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### Welcome to our cloth nappy guide!

We are popolini, a second-generation Austrian family business. As parents, we understand how challenging it can be to find your path in parenting. Our "organic parenting" concept aims to support families in raising their babies in harmony with nature—intuitively, confidently, and sustainably.

Our mission: To provide high-quality organic products that make using cloth nappies practical, convenient, and hassle-free. Using cloth nappies not only saves around 1 ton of waste, but they are also healthier for your baby's skin and more cost-effective in the long run than disposable nappies.

Our nappies are fairly produced in Europe, durable, and eco-friendly—creating a better future for our children and future generations.







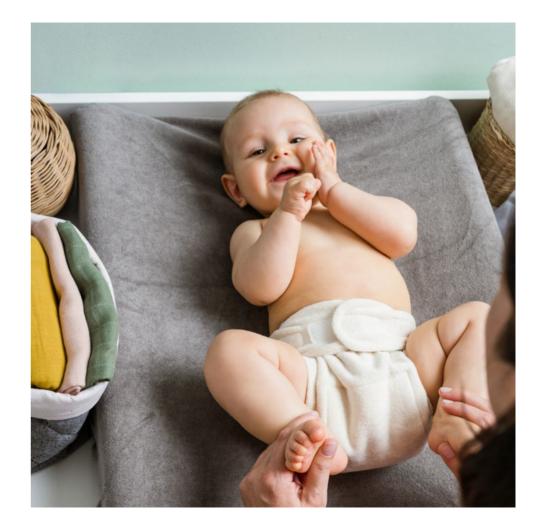
Fair



Made in the EU



Certified





There are various types of cloth nappies. And every child is different. This guide gives you insights into the diversity of our washable nappies – to find the best option for your little one.

How do you use them?

We also added practical instructions, tips and personal experiences around our products. You can always look them up again at a later moment for guaranteeing a successful cloth nappy journey.

Enjoy reading!

Your popolini team

# Cloth nappies

Cloth nappies are as easy to use as disposable nappies – but they are washable. Healthy for your baby, environmentally friendly and cheaper than the alternative made of plastic, there are many models and designs you can choose from. For almost 30 years, we have learned a lot accompanying countless parents and babies in growing up. Today we offer a diverse, ecological and modern range of products related to this topic. One baby needs either around 25 cloth nappies or 4.000 disposable nappies. You can decide.



nappy change tutorials



This link leads to the nappy change tutorials:



# **Systems**





This nappy consists of two parts: absorbent nappy and waterproof cover. The 2-part nappy system can absorb a lot of liquid and is the perfect solution for longer changing intervals or for the night.



#### 2-in-1 system

An absorbent core is inserted into the waterproof cover – muslins, prefolds or our particularly absorbent nappy inserts can be used. The volume and suction power of the nappy can be individually adjusted.



#### 3-in-1 system

This system includes three parts. A waterproof pouch is attached to the soft outer nappy and fitted with absorbent inserts. The absorbency of the terry cloth inserts can be increased by inserting booster pads into the provided opening. This slim nappy is particularly breathable.

# Basic equipment

**2-part system** (PopoWrap | Vento | WoolWrap | Woolpant + Newborn MiniFit | Newborn MiniSnap | MaxiSnap | UltraFit | Panda | TwoSize)

3-4 covers and 20-25 absorbent nappies

2-in-1 system\* (Snap2Fit | Kombolone + Prefolds | Mullwindeln | Einlagen)

3-5 Überhosen und 25-30 Einlagen

### **3-in-1 System\*** (EasyFree)

3 Außenwindeln, 6 Wannen, 25-30 Einlagen und 25-30 Booster

\* We recommend using a 2-part system at night. For this purpose 2 additional covers and 4 nappies with inserts are sufficient.

