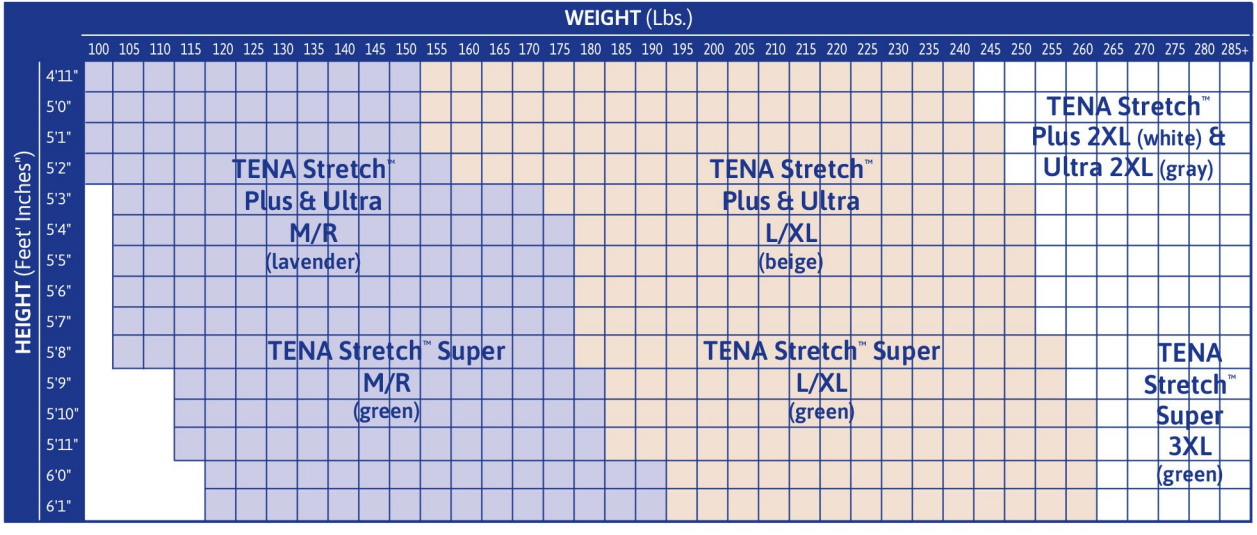
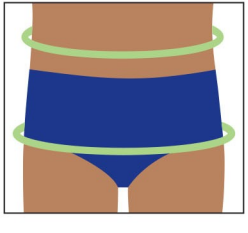
# TENA Stretch™ Brief Size-Wise Chart

Use this quick & easy reference guide to determine the appropriate TENA Stretch™ Brief size.



To determine the accurate size, measure the wearer's waist or hips (whichever is larger). The size of the brief is printed along the length of the wetness indicator.

**You will generally find that women have larger hips while men have larger waists.**