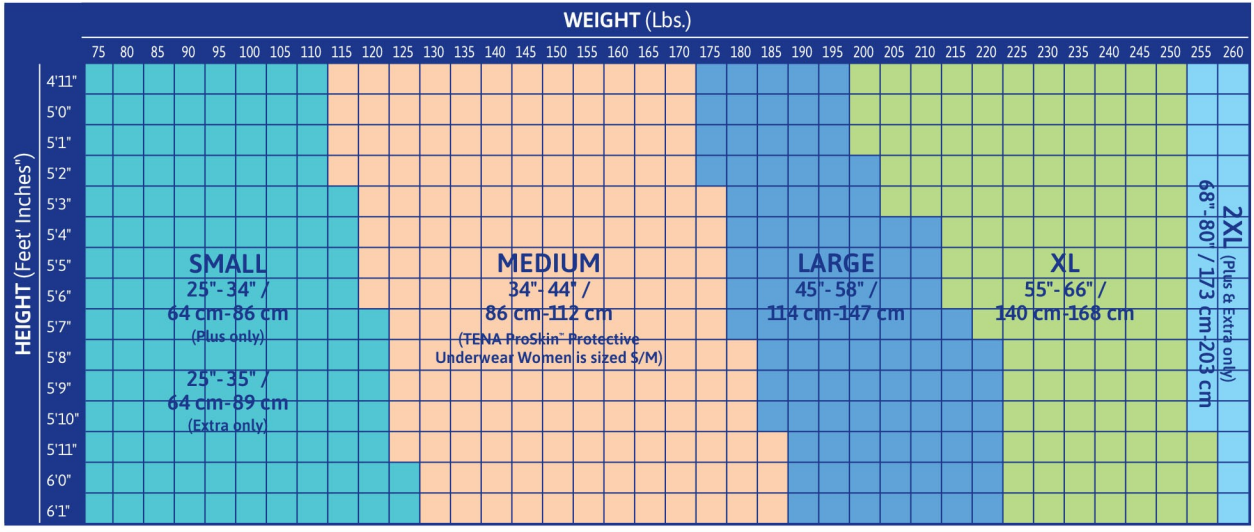
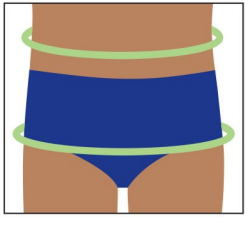
TENA® Protective Underwear Size-Wise Charts

TENA® PLUS, TENA® EXTRA, TENA OVERNIGHT™ SUPER & TENA PROSKIN™ PROTECTIVE UNDERWEAR FOR WOMEN/MEN





To select the size that will provide the best fit for wearer comfort and leakage security, measure the wearer's waist or hips (whichever is larger) and follow the chart. The size of the protective underwear is printed on the back.

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