#### Accessory:

- 1-2 packages nappy liners popli
- 5-10 washing gloves or cleaning wipes
- 2 nappy bags (Rondo) or
- 1 nappy bucket + 2 laundry meshes
- 2 small nappy bags for on the go
- 1-2 washable changing mats

### Optional:

- 5-8 Stay-Dry liners
- 1-2 swim nappies
- 2-3 body extentions

# **Newborn MiniSnap**



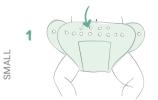


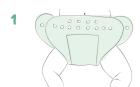
Absorbent nappy for newborns (~2-8 kg)

Our Newborn MiniSnap is closed with snaps. By folding the front the nappy can be made smaller easily.

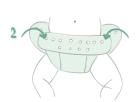
The elastic leg and back ends offer optimal leakage protection. An insert to increase the absorbency is included.

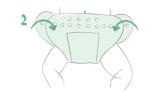
Nappy cover required - ideally combine with PopoWrap in XS. You can find more information in the section 'nappy covers'.

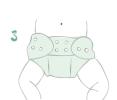




LARGE









- + slim fitted nappy
- + includes an extra absorbent insert
- elastic band for high leakage protection around the leg
- + size adjustable

- + snap fasteners do not require special care
- higher purchase costs, because more nappies have to be purchased later

### Material options:

Terry Organic: 100% organic\* COTTON, GOTS <sup>1</sup>, (□ max. 95°C)
Terry Soft: 85% organic\* COTTON, 15% POLYESTER, (□ max. 95°C)

\* organic cotton = cotton from controlled organic cultivation





# **Newborn MiniFit**





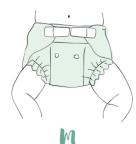
Absorbent nappy for newborns (~2-8 kg)

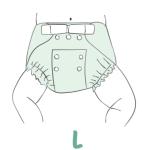
Adjustable snaps on the front let the Newborn MiniFit grow with your child. The velcro fastener allows stepless closing.

The elastic leg and back ends offer optimal leakage protection - fold the leg ruffles inwards for even more safety.

An absorbent insert to increase the absorbency is included. Nappy cover required - ideally combine with Popo-Wrap in XS. You can find more information in the section 'nappy covers'.







- + slim fitted nappy
- includes an extra absorbent insert
- elastic band for high leakage protection around the leg
- + velcro allows variable closing

- + size adjustable
- velcro requires maintenance
- higher purchase costs, because more nappies have to be purchased later

### Material options:

Terry Organic: 100% organic COTTON, GOTS <sup>1</sup>, (□ max. 95°C)
Terry Soft: 85% organic\* COTTON, 15% POLYESTER, (□ max. 95°C)





# MaxiSnap





One sized nappy (~3-15 kg)

The MaxiSpap is closed with snaps. It can be reduced in size by folding the front part downwards. It has to be folded over until the fabric fits well in the crotch.

The MaxiSnap requires a waterproof nappy cover. You can find more information in the section 'nappy covers'.

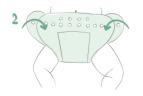


- 2



1

LARGE





- perfect night nappy due to high absorbency
- includes an extra absorbent insert
- elastic bands for high leakage protection around the legs

- one sized nappy low in costs
- snaps are easy to maintain
- quite large nappy bum (especially for newborns)

### Material options:

Terry Organic: 100% organic COTTON, GOTS <sup>1</sup>, (□ max. 95°C)
Terry Soft: 85% organic COTTON, 15% POLYESTER, (□ max. 95°C)





# UltraFit





One sized nappy (~3-15 kg)

The UltraFit is an absorbent nappy that can be adjusted in size with various snaps. It is closed with velcro. Fold leg ruffles inwards so they serve as poo catcher.

The UltraFit requires a waterproof nappy cover. You can find more information in the section 'nappy covers'.









- perfect night nappy due to high absorbancy (especially our terry version)
- + includes an extra absorbent insert
- + elastic bands for high leakage protection around the legs
- + one sized nappy low in costs

- + velcro allows variable closing
- quite large nappy bum in the terry version (especially for newborns)
- velcro requires maintenance

### Material options:

Terry Organic: 100% organic COTTON, GOTS <sup>1</sup>, (□ max. 95°C)
Terry Soft: 85% organic COTTON, 15% POLYESTER, (□ max. 95°C)

Interlock Soft: 80% organic COTTON, 20% POLYESTER, ( max. 95°C)

Tipp: Interlock material is thinner than Terry. It makes the nappy less

bulky and more suitable for newborns.







