Metric unit conversion summary

1. Convert 300mcg to mg

    Converting from mcg to mg is going up the scale so we divide
    $300 \div 1000 = 0{\cdot}3mg$

2. Convert 2500mg to g

    Converting from mg to g is going up the scale so we divide
    $2500 \div 1000 = 2{\cdot}5g$
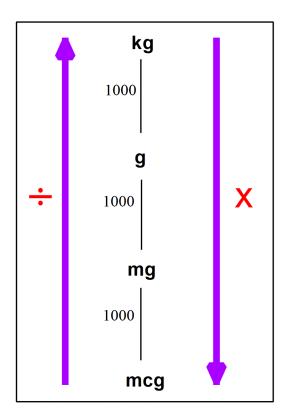
3. Convert 0.075g to mg

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

    $0{\cdot}075 \times 1000 = 75mg$

4. Convert 0.15mg to mcg

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

    $0{\cdot}15 \times 1000 = 150mcg$

Short cut method to	**Short cut method to**
$\div$ 1000	$\times$ 1000
Jump the decimal point 3 places to the left.	Jump the decimal point 3 places to the right.

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