

Pepper Zero-G Wirefree Lift-Up Bra

Pepper Zero-G Wirefree Lift-Up Bra Instruction Manual

Model: Zero-G Wirefree Lift-Up Bra

1. INTRODUCTION

This manual provides comprehensive instructions for the Pepper Zero-G Wirefree Lift-Up Bra. Designed for comfort and support, this bra features a wire-free design with gradual lift cups, specifically tailored for AA, A, and B cup sizes. Please read this manual thoroughly to ensure proper use and care of your product.



Image: Front view of the Pepper Zero-G Wirefree Lift-Up Bra in black.

2. PRODUCT FEATURES

- **Wire-Free Design:** Provides comfort without the use of underwires.

- **Gradual Lift Cups:** Engineered to offer a sculpted lift and shape, minimizing cup gaps.
- **Tailored for Smaller Cup Sizes:** Specifically designed for AA, A, and B cup sizes to ensure an optimal fit.
- **Soft Fabrics:** Constructed with buttery-soft materials and silky-smooth trims for enhanced comfort.
- **No Gaps:** The design aims to eliminate common cup gaps, providing a smooth silhouette.

How We Do it Differently

MADE FOR PEOPLE WITH SMALL BOOBS,
BY PEOPLE WITH SMALL BOOBS.

Designed to celebrate and flatter small-chested bodies: no more cup gaps or unnatural pushup padding.

THE PERFECT BRA FOR ALL SMALL CHESTED

Not all small chests are the same. That's why we design for band sizes 30-42, and cup sizes AA-B. Here's to all small boobs.

LOOKS GREAT, FEELS GREAT

Every measurement, seam, and fabric is handpicked to hug you like it was made for you. No poking, bunching, or riding up.

Image: Close-up of the bra highlighting gradual lift, smooth finish, and wire-free design.

Join the Movement

with more than 30,000 five-star reviews

★★★★★ and a million customers
and counting!



Image: Visual comparison demonstrating how Pepper bras eliminate cup gaps.

3. FITTING GUIDE

Achieving the correct fit is essential for comfort and support. Follow these steps to measure your bra size accurately.

3.1 How to Measure Your Bra Size

Your browser does not support the video tag.

Video: Official Pepper Bra guide on how to measure your bra size, covering band and bust measurements.

- 1. Measure Your Band Size:** Wrap a measuring tape snugly around your ribcage, just beneath your bust, on an exhale. Ensure the tape is level and straight. Note this measurement.
- 2. Measure Your Bust:** Wrap the tape around the fullest part of your bust, keeping it parallel to the floor. Record this number.
- 3. Measure a Single Cup (for fine-tuning):** Start at the center of your chest, measuring straight across the fullest part of one breast (over the nipple) and stop where your breast tissue ends near the underwire.

3.2 Size Chart

US Regular

Brand Size	US Size	Bust (in)	Under Bust (in)
30A	XXS	30 - 32	25 - 26
30B	XXS	32 - 33	25 - 26
32AA	XS	30 - 32	27 - 28
32A	XS	32 - 33	27 - 28
32B	XS	33 - 34	27 - 28
34AA	S	32 - 33	29 - 30
34A	S	33 - 34	29 - 30
34B	S	34 - 35.5	29 - 30
36AA	M	33 - 34	31 - 32
36A	M	34 - 35.5	31 - 32
36B	M	35.5 - 37.5	31 - 32
38AA	L	34 - 35.5	33 - 34
38A	L	35.5 - 37.5	33 - 34
38B	L	37.5 - 40	33 - 34
40AA	XL	35.5 - 37.5	35 - 36
40A	XL	37.5 - 40	35 - 36
40B	XL	40 - 41	35 - 36

3.3 Additional Fit Tips

- If you desire a snug, supportive fit with maximum lift, choose your true band and cup size.

- For a more relaxed fit, consider sizing up the band and down the cup.
- If you consider yourself a fuller B cup, other Pepper styles like the Signature All You, Limitless Wirefree Scoop Bra, or Signature Unlined Demi Bra might be more suitable.

Your browser does not support the video tag.

Video: A short preview demonstrating the fit of the Pepper Zero-G Bra.

Your browser does not support the video tag.

Video: A short preview showcasing the lift provided by the Pepper Lift Up Bra.