# Panda





## One sized nappy (~3-15 kg)

The Panda is closed with velcro strips. It can be reduced in size by simply turning it over. If the baby lies elevated due to the folded back part, the front part can be folded over alternatively.

The Panda requires a waterproof nappy cover. You can find more information in the section 'nappy covers'.



- our slimmest one sized terry nappy
- + high absorbency
- includes an extra absorbent insert
- + elastic bands for high leakage protection around the legs
- + one sized nappy low in costs
- + velcro allows variable closing
- slightly larger nappy bum for newborns
- velcro requires maintenance

#### Material options:

Terry Organic: 100% organic COTTON, (☐ max. 95°C)

Terry Soft: 85% organic COTTON, 15% POLYESTER, (☐ max. 95°C)

tutorial Panda



## **TwoSize**





Sized nappy **S** ~3-9 kg | **L** ~8-15 kg | **XL** ~14+ kg

The TwoSize is an absorbent nappy that can be closed with various snaps. It is available in 3 sizes. Fold leg ruffles inwards so they serve as poo catcher

Size S can be used as a transition nappy until one sized nappies fit perfectly.

The TwoSize requires a waterproof nappy cover. You can find more information in the section 'nappy covers'.

- slim fitted nappy
- can be pulled up like a panty when closed
- high absorbency
- elastic bands for high leakage protection around the legs

- snaps are easy to maintain
- requires several sizes
- no extra absorbant insert included

#### Material options:

Terry Organic: 100% organic COTTON, GOTS <sup>1</sup>, (≅ max. 95°C)

Terry Soft: 85% organic COTTON, 15% POLYESTER, (≅ max. 95°C)





tutorial

TwoSize

# Knitted nappy

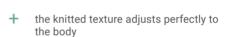




One sized nappy (~ 3-15 kg)

This nappy can be reduced in sizethrough simple folding and reinforced with individual absorbent inserts. It is closed with ribbons.

The knitted nappy requires a waterproof nappy cover. You can find more information in the section 'nappy covers'.



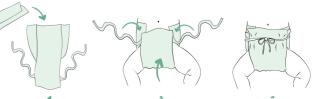
- individually adaptable absorbency
- one sized nappy low in costs

- requires a bit of practice
- not appropriate for highly mobile babies
- before washing, the ribbons need to be tied or weaved together

#### Material:

100% organic COTTON, GOTS ( max. 60° C)





# Prefold







Prefolded square of cotton fabric **S** 30x41 cm | **M** 34x47 cm | **L** 39x53 cm

This option is a real multi-talent! You can either fold it as a nappy (graphic 1) and combine it with a waterproof cover, create an absorbent inlay (graphic 2) to support knitted nappies, or simply place it into a nappy cover.

Our Prefold consists of 3 segments: 8 fabric layers in the middle part and 4 layers on each side. That makes it particularly easy to fold.

- individually adaptable through various folding techniques
- high absorbency
- slim nappy bum

Material: 100% organic\* COTTON, GOTS ( max. 95°C)





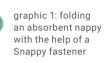


requires several sizes















graphic 2: folding an inlay





<sup>\*</sup> organic cotton = cotton from controlled organic cultivation

### **Muslin Cloths**







### 70x70 cm | 80x80 cm | 120x120 cm

Muslin cloths are versatile all-rounders, commonly known as baby burp cloths, but they can be easily folded into highly absorbent cloth nappies. They are double-woven, weighing approximately 145g/m², providing exceptional absorbency. The 70x70 cm size is particularly suitable for newborns, while the 80x80 cm size is ideal for babies around six months old. The 120x120 cm size is perfect for swaddling, as a blanket, or sun protection on hot summer days.









