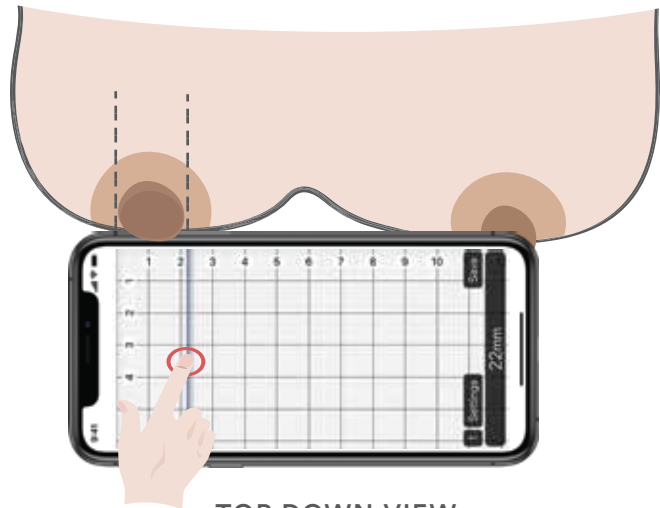
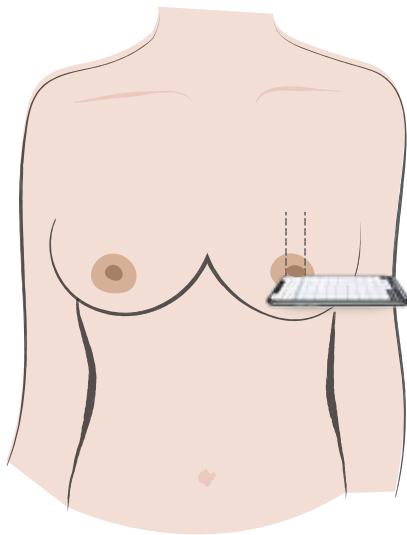




### HOW TO SIZE YOUR NIPPLES USING YOUR PHONE

- Download Ruler 2.0 for iOS or Millimeter for Android phones.
- In the app settings, make sure to set the measurement to mm.
- Stimulate your nipple so it perks up.
- Looking down at your phone and breast, allow your nipple to rest on your phone screen perpendicular to your chest. One side of the base of your nipple (where it begins to stick out from your areola) should line up with the zero-zero point on your screen.
- Move the sliding measuring bar on the screen to the other side of base of your nipple to get your measurement.
- Use a flange that is 2 -4 mm larger than nipple measurement, for example, if you measure 19mm begin with a 21mm flange and experiment with other sizes based on comfort and production.
- If your size falls outside of 11 – 25mm, please feel free to contact us.



#### TOP DOWN VIEW

Use your finger to slide the ruler line to measure nipple.

### How to select your Willow size vs flange size

Nipple Measurement	Willow Flange & Container Size	Sizing Insert
11 - 13mm	24mm* <i>with sizing insert</i>	15mm
13 - 15mm	24mm* <i>with sizing insert</i>	17mm
15 - 17mm	24mm* <i>with sizing insert</i>	19mm
17 - 19mm	21mm	NA
20 - 22mm	24mm	NA
23 - 25mm	27mm	NA

*\*Sizing inserts fit 24mm Flanges and Containers only.  
Sizing Inserts, Containers and Flanges sold separately.*