



Wrist Sizing Guide

HOW TO ACCURATELY SIZE YOUR WRIST

Use the included Wrist Sizer:

Print this page. For accurate measurement, ensure that “**page scaling**” in your printer options is set to “**NONE**”. Print on 8.5x11” paper. 1” on the printed Sizer should be exactly 1” per a standard ruler to guarantee accurate sizing.

Cut out the Sizer, also cutting the indicated dotted line on the bottom tab. You may wish to reinforce this cut area with tape to prevent tearing while sizing. Wrap the cut-out tool around your wrist and insert the pointed end through the notch on the tab. Adjust gently until a comfortable fit is achieved. The number showing above the notch when sizer is comfortable indicates your wrist measurement. Then refer to the sizing chart below for your size in stainless steel link and copper wristbands.

Use a flexible tape measure:

Wrap the tape measure around your wrist comfortably and note the circumference of your wrist in inches. Then refer to the sizing chart below for your size in stainless steel link and copper wristbands.

Magnetic Link Wristband Sizing

From wrist measurement, add 1/2” before determining Link Wristband size.

E.g. if your wrist measures 7”, your Link Wristband Size is 7.5”

6.5”	7.0”	7.5”	8.0”	8.5”
S	M	L	XL	XXL

Magnetic Link bracelets are meant to have a loose fit for comfort. When in doubt, size up as links can be adjusted.

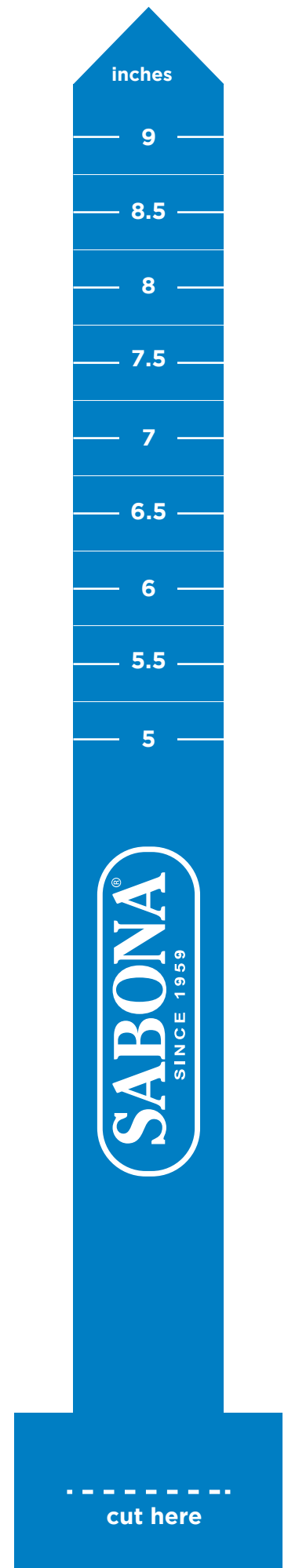
Copper Wristband and Trio Cable Sizing

From wrist measurement, subtract 1/2” before determining size.

E.g. if your wrist measures 6.5”, your Copper and Cable Wristband Size is 6”

5.0”	5.5”	6”	6.0”	7”	7.5”
XS	S	M	L	XL	XXL

If between sizes, choose the larger size for most comfort as copper and cable bracelets form to fit. There should be an index-finger width between the ends of the bracelet when properly fitted.



For questions and concerns, please call 1-800-497-4199