hohe Saugkraft

- schmales Windelpaket
- einfaches Falten

Material: 100% organic\* COTTON, GOTS

individuell anpassbar durch verschiedene Wickeltechniken

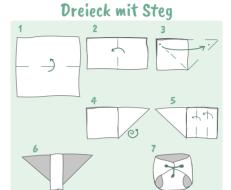
( max. 95°C)

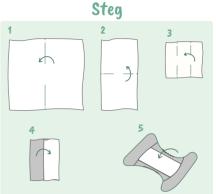
\* organic cotton = cotton from controlled organic cultivation



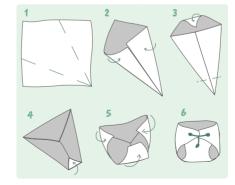


# **Folding Techniques**





# Drachen







# Nappy covers:

Nappy covers offer leakage protection and serve as a moisture barrier. When changing nappies, please make sure that they fully enclose the absorbent material on all edges! All our covers are Oekotex Standard 100, product class 1 certified. We distinguish between PU-coated covers and those made from wool.

**Our PU-covers** from 100% polyester are coated with polyurethane. That makes them especially leakproof, durable, and heat-resistant compared to conventional polyurethane laminated (PUL) covers. They dry quickly and you can simply wipe them of instead of renewing them at every nappy change.

**Our wool covers** offer an optimal moisture barrier without using any synthetic fibers. They can absorb wetness without feeling damp. The natural material has an antibacterial and self-cleaning effect, which requires less washing. After usage, it's often enough to ventilate the material. It can be newly impregnated with a lanolin wool cure if moisture gets through the cover. You can find more information about the maintenance of wool covers on page 45.

# **PopoWrap**





**XS** ~2-4 kg | **S** ~3-6 kg | **M** ~5-10 kg | **L** ~9-15 kg | **XL** ~14+ kg

The PopoWrap is a PU (polyurethane) coated cover with double elasticated leg cuffs. It is closed with velcro and can be wrapped over any absorbent washable nappy. For an optimal fit with newborn nappies, the PopoWrap in size XS can be adjusted in size by using snaps on the front.



- + multiple sizes offer a perfect fit
- + to be combined with any absorbent nappy
- + velcro allows variable closing

- covers in several sizes needed
- velcro requires more maintenance than snaps

Material: 100% POLYESTER with polyurethane coating

### Vento





**S** ~3-6 kg | **M** ~5-10 kg | **L** ~9-15 kg | **XL** ~14+ kg

The Vento is a PU (polyurethane) coated cover with simple leg cuffs. It is closed with snaps and can be wrapped over any absorbent washable nappy.



- gute Passform durch Mehrgrößen
- kombinierbar mit ieder Saugwindel
- Druckknöpfe können vom Kind nicht so leicht geöffnet werden
- kann im geschlossenen Zustand wie eine Unterhose hochgezogen werden
- optimal für Bauchschläfer durch den Gummizug am Bauch
- man benötigt Überhosen in ieder Größe
- nicht stufenlos einstellbar

#### Material:

100% POLYESTER mit Polyurethanbeschichtung (≅ max. 60°C)

# Snap2Fit





Size-adjustable nappy cover (~4-15 kg)

The Snap2Fit is a breathable and particularly slim cover that grows with the child. Prefolds, muslins or other absorbent boosters can be inserted into the practical flaps on the inside - so the Snap2Fit can easily be adapted to the changing needs of the baby.

Closure and size adjustability with snaps.



