

Practical Potions

An Aromatic E Course

Unit 2A

Measurement Tables- Dry and Liquid Potions



Measurement Tables

Dry Measures:

1 oz. = 28.35 grams

1 pound = 453.59 grams

1 gram = .035 oz.

1 kilo = 2.2 pounds



Liquid Measurements:

3 tsps. = 1 tbsp.

1 tbsp. = 1/2 fluid oz.

1 cup = 8 fluid oz.

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

1 oz. = 29.58 ml

1 tbsp. = 14.79 ml

1 cup = 236.6 ml

1 quart = 946.4 ml

1 gallon = 3.77 liters

1 liter = 1.06 quarts



Approximate Conversions

1 ml = about 20 drops

5 ml = about 100 drops

5 ml = 1 tsp.

10 ml = 2 tsp

15 ml = 3 tsp. 1 tbsp.

20 ml = 4 tsp

25 ml = 5 tsp.

30 ml = 6 tsp 2 tbsp

35 ml = 7 tsp.

40 ml = 8 tsp.

45 ml = 3 T.

50 ml = 10 tsp.

1/2 fl. oz. = 15 ml.

29 or 30 ml = 1 oz.

16.9 oz. = 500 ml

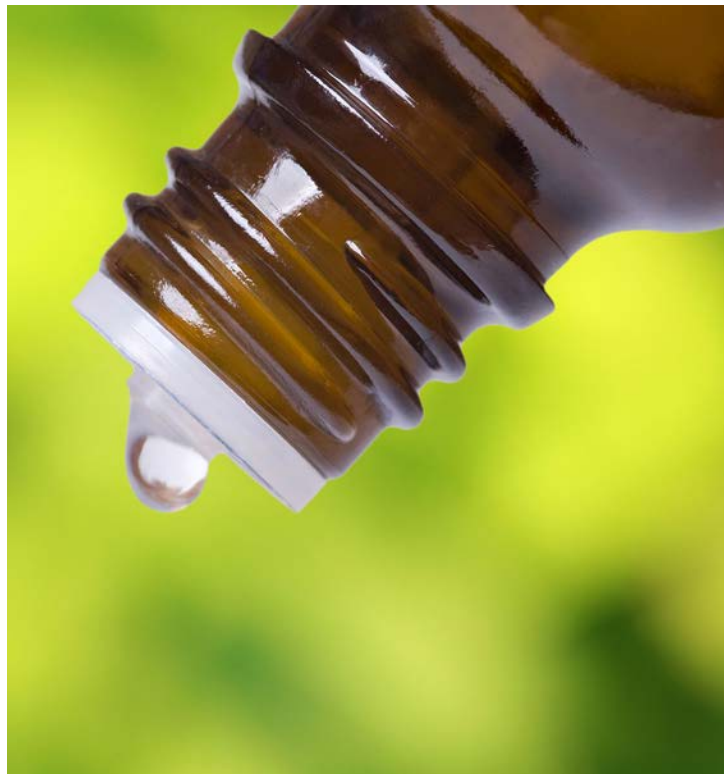
454 gm = 1 pound

237 ml = 1 cup

237 ml = 8 oz.

474 ml = 16 oz. or 2 cups

948 ml = 1 quart



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