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ABSTRACT



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INSERT FOR DETACHABLE COUPLING TO BINDERS

An insert is provided for detachable coupling to a plurality of spaced binding guides holding a stack of sheet material. The insert comprises a flexible body and a hook comprising a finger portion extending substantially parallel to a side of the flexible body to form an elongated slit with the flexible body. The finger portion extends from near an end portion of the side of the flexible body in a direction away from said end portion such that the opening of the elongated slit faces away from said end portion. The elongated slit is configured for slidably receiving a binding guide through an opening of the elongated slit whereby to engage the binding guide in a position along the elongated slit. A second hook that forms a second elongated slit may also be included to engage another binding guide to couple the insert to the binding guides.

(FIG. 1)