

## FREQUENTLY USED EQUIVALENTS

ppm (parts per million) is equivalent to one milligram per liter of water

5 ml = 1 tsp.\*

20 drops = 1 ml

60 drops = 1 tsp.

15 ml = 1 tbsp.\*

2 tsp. = 1 dessert spoon

2 dessert spoons = 1 tbsp.

2 tbsp. = 1 fl. oz.

8 fl. oz. = 1 cup

1 cup = 48 tsp.

1 cup = 16 tbsp.

1 cup = 237 ml

\*These figures are commonly supplied by most chart sources. However, using a standard, pharmacist-supplied, two-milliliter eye dropper and a standard kitchen measuring teaspoon, the equivalency was found to be 3 ml/tsp. and 9 ml/tbsp.