## Metric unit conversion summary

1. Convert 300 mcg to mg

Converting from mcg to mg is going up the scale so we divide
$300 \div 1000=0.3 \mathrm{mg}$
2. Convert 2500 mg to g

Converting from mg to g is going up the scale so we divide
$2500 \div 1000=2.5 \mathrm{~g}$
3. Convert 0.075 g to mg

Converting from g to mg is going down the scale so we multiply
$0.075 \times 1000=75 \mathrm{mg}$
4. Convert 0.15 mg to mcg

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

| Short cut method to | Short cut method to |
| :--- | :--- |
| Jump the decimal point <br> 3 places to the left. | Jump the decimal point <br> 3 places to the right. |

