

# BELLY BANDIT®

## SIZING CHART

<b>Belly Bandit</b>	
Alpha size	Waist Measurement
XS	28-32
S	33-37
M	38-43
L	44-49
XL	50-57

<b>Upsie Belly</b>	
Alpha size	Belly Measurement
S	31-38
M	39-46
L	47-58
XL	59-70

<b>Mother Tucker Legging</b>	
Alpha size	Numeric size
S	2-6
M	8-10
L	12-16

<b>BDA Legging</b>	
Alpha size	Numeric size
S	2-6
M	8-12
L	14-18

<b>Belly Shield</b>	
Alpha size	Numeric
XS/M	0-8
L/G-2XL	10-16

### How to size for your Belly Bandit.

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Due to the variations in size and shape of women's bodies, we realize it may be tricky to size yourself for a Belly Bandit. Correct sizing is essential for comfort and product effectiveness. Buying a Belly Bandit that is too large will not wear well under clothing and may affect end results. There is no exact science that fits all women, but don't fret, here are some tips we have found to be helpful...

If you are purchasing a Belly Bandit early on in your pregnancy, your best bet is to go up 1 to 2 band sizes from your pre-pregnancy belly size.

In the eighth month many women will be the same size as they will be post delivery. Simply measure the part of your tummy that is the biggest all the way around your abdomen, which is usually at the belly button. Choose the corresponding band for your size.

Just prior to delivery simply subtract 3 to 5 inches from your belly measurement. Select the corresponding band for that size. If you purchase your Belly Bandit after you give birth, simply choose the corresponding band for belly size. The Belly Bandit is designed with five inches of adjustability to stay tight as you shrink.

### How your Belly Bandit should fit.

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When you try on your Belly Bandit for the first time the ends should barely be touching. That's right, if you can pull the Velcro closed it is too big! If the ends of the band are 1-2 inches shy of closing DO NOT EXCHANGE for a larger size. Simply lay down on a flat surface with the band beneath you and try closing it or get a little help from your partner! If you find the band to be extremely tight you can wear it for a few hours each day until you begin to shrink in to the size. You'll soon be wearing it around the clock!

