

# Conversion Table

1 drop = approximately 60 mg

1 ml = 1/5 teaspoon

1 ml = approximately 16 drops

1 ml = fills one 00 capsule

5 ml = 1 teaspoon

5 ml = approximately 80 drops

15 ml = 1 tablespoon

15 ml = 1/2 fluid ounce

15 ml = approximately 240 drops

30 ml = 1 fluid ounce

240 ml = 1 fluid ounce

240 ml – 1 cup (depends on product)

28 grams – 1 ounce