

Dear valued customer,

Thank you very much for your purchase of Shreddies underwear. We hope you will be happy with them. To get the best performance from your underwear, please follow the wash care instructions below carefully.

We recommend that Shreddies be washed using **ONLY** Baking Soda and **NO FABRIC SOFTENER**. This is because some detergents contain additives and softeners that can clog up the activated carbon cloth in the rear panel of the garment, which will reduce their filtering properties.

Please bear in mind that the underwear can shrink by up to 4% after the first wash. If you find the underwear to be only very slightly loose fitting then a simple wash may resolve this.

Please take note of wash care instructions, as it is important to keep your Shreddies in good condition. The underwear should not be washed with fabric softener as this can clog the pores of the carbon and make it less effective. Furthermore, please dry the garment thoroughly after washing to ensure the carbon is properly reactivated, giving the best possible performance. We recommend tumble-drying on medium heat, although the garment can be line dried.

We would be grateful to hear any feedback. Please let us know if you find the underwear effective and how they have improved your life.

If you have any further questions regarding your Shreddies please do not hesitate to contact us at [Info@ShreddiesUSA.com](mailto:Info@ShreddiesUSA.com)

Kindest Regards

## SIZING & HOW TO GET THE BEST OUT OF YOUR SHREDDIES

*It is very important that the underwear fits correctly. There should be no gaping around the waistband or the leg openings, the material should be taught against the skin preventing odors from escaping. The carbon back panel should be held snugly to the body over the buttocks and under the gusset, allowing flatulence to pass through the panel and be completely filtered.*

## BODY POSITIONS

*To avoid flatulence escaping around the filter we recommend that you stand with your legs together and try to let your wind out slowly. When sitting, keep your knees together and sit upright so that flatulence cannot escape forward. If your Shreddies fit correctly and you ensure that your flatulence passes through the rear panel all odor will be removed.*