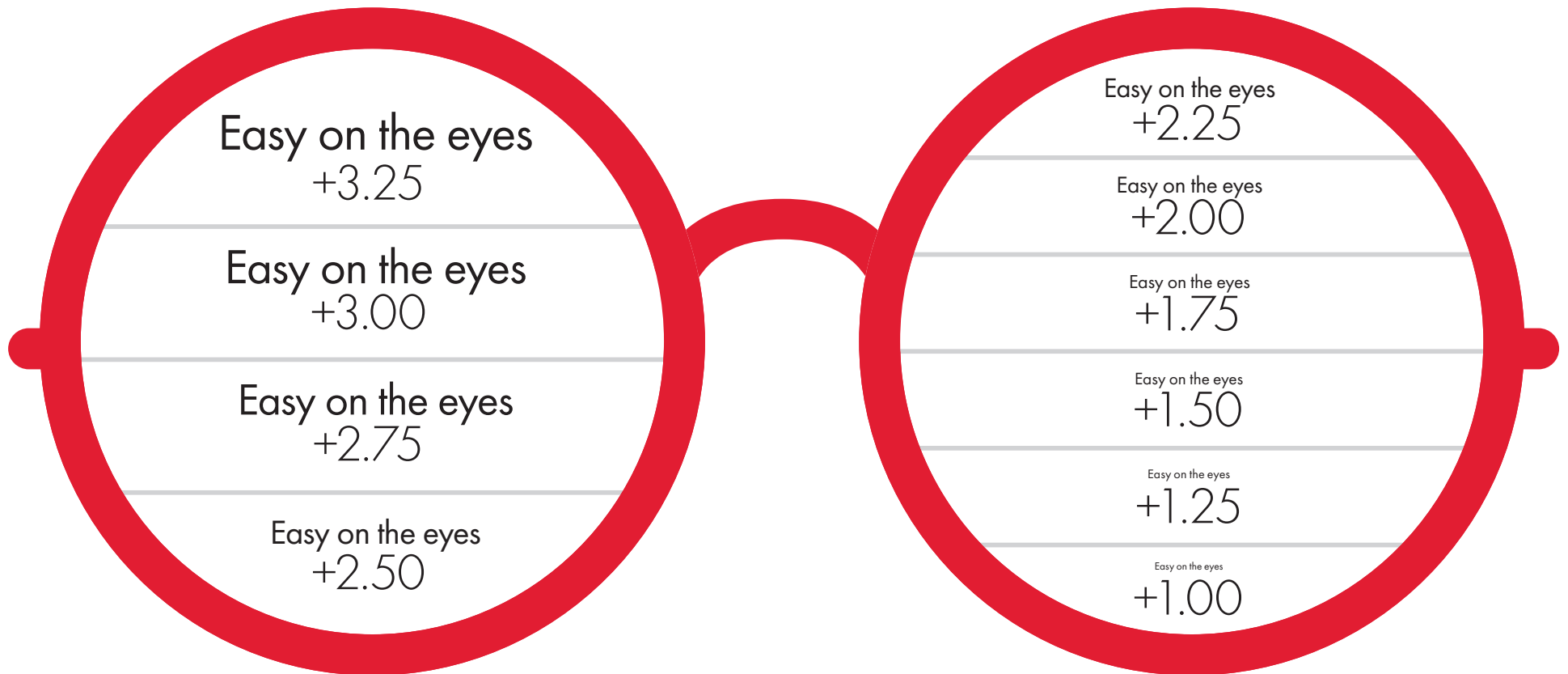


# STRENGTH GUIDE

1. Print out this PDF.
2. Without glasses, hold it level, at a distance of 14 inches from your face.
3. Read the lines from top to bottom. The first line you have difficulty reading is an indicator of the strength that will probably serve you best.



If you choose to print, double-check this line  to ensure it measures one inch (1")