

Conversion Table from Glasses Power to Contact Lenses Power

Vertex Distance: 12 mm

Contact Lens Power If (-) in case of Myopia	Glasses Lens Power	Contact Lens Power If (+) in case of Hyperopia	Contact Lens Power If (-) in case of Myopia	Glasses Lens Power	Contact Lens Power If (+) in case of Hyperopia
4.00	4.00	4.25	9.00	10.50	12.00
4.00	4.25	4.50	9.50	11.00	12.50
4.25	4.50	4.75	10.00	11.50	13.50
4.50	4.75	5.00	10.50	12.00	14.00
4.75	5.00	5.25	11.00	12.50	15.00
5.00	5.25	5.50	11.00	13.00	15.50
5.25	5.50	6.00	11.50	13.50	16.00
5.50	5.75	6.00	12.00	14.00	17.00
5.50	6.00	6.50	12.50	14.50	17.50
6.00	6.25	6.50	12.50	15.00	18.00
6.00	6.50	7.00	13.00	15.50	19.00
6.00	6.75	7.50	13.50	16.00	20.00
6.50	7.00	7.50	14.00	16.50	20.50
6.50	7.25	8.00	14.00	17.00	21.00
7.00	7.50	8.00	14.50	17.50	22.00
7.00	7.75	8.50	15.00	18.00	23.00
7.00	8.00	9.00	15.00	18.50	24.00
7.50	8.25	9.00	15.50	19.00	24.50
7.50	8.50	9.50	16.00	19.50	25.50
8.00	8.75	10.00	16.00	20.00	26.00
8.00	9.00	10.00	16.50	20.50	27.00
8.50	9.25	10.50	17.00	21.00	28.00
8.50	9.50	11.00	17.00	21.50	29.00
9.00	9.75	11.00	17.50	22.00	30.00
9.00	10.00	11.50	18.00	22.50	31.00