

Volumetric Measures

5-methyl-7-Methoxy isoflavone

Use the table below to approximate the milligram equivalent weight for a given level measuring spoon (US Standard). Note: batches may vary. For accurate measurement, use a calibrated milligram weight scale rather than measuring spoons.

Measuring Spoon (level)	cc	mg
Tablespoon:	14.79	3831
1/2 Tablespoon:	7.39	1916
Teaspoon:	4.93	1277
1/2 Teaspoon:	2.46	639
1/4 Teaspoon:	1.23	319
1/8 Teaspoon:	0.62	160
1/16 Teaspoon:	0.31	80
1/32 Teaspoon:	0.15	40