



## Ask Always



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

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

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

If you have a light to moderate flow you may use ALWAYS Sensitive Ultra Normal (Size 1) sanitary towels, with or without wings. If you have a moderate to heavy flow you may use ALWAYS Sensitive Ultra Long (Size 2) sanitary towels with wings for greater coverage. If you have a very heavy flow, you may also use ALWAYS Sensitive Ultra Night (Size 3) sanitary towels for even more coverage and protection during the day.

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

ALWAYS Sensitive Ultra sanitary towels come in three different sizes: Ultra Normal (Size 1), Ultra Long (Size 2), and Ultra Night (Size 3). Keep in mind that the longer the sanitary towel the better the coverage and protection.

### **How often should I change my ALWAYS Sensitive 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?**

Choose a larger size for better coverage and sanitary towels with wings for a better fit to your knickers and make sure you change the sanitary towel frequently.

### **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, consider using ALWAYS DAILIES Panty Liners.

### **How is ALWAYS Sensitive Ultra different from other sanitary towels?**

ALWAYS Sensitive Ultra sanitary towels have a soft-like-cotton top layer on top of the wings for a great fit and ultra comfort. They are also scent free for your delicate skin.

### **Are ALWAYS Sensitive Ultra sanitary towels dermatologically tested?**

ALWAYS Sensitive Ultra sanitary towels are dermatologically tested and scent free for delicate skin.

