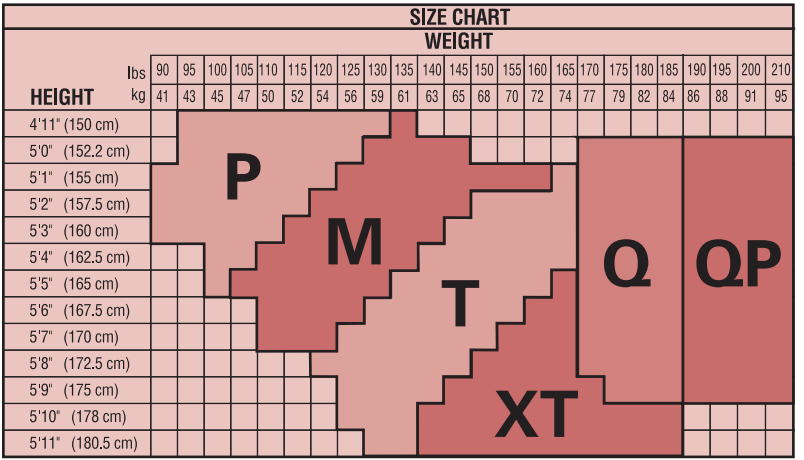
Fitting Instructions: To determine the correct size, locate height and weight on the accompanying chart. Where these values meet determines the size. For maternity style (1777) use pre-pregnancy weight.

Size Chart for LITES Panty Hose - 1775, 1777, 1779