

Super Shield Sizing Chart

(US Bra Sizes / Nipple Diameter in US Coin Equivalents)

Every woman's breasts are different -- both internally and externally. Our Sizing Chart recommendations are based on external dimensions and the results of moms' experiences in using the Super Shields. Depending on skin elasticity, areola size, etc., different moms wearing the same bra size and having the same nipple diameter may find different sizes of Super Shields to be most comfortable. Many moms with very pliable/elastic breasts prefer a relatively smaller size; moms with very firm breasts often prefer a relatively larger size.

Super Shield Size:

Medium	Large	Xlarge
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Mom may fit either size:
(one will usually be more comfortable)

M/L	L/XL
Medium	Large
Large	Xlarge

The following chart will help you determine which size to choose based on both current bra/cup size and approximate nipple diameter (**not including areola**) - Pencil Eraser/Dime, Nickel/Quarter, Larger than a Quarter:

Cup Size / Nipple Diameter (Not Including Areola)

32	32B Pencil/Dime	32B Nkl/Qtr	32B Qtr++	32C Pencil/Dime	32C Nkl/Qtr	32C Qtr++	32D Pencil/Dime	32D Nkl/Qtr	32D Qtr++	32DD Pencil/Dime	32DD Nkl/Qtr	32DD Qtr++	32DDD-G Pencil/Dime	32DDD-G Nkl/Qtr	32DDD-G Qtr++
34	34B Pencil/Dime	34B Nkl/Qtr	34B Qtr++	34C Pencil/Dime	34C Nkl/Qtr	34C Qtr++	34D Pencil/Dime	34D Nkl/Qtr	34D Qtr++	34DD Pencil/Dime	34DD Nkl/Qtr	34DD Qtr++	34DDD-G Pencil/Dime	34DDD-G Nkl/Qtr	34DDD-G Qtr++
36	36B Pencil/Dime	36B Nkl/Qtr	36B Qtr++	36C Pencil/Dime	36C Nkl/Qtr	36C Qtr++	36D Pencil/Dime	36D Nkl/Qtr	36D Qtr++	36DD Pencil/Dime	36DD Nkl/Qtr	36DD Qtr++	36DDD-G Pencil/Dime	36DDD-G Nkl/Qtr	36DDD-G Qtr++
38	38B Pencil/Dime	38B Nkl/Qtr	38B Qtr++	38C Pencil/Dime	38C Nkl/Qtr	38C Qtr++	38D Pencil/Dime	38D Nkl/Qtr	38D Qtr++	38DD Pencil/Dime	38DD Nkl/Qtr	38DD Qtr++	38DDD-G Pencil/Dime	38DDD-G Nkl/Qtr	38DDD-G Qtr++
40	40B Pencil/Dime	40B Nkl/Qtr	40B Qtr++	40C Pencil/Dime	40C Nkl/Qtr	40C Qtr++	40D Pencil/Dime	40D Nkl/Qtr	40D Qtr++	40DD Pencil/Dime	40DD Nkl/Qtr	40DD Qtr++	40DDD-G Pencil/Dime	40DDD-G Nkl/Qtr	40DDD-G Qtr++
42				42C Pencil/Dime	42C Nkl/Qtr	42C Qtr++	42D Pencil/Dime	42D Nkl/Qtr	42D Qtr++	42DD Pencil/Dime	42DD Nkl/Qtr	42DD Qtr++	42DDD-G Pencil/Dime	42DDD-G Nkl/Qtr	42DDD-G Qtr++
44				44C Pencil/Dime	44C Nkl/Qtr	44C Qtr++	44D Pencil/Dime	44D Nkl/Qtr	44D Qtr++	44DD Pencil/Dime	44DD Nkl/Qtr	44DD Qtr++	44DDD-G Pencil/Dime	44DDD-G Nkl/Qtr	44DDD-G Qtr++
46				46C Pencil/Dime	46C Nkl/Qtr	46C Qtr++	46D Pencil/Dime	46D Nkl/Qtr	46D Qtr++	46DD Pencil/Dime	46DD Nkl/Qtr	46DD Qtr++	46DDD-G Pencil/Dime	46DDD-G Nkl/Qtr	46DDD-G Qtr++
48				48C Pencil/Dime	48C Nkl/Qtr	48C Qtr++	48D Pencil/Dime	48D Nkl/Qtr	48D Qtr++	48DD Pencil/Dime	48DD Nkl/Qtr	48DD Qtr++	48DDD-G Pencil/Dime	48DDD-G Nkl/Qtr	48DDD-G Qtr++