



Conversion Chart

LIQUID
1mL = 1cc
1000mL = 1 liter (L)
1 pint = 16 fl oz ≈ 473mL
2 pints = 1 quart
4 quarts = 1 gallon

SOLID
1000mcg = 1mg
30gm ≈ 1 ounce
1 grain (gr) ≈ 65mg
16 ounces = 454 gm = 1 pound (lb)
1000gm = 1 kilogram (kg)