



*always*

## Ask Always

### **What's the difference between day and night sanitary towels?**

ALWAYS Ultra Night (Size 3) and ALWAYS Ultra Secure Night (Size 4) sanitary towels are especially designed for overnight protection and offer more coverage, no matter how much you toss and turn. ALWAYS Ultra Normal (Size 1) and ALWAYS Ultra Long (Size 2) sanitary towels are designed for optimal daytime protection.

### **Which Ultra sanitary towel should I use for my flow?**

No two women are the same, that's why ALWAYS Ultra provides protection tailored to every woman's shape and flow. For light flow days for Small and Medium-sized knickers, use Size 1. For moderate flow days for Small-sized knickers, use Size 1, and Size 2 for Medium and Large-sized knickers. For heavy flow days for Small-sized knickers, use Size 2, and Size 3 for Medium and Large-sized knickers.

### **What sizes do ALWAYS Ultra sanitary towels come in?**

ALWAYS Ultra sanitary towels come in four different sizes for every woman's shape and flow: Normal (Size 1), Long (Size 2), Night (Size 3), and Secure Night (Size 4). Keep in mind that the better the fit, the better it protects.

### **How often should I change my ALWAYS Ultra sanitary towel?**

The frequency with which you change your sanitary towel depends on your particular flow. The heavier your flow, the more often you should change your sanitary towel to reduce the risk of leaking. The lighter your flow, the less often you may need to change your sanitary towel. It is recommended to change your sanitary towel every four to eight hours.

### **How do I avoid leaks?**

Make sure you use the size best adapted to your shape and flow. For additional leakage protection, try a higher size and consider changing your sanitary towel more frequently. Sanitary towels with wings provide a closer fit to your knickers that not only helps keep the pad in place but also keeps it closer to your body's shape, further reducing the risk of leakage.

### **What about days that I don't have my period?**

To keep a fresh feeling all day, no matter what's happening, especially if you have vaginal discharge, or occasional spotting consider using ALWAYS DAILIES Panty Liners.

### **What is ALWAYS MY FIT?**

ALWAYS My Fit is a range of pads to allow each woman to get the best protection to fit her individual shape and flow.