

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

$$2500 \div 1000 = 2.5 \,\mathrm{g}$$

3. Convert 0.075g to mg

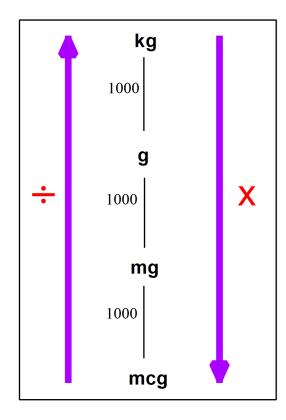
Converting from g to mg is going down the scale so we multiply

$$0.075 \times 1000 = 75 \text{ mg}$$

4. Convert 0.15mg to mcg

Converting mg to mcg is going down the scale so we multiply

$$0.15 \times 1000 = 150 \text{ mcg}$$



Short cut method to

 $\div 1000$



Jump the decimal point 3 places to the left.

Short cut method to

 \times 1000



Jump the decimal point 3 places to the right.



