flow. Size 1 is for light flow days for Small and Medium-sized knickers, and can also be used for small knickers on moderate flow days.



2. ALWAYS Ultra Size 2

ALWAYS Ultra Long with wings (Size 2) offers up to 100% protection for your shape and flow. Size 2 is for light flow days for Large-sized knickers; moderate flow days for Medium and Large-sized knickers; or heavy flow days for Small-sized knickers.



3. ALWAYS Ultra Size 3

Recommended for both day and night usage, ALWAYS Ultra Night with wings (Size 3) offers up to 100% protection for your shape and flow. Size 3 is for moderate flow days for Large-sized knickers; or heavy flow days for Medium or Large-sized knickers.



4. ALWAYS Ultra Size 4

Especially created for overnight protection, ALWAYS Ultra Secure Night (Size 4) offer extra night coverage with a 60% larger back than ALWAYS Ultra Normal pads. Size 4 is made for all knicker sizes and flow strengths, and to give you protection against leakage no matter how much you toss and turn throughout the night.