**Tip:** transform the Snap2Fit closure into a velcro closure with the Snap-on velcro (not included!).



- slim fit
- economical, as it is size adjustable
- the tabs prevent the inserts from slipping
- easy changing, as no extra absorbent nappy has to be closed
- + the optional velcro fastener can be removed for the wash cycle
- no optimal cover for fitted nappies
- the cover gets easier spoiles with poo than with fitted nappies

#### Material:

Cover: 100% POLYESTER with polyurethane coating

Flaps: outer: Stay-Dry 100% POLYESTER

inner: 100% POLYESTER with polyurethane coating

( max. 60° C)



tutorial Snan2Fit

# WoolWrap





## Size-adjustable wool nappy cover ~4-15 kg

The WoolWrap is a natural and excetionally breathable cover made of milled wool jersey. It closes with snaps and can be worn over any fitted nappy. To reduce the size, fold the front downwards until the

fabric fits snugly in the crotch. The soft elastic leg cuffs and elastic back offer optimal leakage protection, even for the nights.



**Tip:** transform the Snap2Fit closure into a velcro closure with the Snap-on velcro (not included!).

- especially breathable
- + slim fit
- favourable in the purchase, since it is adjustable in size
- + doesn't leave any marks on the edges
- + to be combined with any absorbent nappy

- + after usage without poo contact air out after use
- + washing only every 2-3 weeks
- wool needs to be washed separately
- regular wool cures (more on page 45)
- looks bulkier than PU-covers

Material: 100% organic merino WOOL/ 2 layers Cuffs: 97% organic merino WOOL, 3% ELASTANE (hand wash)



# WoolPant







**S** 62/68 ~3-6 kg | **M** 74/80 ~5-10 kg | **L** 86/92 ~9-15 kg | **XL** 98/104 ~14+ kg

The WoolPant is a double knitted cover made of wool. It is a natural and especially breathable moisture protection and can be worn over any absorbent nappy.

A new WoolPant has to be washed and impregnated several times until it seals perfectly.



- especially breathable
- multiple sizes guarantee a perfect fit
- + doesn't leave any marks on the edges
- + to be combined with any absorbent nappy
- after usage without poo contact air out after use

- + washing only every 2-3 weeks
- covers in several sizes needed
- wool needs to be washed separately
- regular wool cures (more on page 45)
- looks bulkier than PU-covers

Material: 100% organic WOOL (hand wash)

# **EasyFree**







### **S** ~2.5-5 kg | **M** ~4.5-10 kg | **L** ~9-15 kg

EasyFree is a hybrid nappy, consisting of 3 parts:

- · Outside nappy offers stability and an optimal fit.
- PU-coated pouch serves as a waterproof barrier. It is snapped into the outside nappy.
- Insert inside the pouch absorbs moisture. An additional booster can be added to increase absor-bency.

For easy-pottying with elimination communication babies, you simply hook up the EasyFree belly strap.



#### **Material Variations:**

outside nappy: 100% organic COTTON ( max. 40°C), 100% organic merino WOOL (hand wash), mulesing free

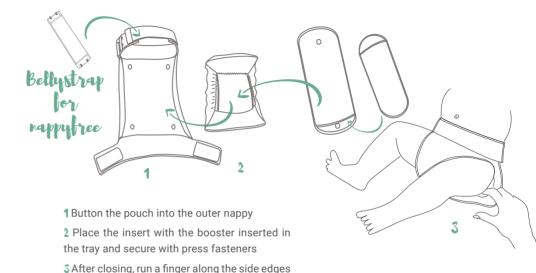
pouch: 100% POLYESTER with POLYURETHANE coating 100% organic merino WOOL (hand wash), mulesing frei

insert: absorbent core: 50% POLYESTER, 50% VISCOSE. outer: 100% organic COTTON terry ( max. 95°C)

Booster: absorbent core: 50% POLYESTER, 50% VISCOSE, outer: 100% organic COTTON terry ( max. 95°C)







for full cloth nappy use or for elimination communication (nappy free)

of the pouch and push them into the leg folds.

