

# APPROXIMATE PRACTICAL EQUIVALENTS

The listing of approximate practical equivalents is included to aid the practitioner in calculating and converting dosages among the various systems.

## WEIGHT EQUIVALENTS

1 grain (gr)	=	65 milligrams (mg)
1 milligram (mg)	=	0.015 grains (gr)
1 gram (g)	=	15.432 grains (gr)
1 gram (g)	=	0.035 ounces (oz)
1 ounce avoirdupois (oz)	=	28.35 grams (g)
1 ounce apothecary (℥)	=	31.1 grams (g)
1 pound avoirdupois (lb)	=	454 grams (g)
1 pound avoirdupois (lb)	=	0.45 kilograms (kg)
1 kilogram (kg)	=	2.2 pounds avoirdupois (lb)

## MEASURE EQUIVALENTS

1 milliliter (mL)	=	16.23 minims (℥ss)
1 cubic centimeter* (cc)	=	1.0 milliliter (mL)
1 fluidram† (fl ℥)	=	3.7 milliliter (mL)
1 teaspoonful† (tsp)	=	5 milliliter (mL)
1 tablespoonful (tbsp)	=	15 milliliter (mL)
1 fluid ounce (fl ℥)	=	29.57 milliliter (mL)
1 wineglassful (2 fl ℥)	=	60 milliliter (mL)
1 teacupful (4 fl ℥)	=	120 milliliter (mL)
1 tumblerful (8 fl ℥)	=	240 milliliter (mL)T
1 pint (pt or ○ or Oct)	=	473 milliliter (mL)
1 quart (qt)	=	946 milliliter (mL)
1 liter (L)	=	33.8 fluid ounces (fl ℥)
1 gallon (gal or C or cong)	=	3785 milliliter (mL)

\* Cubic centimeter and milliliter are equivalent.

† On prescription, a fluidram is assumed to contain a teaspoonful, which is 5 mL.

## WEIGHT TO VOLUME EQUIVALENTS

1 milligram per deciliter (mg/dL)	=	10 micrograms per milliliter (μ/mL)
1 milligram per deciliter (mg/dL)	=	1 milligram percent (mg %)
1% solution	=	10 milligram per milliliter (mg/mL)
1 part per million (ppm)	=	1 milligram per liter (mg/L)

## LINEAR EQUIVALENTS

1 millimeter (mm)	=	0.04 inches (in)
1 inch (in)	=	25.4 millimeters (mm)
1 inch (in)	=	2.54 centimeters (cm)
1 meter (m)	=	39.37 inches (in)
1 inch (in)	=	0.025 meters (m)

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