

Betula Size Chart

IT	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	45.5	46
UK	0	1	1.5	2.5	3.5	4.5	5	6	7	8	8.5	9	10	11	11.5	13	13.5	1	2	2.5	3.5	4.5	5	5.5	7	7.5	8	9	9.5	10.5		11.5
MM	85	95	100	110	120	125	130	140	150	160	165	170	180	185	190	200	205	210	220	225	230	240	245	250	260	265	270	280	285	290		300

- ① **Toe grip:**
The unique form of the toe grip helps realign toes and encourages the natural gripping motion of your feet. The ridge construction also stimulates blood circulation.
- ② **Arch support:**
Stabilises the middle section of the foot.
- ③ **Exterior longitudinal arch support:**
Supports the natural foot shape, ensuring better comfort and balance.
- ④ **Natural cork bedding:**
Is flexible and shock-absorbent.
- ⑤ **Heel cup:**
Deep bedding in the heel area provides excellent stability and pressure relief to the heel bone.



Natural Walking and Running...

...are guaranteed with products of the Betula brand because in our shoes your foot gets reacquainted with how things used to be in nature – going barefoot on soft, giving earth without being squeezed. The foot beds down in its natural shape. In this way your bodyweight is distributed equally across your feet. The result is fewer sore feet, legs and knee joints and less shoulder and back pain. The body's entire skeleton is under less stress.

Betula – for the sake of your feet.