- simple nappy change
- 3 sizes for an optimal fit
- slim nappy bum

- + individually adaptable absorbency
- → reduced laundry for the environment (in many cases you only need to wash the insert)
- shorter nappy changing intervals
- not size adjustable



#### PERSONAL TIPS FOR EASYFREE:



- The sizes/weight specifications are guidelines. Every child has a different build.
- · Most babies wear size M for longer than other sizes.
- When transitioning to the next size, it may be that the smaller insert still fits better for a while, e.g., outer diaper "L" with insert "M."
- Some babies wear size L from around 8 months and later, with increased mobility, switch back to size M.
- Prefolds or muslin cloths can also be used as absorbent material
- The full absorbency of the inserts is only achieved after about 7 washes.
- The wool outer diaper offers a second layer of leak protection, unlike the cotton version.
- For diaper-free time, we recommend combining the diaper with our baby leg warmers or the EasyFree Crawlers.
- The EasyFree inserts can be buttoned into the insert holder to prevent them from falling out during potty time.



### Kombolone



Sized nappy for large children and adults

### XS | S | M | L | XL

The Kombolone is a flexible diaper which consists of 2 parts (cover and absorbent diaper) and is closed with a Velcro fastener. The buttonable absorbent diaper can be reinforced with prefolds or inserts (not included) through the opening at the front to achieve the desired absorbency. This makes the nappy particularly flexible, absorbent and laundry-friendly.







**Tip:** If the cover is slightly soiled, simply wipe them off and reuse them.

#### Material:

cover: 100% POLYESTER with POLYURETHANE coating,

(≅ max. 60°C)

absorbent nappy: 85% organic COTTON,15% POLYESTER,

(≅ max. 95°C)





+ easy nappy change, as no extra absorbent diaper needs to be fastened.

Kombolone measurements\*

Waist

44-68

54-88

60-110

72-124

85-144

\*in cm

Leg

22-36

32-49

46-71

50-78

XS

S

M

XL

- can be pulled up like underwear when closed.
- no slipping of absorbent inserts due to the pocket feature.
- + absorbency can be adjusted as needed with additional inserts.
- + short drying time thanks to separate absorbent inserts.
- not adjustable for growing.

# **Snappi nappy fastener**

Length: ~13 cm

Snappy is an elastic nappy fastener for closing prefolds or muslins.





# Popli nappy liners

Nappy liners help to catch poo and make it easy to remove. It can also be used as cleaning- or wet wipe. It is compatible with any cloth nappy system and it protects the material from coarse dirtiness.

Usage: Place the liner as a top layer into the nappy. During nappy changes, simply remove the dirty liner into the bin.

## Roll

Größe 16x28 cm

Popli nappy liners facilitate the disposal of poo.

Material: CELLULOSE, 85% biodegradable

# Вох

Größe 24x34 cm

Popli nappy liners facilitates the disposal of poo of a weaned child.

Material: VISCOSE, 72% biodegradable





### **Absorbent inserts**

Absorbent inserts can be combined with any cloth nappy system to increase absorbency. They are particularly useful as an additional layer for nighttime or extended diapering intervals.

# **Organic inserts**

~30x11cm

These inserts made from pure organic cotton offer a simple and natural solution to enhance the nappy's absorbency.

Adding one or more of these inserts can adjust the absorbency according to the baby's needs—the perfect choice for parents prioritising 100% natural materials.



#### Material:

Frottee: 100% organic COTTON, GOTS ( max. 95°C)



### **Absorbent inserts**

# **Security inserts**

**S** ~31x13 cm | **L** ~34x13 cm

The outer layer is made of soft, skin-friendly organic cotton. Inside is a highly absorbent viscose core that effectively absorbs moisture and provides high absorbency.

The integrated elastic at the sides is particularly practical, preventing liquid breastfed stool from leaking into the nappy cover. These inserts provide additional leak protection and reduce the amount of laundry.



#### Material:

absorbent core: 50% POLYESTER, 50% VISCOSE

Outer: 2 layers of soft terry cloth: 85% organic COTTON, 15% POLYESTER ( max. 95°C)

# **Stay-Dry liner**

Size: ~34x18 cm

Our Stay-Dry liner can be used instead of the cellulose liner. It keeps your child from being moist longer, as it quickly carries wetness into the absorbent part while still feeling dry. It's an optimal addition for the night. Possible poo is removed into the toilet: the cloth is washed.

