

## Trulife 630

# Trulife Naturalwear 630 Active Flow Swim/Activity Form Instruction Manual

## 1. INTRODUCTION

The Trulife Naturalwear 630 Active Flow Swim/Activity Form is designed for individuals seeking a comfortable and functional breast form for swimming and active lifestyles. Constructed with lightweight monoprene beads, this form does not absorb water and dries quickly, making it ideal for aquatic environments. The unique bead filling allows the form to move and flatten naturally when lying down, providing a discreet and flattering profile. It features a fast-dry spacer fabric and includes a water-resistant satin drawstring bag for convenient transport of damp items. A satin garment loop is also integrated for secure placement within a garment.

## 2. PRODUCT OVERVIEW



This image displays the beige Trulife Naturalwear 630 Active Flow Swim/Activity Form, showcasing its contoured shape and textured surface. It is placed on a purple satin drawstring bag, which is included for storage and transport.


### Key Features:

- Lightweight monoprene beads that do not absorb water and dry quickly.
- Beads move and flatten for a natural and flattering profile when lying down.
- Molded with fast-dry spacer fabric for enhanced comfort.
- Includes a water-resistant satin drawstring bag for damp items.
- Satin garment loop for secure pinning into a garment.

## 3. SETUP AND SIZING

### Sizing Guide:

To ensure the best fit, refer to the ActiveFlow Size Guide below. Proper sizing is crucial for comfort and a natural appearance.

ActiveFlow Size Guide							
Cup Size							▼
AA	A	B	C	D	DD	DDD	
Bra Band Size, inches							
28							1
30	28						2
32	30	28					3
34	32	30	28				4
36	34	32	30				5
38	36	34	32	30			6
40	38	36	34	32			7
42	40	38	36	34	32		8
44	42	40	38	36	34		9
46	44	42	40	38	36	34	10
48	46	44	42	40	38	36	11
50	48	46	44	42	40	38	12
52	50	48	46	44	42	40	13
	52	50	48	46	44	42	14

This chart provides the ActiveFlow Size Guide, illustrating how to select the correct form size (ranging from 1 to 14) based on your bra cup size (AA through DDD) and bra band size (28 to 52 inches). It is crucial for ensuring a proper and comfortable fit.

**Initial Placement:**

- Inspect the Form:** Before first use, carefully inspect the form for any manufacturing defects or damage.
- Choose Garment:** The Active Flow Swim/Activity Form is designed to be worn inside a mastectomy swimsuit pocket or a sports bra. Ensure your chosen garment has a secure pocket or sufficient support.
- Positioning:** Gently place the form into the garment pocket. Adjust its position to achieve a natural and balanced silhouette. The flexible monoprene beads allow for minor adjustments to conform to your body's contours.
- Securing (Optional but Recommended):** For added security, especially during vigorous activities or swimming, utilize the integrated satin garment loop. Pin this loop to the inside of your garment.

Ensure the pin does not puncture the form itself.

## 4. OPERATING INSTRUCTIONS

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Once properly placed and secured, the Active Flow Swim/Activity Form is ready for use during various activities.

### Usage Guidelines:

- **Swimming:** The form's lightweight, water-resistant design makes it suitable for swimming. It will not absorb water, maintaining its weight and shape in aquatic environments.
- **Active Lifestyles:** Wear the form during exercise, sports, or other physical activities. Its breathable construction helps manage moisture and heat more effectively than traditional silicone forms.
- **Comfort and Adjustment:** The monoprene beads adapt to body movements, offering comfort and a natural feel. Minor adjustments may be needed periodically to maintain the desired shape and position, similar to how a bean bag conforms.

## 5. MAINTENANCE AND CARE

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Proper care ensures the longevity and hygiene of your Active Flow Swim/Activity Form.

1. **Cleaning:** After each use, especially after swimming or strenuous activity, rinse the form thoroughly with mild soap and cool water. Gently squeeze out any excess water.
2. **Drying:** Allow the form to air dry completely. The fast-dry spacer fabric and monoprene beads facilitate quick drying. Do not use direct heat sources such as hair dryers, radiators, or direct sunlight, as this may damage the material.
3. **Storage:** Store the completely dry form in its provided water-resistant satin drawstring bag. Keep it in a cool, dry place away from direct sunlight. Avoid placing heavy objects on top of the form to prevent deformation.

## 6. TROUBLESHOOTING

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This section addresses common concerns and provides solutions for optimal use of your Active Flow Swim/Activity Form.

### Form Shifting or Floating:

- **Issue:** The form shifts position or floats out of the garment during activity.
- **Solution:** Ensure the form is securely placed within a snug-fitting mastectomy bra or swimsuit pocket. Utilize the satin garment loop to pin the form to your garment for extra stability. A tighter-fitting garment may also help.

### Scratchiness or Discomfort:

- **Issue:** The form feels scratchy or causes discomfort against the skin.
- **Solution:** The form is designed to be worn within a garment pocket. If worn directly against the skin, it may cause irritation. Ensure it is always placed inside a fabric pocket or a bra with a soft lining.

### Does Not Maintain Rigid Shape:

- **Issue:** The form does not hold a perfectly rigid shape, especially when lying down.
- **Solution:** This is an intended characteristic of the monoprene bead design, which allows for natural movement and flattening. It is designed to adapt to your body and position for a more natural

appearance. If a consistently rigid shape is desired, this form may not be suitable for that specific need.

## 7. SPECIFICATIONS

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- **Model:** 630 Active Flow Swim/Activity Form
- **Brand:** Trulife
- **Fabric Type:** 100% Monoprene
- **Origin:** Imported
- **Fit Type:** Snug
- **Pattern:** Solid
- **Date First Available:** June 12, 2013
- **ASIN (Parent):** B00COU4LOK

## 8. WARRANTY AND SUPPORT

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For specific warranty information regarding your Trulife Naturalwear 630 Active Flow Swim/Activity Form, please refer to the product packaging or contact Trulife customer support directly. For general product inquiries or assistance, please reach out to the manufacturer, Trulife.