

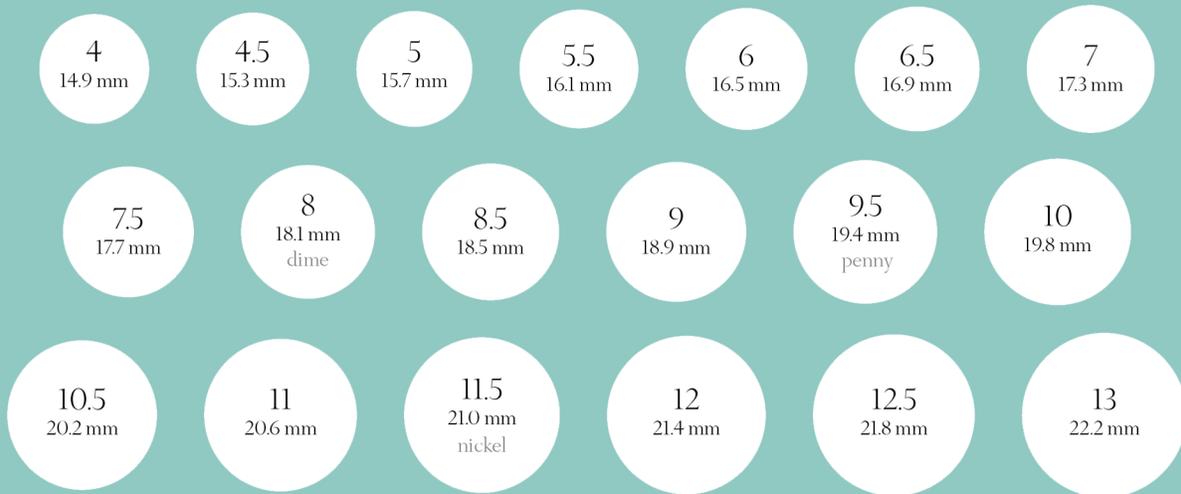
# Ring Size Guide

Before measuring your ring size, be sure this guide is printed in US Letter size and scaled to 100%. You can check the accuracy of your print by positioning a credit card on the line below or placing the correct coin in one of the labeled ring sizes. If the card or coin lines up, you're all set.



## Option 1: Measure By Matching Your Ring

To find your ring size, use an existing ring that fits you well. Match the inside of that ring with one of the circles below. When your ring has been placed on the right size, you should see only the white circle - with no green space inside your ring. If your ideal fit falls between two sizes, we recommend choosing the larger size.



## Option 2: Measure with the Ruler

After you cut out the ruler, carefully cut the line to create a slit. Wrap the ruler around your finger at the base and pull the tapered end through the slit. To find out your ring size, pull the end so that it fits nicely around your finger then read the letter that the arrow is pointing to.



# Spryngs Ring Size Chart



Spryngs ring features a unique method of construction that allows a ring to expand up to one and half sizes. To make sure the ring will fit comfortably, we suggest using a ring size of the base of your finger. You should not be worried about your knuckle being a lot larger than the base of your finger because the band will expand. Once you find your ring size, use the chart below to find size of the Eternal Spryngs ring.

Your Ring Size	Suggested Eternal Spryngs Ring Size
5	5
5.5	
6	
6.5	
7	7
7.5	
8	
8.5	
9	9
9.5	
10	
10.5	

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