

Metric unit conversion summary

1. Convert 300mcg to mg

Converting from mcg to mg is going up the scale so we divide
 $300 \div 1000 = 0.3 \text{ mg}$

2. Convert 2500mg to g

Converting from mg to g is going up the scale so we divide
 $2500 \div 1000 = 2.5 \text{ g}$

3. Convert 0.075g to mg

Converting from g to mg is going down the scale so we multiply
 $0.075 \times 1000 = 75 \text{ mg}$

4. Convert 0.15mg to mcg

Converting mg to mcg is going down the scale so we multiply
 $0.15 \times 1000 = 150 \text{ mcg}$

