

Notes on using the Hi Energy SOLE shoe inlays.

MINI insole shoe inlays

The grey MINI insoles come with 4 self-adhesive points.

When you tack the soles on, this way they don't slip or you don't lose them.

Good for using in sandals and flip flops.

Please note that the soles may be difficult, if not impossible, to loosen again, without damaging the soles or footwear.

CLASSIC insole shoe inlays

There are 4 basic from the red CLASSIC sole sizes to choose from.

If you are inbetween two sizes choose the larger one and cut it at the toe end.

Size S

Euro size 38	USA size men 5.5 9 1/4" 24 cm	USA size women 7.5
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Size M

Euro size 42	USA size men 9 10 1/4" 27 cm	USA size women 11
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Size L

Euro size 44	USA size men 11 11" 28 cm	USA size women 13
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Size XL

Euro size 48	USA size men 15 12 7/8" 32.5 cm	USA size women 15
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Use with orthopedic insoles

You can wear the soles over or under the orthopedic insoles.

It is preferable to place them under the orthopedic insoles, between the orthopedic parts and the shoe bed.

Maintenance

Please do not wash the soles in the washing machine.

Simply rub off with a damp cloth and possibly a little soapy water.