Material: 100% POLYESTER (☐ max. 60°C)



### **Bourette silk liner**

Size: 1 ~15x24 cm | 2 ~15x45 cm

The bourette silk liner supports healing irritated skin as it's material has an anti-inflammatory and cooling effect. It is placed as a top layer into the nappy. Possible poo is removed into the toilet; the inlay needs to be washed by hand.

Material: 100% BOURETTE SILK (☐ max. 30°C)





#### **GENERAL TIPS FOR CLOTH NAPPY CHANGING**

- Wash your new napps at least 3 times before use. Full absorbency is only reached after the 7th wash.
- Use inserts to increase absorbency especially at night.
- When changing, make sure that the fabric fits well in the leg creases.
- Cloth nappys bottoms often need more room choose generously cut pants (e.g., iobio Crawlers).
- Check the edges of the nappy cover at the leg cuffs and back to ensure no fabric is sticking out.
- Close Velcro fasteners before washing and clean them from time to time.
- · Stretch the nappy into shape while it's still damp after washing.



# 00



# Nappy washing instructions

#### COLLECT

- · dispose the dirty nappy liner
- · close all velcros to avoid fibers getting caught
- · collect used nappies in a wet bag or nappy bucket
- · do not soak in water and store for max. three days

#### WASH

- · load the washing machine as full as possible
- use a pre-wash program to rinse urine and poo
- select program for cotton or coloured clothes, no eco programs
- we recommend washing at 40-60°C check instructions on the care label
- · use skin- and environmentally friendly detergent
- · use the recommended amount of detergent
- do not use fabric softener it reduces the absorbency of the nappy
- · occasionally use ecologically harmless decalcifier for hard water
- · treat stains with sunlight exposure or natural stain remover

#### DRY

- · pull into shape while still wet
- dry completely
- if using a dryer, choose a delicate program

# Wool care instructions

#### **WASCHEN**

- · air well after use
- · when damp, hang out to dry
- approx. every 2 3 weeks wash & re-grease
- hand wash with mild or wool detergent; our recommendation:

Ulrich natürlich delicate detergent

· after washing, pull well into shape and let dry lying down

#### **IMPREGNATION**

You will need:

Pure lanolin (wool fat); our recommendation: popolini lanolin

Soap as an emulsifier; our recommendation: popolini lanolin soap

1 bowl of lukewarm water

1 bowl of hot water

One or more damp, washed wool cover

#### **INSTRUCTIONS:**

- 1. Dissolve some soap in a bowl of lukewarm water.
- 2. Dissolve approximately ½ teaspoon of lanolin in 2 litres of hot water.
- 3. Pour the soapy solution into the lanolin bath and stir until the fat droplets disappear and a milky emulsion is formed. Let it cool slightly.
- ዛ. Now turn the washed wool cover inside out and place it in the bowl make sure the water is no longer hot.
- 5. Let the wool cover soak in the solution for 5-6 hours.
- 6. Remove the wool cover and gently squeeze the excess water do not wring it! To press out more excess water, you can press it in a towel.
- 7. Finally, let it dry lying flat do not dry in the sun or on a heater to protect the wool fibres.

Note: At least three washing and impregnation processes are required before a new wool nappy cover is ready.





### Our certificates

Every year our products have to pass the approval of highly stringent eco audits. Have a look at our brief introduction of the signs and certifications you can currently find on our products:



certified by Ecocert Greenlife

Our textile products (including those with synthetic fibres) are certified according to **Oeko-Tex Standard 100** product class 1 (baby and infant). Therefore these products are poor in harmful residues. Our certification number is: **OETI N° 171401**.

www.oeko-tex.com

More info:

GOTS, the Global Organic Textile Standard is worldwide recognised as a leading standard which defines high level environmental criteria along the entire supply chain of organic textiles and requires compliance with social criteria as well. Our products are certified under: Ecocert Greenlife N° 151806. Read more: www.global-standard.org



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