SWISS HARMONY
In Tune with Nature

BioRing: ring size guide

The BioRing's size is its inside diameter in millimetres: the width straight across the ring, from inner edge to inner edge.

Before measuring: check the printout

- A4 paper (210 × 297 mm), portrait.
- Print at 100% ('actual size') and switch off 'fit to page' or 'shrink to fit'.
- Before comparing, measure both calibration lines with a ruler: each must be exactly 100 mm long. If either is wrong, do not use the template.
- On screen, including on a phone, the circles are not to scale: compare only with the printout.

How to find the size

1

Measure the inside of a ring that fits

Take a ring that fits the intended finger well, ideally one of similar width.

Measure its inside diameter with a calliper or ruler: the widest distance inside, from inner edge to inner edge, not including the ring itself. Note the value as precisely as you can and do not round up to a whole millimetre: 0.5 mm is already one BioRing size.

2

Compare it with the printed template

Print the ring size guide and first check both 100 mm calibration lines with a ruler.

Lay the ring flat on the circles. The right size is the largest circle whose line you can still see completely inside the ring: the outer edge of each circle line measures exactly the inside diameter shown.

3

Without a ring: measure your finger (an estimate only)

Wrap a narrow strip of paper round the finger where the ring will sit, mark the overlap and measure the length: that is the finger's circumference, not the inside diameter.

Divided by 3.14, it gives an estimate of the inside diameter. Paper stretches and never lies perfectly flat; this method does not replace a measurement at a jeweller's.

> If your result lies between two sizes or you are unsure, have your ring size measured at a jeweller's, with a ring or sizer of the same width, or ask us. A paper template is an aid; it cannot guarantee an exact fit.

Inside diameter, circumference and EU size

The inside diameter is the width across the ring; the BioRing is ordered by it. The inside circumference is the length round the inside, about 3.14 times as long. The EU ring size is that inside circumference in millimetres.

Example: an inside diameter of 17 mm is about 53.4 mm of inside circumference, roughly EU size 53.

The ring is 7 mm wide; have your ring size measured at a jeweller's with a ring of the same width.

Why the width matters: a wide ring rests on more of the finger and, at the same inside diameter, often feels tighter than a narrow one. A comparison ring or ring sizer should therefore be about as wide as the BioRing.

BioRing sizes

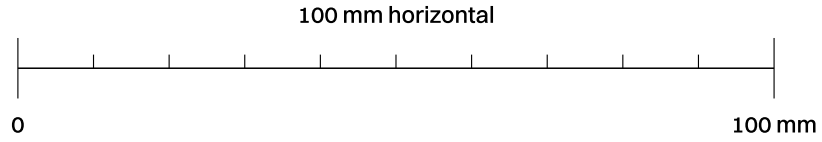
Inside diameter in mm	Inside circumference in mm	EU size (rounded)	Inside diameter in mm	Inside circumference in mm	EU size (rounded)
15	47.1	47	19	59.7	60
15.5	48.7	49	19.5	61.3	61
16	50.3	50	20	62.8	63
16.5	51.8	52	20.5	64.4	64
17	53.4	53	21	66.0	66
17.5	55.0	55	21.5	67.5	68
18	56.5	57	22	69.1	69
18.5	58.1	58	22.5	70.7	71

Inside circumference = inside diameter × π, rounded to 0.1 mm. The EU size is the rounded inside circumference; it is for comparison only, as the BioRing is ordered by inside diameter.

Template: lay the ring on the circles

Calibration lines

Each line must measure exactly 100 mm between its two end marks, horizontally and vertically. If either is wrong, do not use the template and check the print settings.



Lay a ring that fits well flat on the circles. The right size is the largest circle whose line you can still see completely inside the ring.

The outer edge of each circle line measures exactly the inside diameter shown; the line lies inside that measurement.