4. WEARING INSTRUCTIONS

To ensure maximum comfort and the intended lift, follow these general guidelines when wearing your Pepper Zero-G Wirefree Lift-Up Bra:

1. **Adjust the Band:** Fasten the bra on the loosest hook initially. The band should feel snug and level across your back, not riding up. You should be able to fit two fingers comfortably under the band.
2. **Scoop and Swoop:** Lean forward slightly and gently scoop your breast tissue from under your arm and into the bra cups. Ensure all tissue is contained within the cups.
3. **Adjust Straps:** Adjust the shoulder straps so they are firm but not digging into your shoulders. The straps provide support but the majority of the support should come from the band.
4. **Center Gore:** The center panel (gore) of the bra should lie flat against your sternum. If it's lifting away, the cups may be too small or the band too loose.

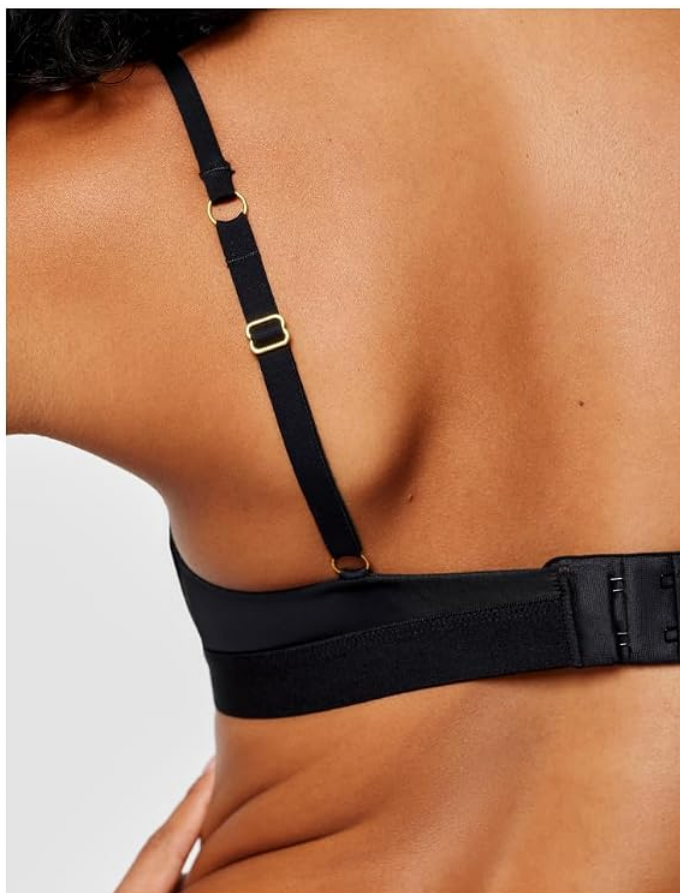


Image: Side view illustrating the correct positioning and fit of the bra.

5. MAINTENANCE AND CARE

Proper care will extend the life and maintain the quality of your Pepper bra.

- **Washing:** Hand wash only. Use cold water and a mild detergent. Gently squeeze out excess water.
- **Drying:** Do not tumble dry. Lay flat or hang to air dry. Avoid direct sunlight or high heat, as this can damage the fabric and elasticity.
- **Storage:** Store bras flat or folded in half to prevent creasing the cups.

Fabric Composition: Body: 75% Polyamide, 25% Elastane. Cup Lining: 75% Polyamide, 25% Elastane.

6. TROUBLESHOOTING COMMON FIT ISSUES

If you experience any of the following, consider adjusting your size or fit:

- **Cup Gaps:** If there are gaps at the top or sides of the cups, the cup size may be too large. Ensure you have scooped all breast tissue into the cups.
- **Band Riding Up:** If the band rides up your back, it is likely too loose. Try a smaller band size. The band should be firm and level.
- **Straps Digging In:** If straps are digging into your shoulders, the band may be too loose, causing the straps to overcompensate for support. Adjust the band first, then the straps.
- **Discomfort:** If the bra feels generally uncomfortable, re-check your measurements against the size chart. Ensure the fabric is smooth against your skin and not bunched.

7. SPECIFICATIONS

Feature	Detail
Brand	Pepper
Model	Zero-G Wirefree Lift-Up Bra
Underwire Type	Wire Free
Fabric Body	75% Polyamide, 25% Elastane
Fabric Cup Lining	75% Polyamide, 25% Elastane
Care Instructions	Hand Wash Only
Origin	Made in the USA or Imported

8. WARRANTY AND SUPPORT

For any questions regarding your Pepper Zero-G Wirefree Lift-Up Bra, including warranty information or support, please contact Pepper customer service directly.

You can visit the official Pepper store for more information and contact details:[Pepper Store on Amazon](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question