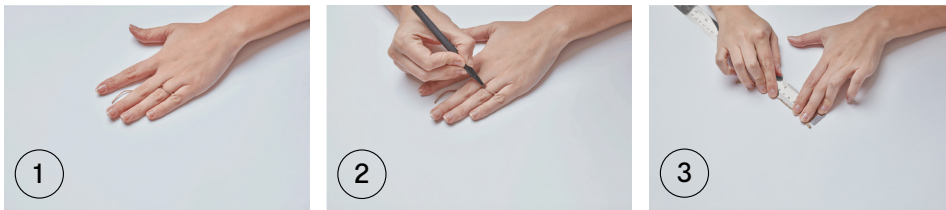


PRINTABLE RING SIZING GUIDE

METHOD 1: RIBBON/STRING

1. Wrap a string, ribbon, or our printable paper guide around your finger.
2. Mark where the two ends meet and measure in millimeters.
3. Use this measurement to find the corresponding ring size on the printable guide.



METHOD 2: EXISTING RING

1. Measure the inside diameter of an existing, well-fitting ring from one edge to the other using a ruler.
2. Alternatively, you can match up an existing ring with the printable size guide located on the next page.



CIRCUMFERENCE		QALO SIZE	DIAMETER		QALO SIZE
INCH	MM		INCH	MM	
1.84	46.75	4	.58	14.88	4
1.94	49.32	5	.62	15.7	5
2.04	51.87	6	.65	16.51	6
2.14	54.41	7	.68	17.32	7
2.24	56.99	8	.71	18.14	8
2.34	59.53	9	.75	18.95	9
2.44	62.08	10	.78	19.76	10
2.54	64.62	11	.81	20.57	11
2.65	67.20	12	.84	21.39	12
2.75	69.74	13	.87	22.2	13
2.85	72.29	14	.91	23.01	14
2.95	74.86	15	.94	23.83	15
3.05	77.41	16	.97	24.63	16

