



## How to Measure

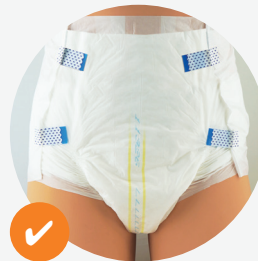
Use a tape measure to measure in inches the **widest part of your body between waist and hip**. Use this number to determine product size.



### Briefs Size Guide

Size	Waist/Hip	Weight	Women's Pant Size	Men's Pant Size
Youth	16" - 22"	28 - 42 lbs	N/A	N/A
X-Small	18" - 26"	42 - 90 lbs	0 - 3	18 - 26
Small	24" - 32"	85 - 100 lbs	4 - 6	24 - 32
Medium	32" - 44"	100 - 150 lbs	8 - 12	32 - 44
Large	44" - 58"	150 - 200 lbs	14 - 18	44 - 58
X-Large	56" - 64"	200 - 250 lbs	18 - 24	56 - 64
2XL	60" - 80"	250+ lbs	26 - 28	60+
3XL	64" - 96"	250+ lbs	28+	64+
4-5XL	70" - 108"	250+ lbs	28+	70+

#### Good Fit



#### Too Big



#### Too Small



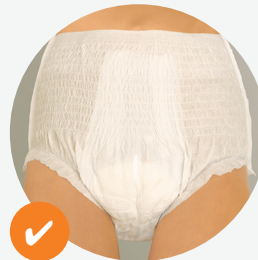
Brief should fit snugly with the placement of the tape tabs **on the hips** and no gaps around the legs.



### Protective Underwear Size Guide

Size	Waist/Hip	Weight	Women's Pant Size	Men's Pant Size
Youth	15" - 25"	38 - 65 lbs	N/A	N/A
X-Small	17" - 28"	65 - 85 lbs	0 - 3	17 - 28
Small	22" - 36"	80 - 125 lbs	4 - 6	22 - 36
Medium	34" - 48"	120 - 175 lbs	6 - 12	34 - 48
Large	44" - 54"	170 - 210 lbs	12 - 18	44 - 54
X-Large	48" - 66"	210 - 250 lbs	18 - 24	48 - 66
2XL	62" - 80"	250+ lbs	24+	62+

#### Good Fit



#### Too Big



#### Too Small



Underwear should fit snugly **touching the crotch** with no gaps around the legs.

Sizing is not always perfect; the sizes shown are recommendations, not a guarantee.



For questions, call Tranquility Customer Care at 1-866-865-6101 or visit [TranquilityProducts.com](https://TranquilityProducts.com).

