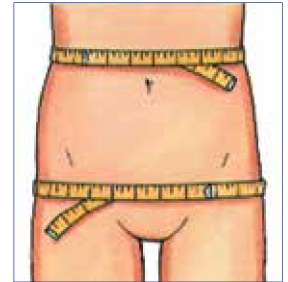
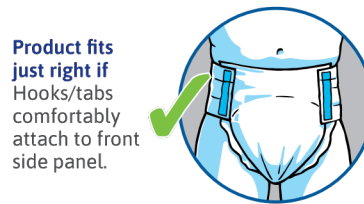
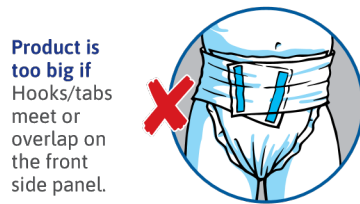
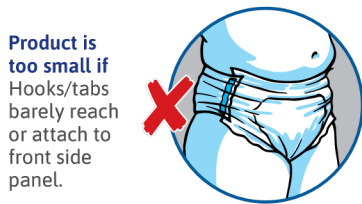


TENA® Briefs & Underwear Sizing Guide

To determine the accurate size, measure the waist or hips (whichever is larger) and follow the appropriate chart below.

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



TENA® Briefs

Sizes	Fits Waist/Hips
XS	17" - 29"
S	22" - 36"
M	34" - 47"
R	40" - 50"
L	48" - 59"
XL	60" - 64"

TENA Complete™; TENA Complete +Care™; TENA Complete Ultra™; TENA Complete +Care Ultra™

Sizes	Fits Waist/Hips
M	32" - 44"
L	40" - 56"
XL	52" - 62"

TENA Stretch™ Briefs

Sizes	Fits Waist/Hips
M/R	33" - 52"
L/XL	41" - 64"
2XL	64" - 70"
3XL	69" - 96"

TENA ProSkin™ Flex

Sizes	Fits Waist/Hips
S	24" - 34"
M	28" - 42"
L	33" - 50"
XL	41" - 61"

Add TENA® Flex Extender Belt to increase fit to 71"

TENA® Underwear

Sizes	Fits Waist/Hips
S	25" - 35"
M	34" - 44"
L	45" - 58"
XL	55" - 66"
2XL	68" - 80"

TENA® Women™ Super Plus • Heavy Underwear

Sizes	Fits Waist/Hips
S/M	29" - 40"
L	37" - 50"
XL	48" - 64"

TENA® MEN™ Protective Underwear

Sizes	Fits Waist/Hips
M/L	34" - 50"
XL	44" - 64"

TENA ProSkin™ Underwear for Men & Women

Sizes	Fits Waist/Hips
S/M (Women)	34" - 44"
M (Men)	34" - 44"
L	45" - 58"
XL	55" - 66"



Scan the QR code for recommended application video of:

- TENA Complete™ Briefs / TENA Complete Ultra™ Briefs
- TENA Complete +Care™ Briefs / TENA Complete +Care Ultra™ Briefs
- TENA Stretch™ Briefs

