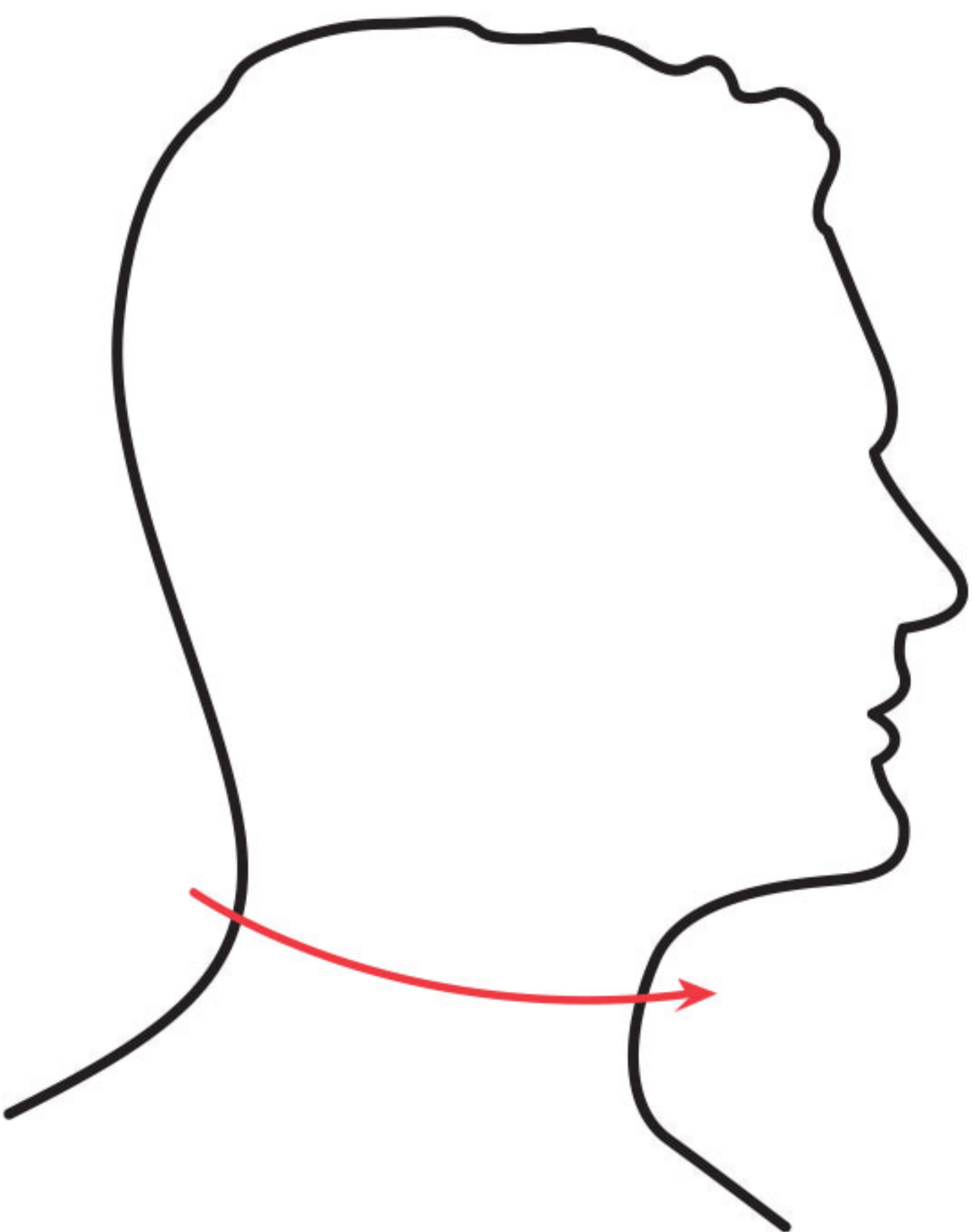


Measure around neck  
under adam's apple



SIZE MEASUREMENT		
SM	12-14 1/4"	30-36cm
MED	14 1/2-16 3/4"	37-42cm
LRG	17-19 1/4"	43-49cm

Your Thermal Vent Support should be a snug and comfortable fit. Not too tight, not too loose. If in doubt, try next larger size.