

Jo Mar Laboratories

Weight Calculation Chart for Powders

Numbers are in Milligrams
1000 Milligrams = 1 Gram

Last 2 Digits of lot #	1/8 Teaspoon	1/4 Teaspoon	1/3 Teaspoon	1/2 Teaspoon	5/8 Teaspoon	3/4 Teaspoon	7/8 Teaspoon	1 Teaspoon	2 Teaspoon
10	125	250	333	500	625	750	875	1000	2000
11	138	275	366	550	688	825	963	1100	2200
12	150	300	400	600	750	900	1050	1200	2400
13	163	325	433	650	813	975	1138	1300	2600
14	175	350	466	700	875	1050	1225	1400	2800
15	188	375	500	750	938	1125	1313	1500	3000
16	200	400	533	800	1000	1200	1400	1600	3200
17	213	425	566	850	1063	1275	1488	1700	3400
18	225	450	599	900	1125	1350	1575	1800	3600
19	238	475	633	950	1188	1425	1663	1900	3800
20	250	500	666	1000	1250	1500	1750	2000	4000
21	263	525	699	1050	1313	1575	1838	2100	4200
22	275	550	733	1100	1375	1650	1925	2200	4400
23	288	575	766	1150	1438	1725	2013	2300	4600
24	300	600	799	1200	1500	1800	2100	2400	4800
25	313	625	833	1250	1563	1875	2188	2500	5000
26	325	650	866	1300	1625	1950	2275	2600	5200
27	338	675	899	1350	1688	2025	2363	2700	5400
28	350	700	932	1400	1750	2100	2450	2800	5600
29	363	725	966	1450	1813	2175	2538	2900	5800
30	375	750	999	1500	1875	2250	2625	3000	6000
31	388	775	1032	1550	1938	2325	2713	3100	6200
32	400	800	1066	1600	2000	2400	2800	3200	6400
33	413	825	1099	1650	2063	2475	2888	3300	6600
34	425	850	1132	1700	2125	2550	2975	3400	6800
35	438	875	1166	1750	2188	2625	3063	3500	7000
36	450	900	1199	1800	2250	2700	3150	3600	7200
37	463	925	1232	1850	2313	2775	3238	3700	7400
38	475	950	1265	1900	2375	2850	3325	3800	7600
39	488	975	1299	1950	2438	2925	3413	3900	7800
40	500	1000	1332	2000	2500	3000	3500	4000	8000
41	513	1025	1365	2050	2563	3075	3588	4100	8200
42	525	1050	1399	2100	2625	3150	3675	4200	8400
43	538	1075	1432	2150	2688	3225	3763	4300	8600
44	550	1100	1465	2200	2750	3300	3850	4400	8800
45	563	1125	1499	2250	2813	3375	3938	4500	9000
46	575	1150	1532	2300	2875	3450	4025	4600	9200
47	588	1175	1565	2350	2938	3525	4113	4700	9400
48	600	1200	1598	2400	3000	3600	4200	4800	9600
49	613	1225	1632	2450	3063	3675	4288	4900	9800
50	625	1250	1665	2500	3125	3750	4375	5000	10000
51	638	1275	1913	2550	3188	3825	4463	5100	5738
52	650	1300	1950	2600	3250	3900	4550	5200	5850
53	663	1325	1988	2650	3313	3975	4638	5300	5963
54	675	1350	2025	2700	3375	4050	4725	5400	6075
55	688	1375	2063	2750	3438	4125	4813	5500	6188

Use the last 2 digits of the lot number stamped on the bottom of the bottle with this chart to determine how many **milligrams** there are per **level measuring** teaspoon.
Weights may vary from lot to lot.