

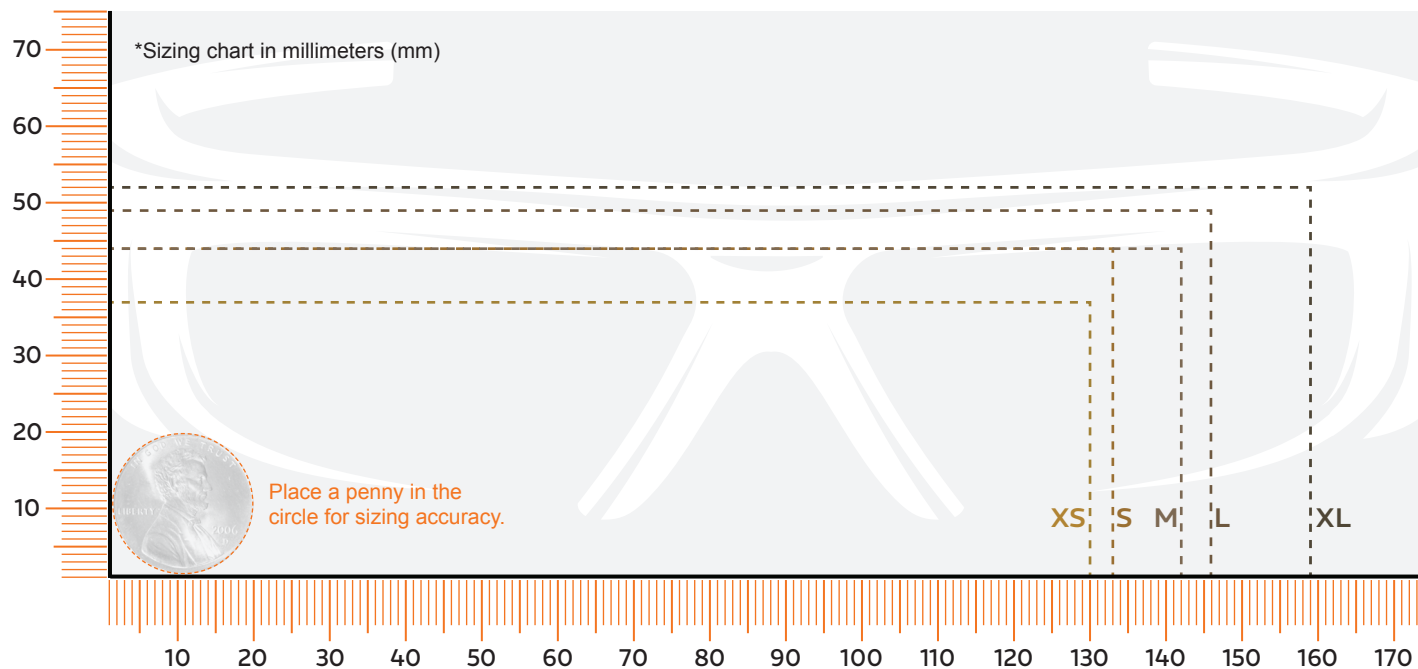
# Optimal Comfort Fitover Guide

\*Print this document at full scale to get accurate frame measurements.

Measure your prescription frames by placing them on the sizing chart. Your measurements will dictate the size of the fitover frame you need, and guide you to the best possible frame option on the right.

## How to measure your prescription frames

1. Align the left side and bottom of your frame to the bottom left corner of the guide below.
2. Your frames will fit inside the fitovers listed if contained within the guides for that size/frame.
3. Your frames will not fit into fitovers if outside the guides for that frame size.



## XS (in mm)

**Frame 41:**  
Width 130, Height 37, Length 146

## S (in mm)

**Frame 31:**  
Width 133, Height 44, Length 140

## M (in mm)

**Frame 51:**  
Width 140, Height 43, Length 156

**Frame 36:**  
Width 142, Height 44, Length 140

## L (in mm)

**Frame U/700:**  
Width 144, Height 43, Length 149

**Frame 33:**  
Width 143, Height 43, Length 152

**Frame 38:**  
Width 143, Height 46, Length 140

**Frame 43:**  
Width 138, Height 48, Length 140

**Frame 53:**  
Width 146, Height 44, Length 156

## XL (in mm)

**Frame L:**  
Width 152, Height 51, Length 149

**Frame 39:**  
Width 148, Height 49, Length 144

**Frame 53X:**  
Width 159, Height 52, Length 140

**Frame 60 (goggles):**  
Width 146, Height 76, Length NA