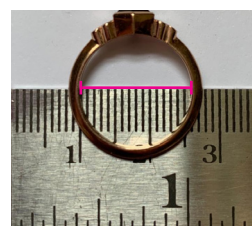


Inside Diameter mm	Inside Circumference mm	Size
12.18	38.26	A 1/2
12.37	38.86	B
12.6	39.58	B 1/2
12.78	40.15	C
13	40.84	C 1/2
13.21	41.5	D
13.41	42.13	D 1/2
13.61	42.76	E
13.83	43.45	E 1/2
14.05	44.14	F
14.15	44.45	F 1/2
14.36	45.11	G
14.56	45.74	G 1/2
14.65	46.02	H
14.86	46.68	H 1/2
15.04	47.25	I
15.27	47.97	I 1/2
15.4	48.38	J
15.7	49.32	J 1/2
15.8	49.64	K
16	50.27	K 1/2
16.1	50.58	L
16.41	51.55	L 1/2
16.51	51.87	M
16.71	52.5	M 1/2
16.92	53.16	N
17.13	53.82	N 1/2
17.35	54.51	O
17.45	54.82	O 1/2
17.75	55.76	P
17.97	56.45	P 1/2
18.19	57.15	Q

Inside Diameter mm	Inside Circumference mm	Size
18.35	57.65	Q 1/2
18.61	58.47	R
18.8	59.06	R 1/2
19.1	60	S
19.31	60.66	S 1.2
19.51	61.29	T
19.84	62.33	T 1.2
20.02	62.89	U
20.2	63.46	U 1/2
20.32	63.84	V
20.68	64.97	V 1.2
20.76	65.22	W
20.94	65.78	W 1/2
21.18	66.54	X
21.3	66.92	X 1.2
21.49	67.51	Y
21.69	68.14	Y 1/2
21.89	68.77	Z



To measure the inside diameter of your ring. Line up your ruler across the middle, making sure to be as accurate as possible even to the nearest half or quarter a mm.



When you have your inside diameter measurement, refer to the chart provided to find the corresponding ring size.

This image shows the ring measuring 15.5mm, meaning its a size J.

\*Please note, if purchasing a ring with a wider band, it will feel tighter than a ring with a slimmer band