## BARIONEAL

## Ring Size Guide

Before measuring your ring size, make sure you have printed this piece of paper at $100 \%$ scale.
To double-check that these sizes are correct, check that these items fit correctly:

- a US dime is a size 8
- a US penny is a size 9.5
- a US nickel is a size 11.5

If you're having issues, try changing your printer settings from "Fit" to $100 \%$ scale.

| Ring Size Measurements |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \text { Ring Size } \\ & \text { (US, Canada, } \\ & \text { Mexico) } \end{aligned}$ | Inside Diameter (Milimeters-mm) | $\begin{aligned} & \text { Ring Size } \\ & \text { (US, Canada, } \\ & \text { Mexico) } \end{aligned}$ | Inside Diameter (Milimeters-mm) | $\begin{aligned} & \text { Ring Size } \\ & \text { (US, Canada, } \\ & \text { Mexico) } \end{aligned}$ | Inside Diameter (Milimeters-mm) | $\begin{gathered} \text { Ring, Size } \\ \text { (US, Canada, } \\ \text { Mexico) } \\ \hline \end{gathered}$ | Inside Diameter (Milimeters-mm) |
| 2 | 13.26 mm | 6 | 16.51 mm | 10 | 19.76 mm | 14 | 23.16 mm |
| 2.5 | 13.67 mm | 6.5 | 16.92 mm | 10.5 | 20.17 mm | 14.5 | 23.55 mm |
| 3 | 14.07 mm | 7 | 17.32 mm | 11 | 20.57 mm | 15 | 24.00 mm |
| 3.5 | 14.48 mm | 7.5 | 17.73 mm | 11.5 | 20.98 mm | 15.5 | 24.41 mm |
| 4 | 14.88 mm | 8 | 18.14 mm | 12 | 21.39 mm | 16 | 24.83 mm |
| 4.5 | 15.29 mm | 8.5 | 18.54 mm | 12.5 | 21.79 mm |  |  |
| 5 | 15.70 mm | 9 | 18.95 mm | 13 | 22.33 mm |  |  |
| 5.5 | 16.10 mm | 9.5 | 19.35 mm | 13.5 | 22.75 mm |  |  |

SIZING OPTION 1
If you have an existing ring that fits you well, match the inside of that ring with one of the circles shown here. Make sure that you aren't seeing the pink color (or dark gray, if you printed in black \& white) in the space within the ring.

## SIZING OPTION 2

Alternately, you can cut out our provided ring size ruler below and, after cutting a slit, pull the ruler through, revealing your ring size.
We recommend also checking the size of your knuckle using the ruler, and keeping that in mind when determining your ring size.

Cut this sizer out.


## SIZING OPTION 1



