

## Ring Sizing Guide

Your ring should fit comfortably: Loose enough to slide over the knuckle, but snug enough that it won't fall off. Remember that finger size changes throughout the day and depending on weather, salt consumption, and exercise. We recommend measuring your finger a few times (at different times of day) to get an accurate reading.

If you have a ring that fits the intended finger properly, you may determine its size by using the chart below. Place the ring on top of each circle below until you find a perfect match: The black line of the chosen circle should be just barely visible; the inside edge of the ring should match the outside of the circle. The measurement refers to the inside diameter of the ring.

To ensure accuracy, use a quarter to gauge that the page is printed at the correct size. When placed on top, the actual quarter should be the same size as the printed illustration of the quarter.

Size 3.75 14.7 mm	Size 4 14.9 mm	Size 4.25 15.1 mm	Size 4.5 15.3 mm	Size 4.75 15.5 mm	Size 5 15.7 mm	
Size 5.25 15.9 mm	Size 5.5 16.1 mm	Size 5.75 16.3 mm	Size 6 16.5 mm	Size 6.25 16.7 mm	Size 6.5 16.9 mm	
Size 6.75 17.1 mm	Size 7 17.3 mm	Size 7.25 17.5 mm	Size 7.5 17.7 mm	Size 7.75 17.9 mm	Size 8 18.1 mm	
Size 8.25 18.3 mm	Size 8.5 18.5 mm	Size 8.75 18.75 mm	Size 9 19 mm	Size 9.5 19.4 mm	Size 10 19.9 mm	
Size 10.5 20.2 mm	Size 11 20.6 mm	Size 11.5 21 mm	Size 12 21.4 mm	Size 12.5 21.8 mm	Size 13 22.2 mm	