



**COVENANT
PHARMACY**
covenantpharmacy.com

WEIGHTS, MEASURES AND CONVERSIONS

MEASURES EQUIVALENT

1 kilogram (kg)	1000 grams (gm)
1 gram (gm)	1000 milligrams (mg)
1 milligram (mg)	1000 micrograms (mcg)
	0.001 gram (gm)
1 microgram (mcg)	1000 nanograms

1 liter (l) 1000 milliliters (mL)

1 milliliter (mL) 1 mL

1 cc

1 pint (pt) 16 ounces (oz)

1 quart (qt) 2 pints

1 gallon (gal) 4 quarts

5 grains (gr) 325 mg

1 grain (gr) 65 mg

1/2 grain (gr) 32 mg

1/4 grain (gr) 16 mg

1/100 grain (gr) 0.6 mg

1/150 grain (gr) 0.4 mg

1/200 grain (gr) 0.3 mg

1 teaspoonful (tsp) 5 mL

1 tablespoonful (tbsp) 15 mL

1 fluid ounce (oz) 30 mL

NOTE

sometimes rounded off to 300 mg

sometimes rounded off to 60 mg

sometimes rounded off to 30 mg

sometimes rounded off to 15 mg