

UNIT CONVERSION TABLE: WEIGHT AND VOLUME

UNITS	ABBREVIATION
Teaspoon	tsp
Tablespoon	tbsp
Ounce	oz
Pound	lb
Gram	g
Kilogram	kg
Millilitre	ml
Litre	L
Quart	qt.
Gallon	gal

The abbreviations in this table are universally accepted and widely used. They provide a clear and concise representation of each unit.

UNIT CONVERSION	FORMULA
Millilitre to Ounce	1 ml = 0.0338 oz
Ounce to Milliliter	1 oz = 29.5735 ml
Ounce to Teaspoon	1 oz = 6 tsp
Teaspoon to Ounce	1 tsp = 0.1667 oz
Ounce to Tablespoon	1 oz = 2 tbsp
Tablespoon to Ounce	1 tbsp = 0.5 oz
Teaspoon to Tablespoon	1 tsp = 0.3333 tbsp
Tablespoon to Teaspoon	1 tbsp = 3 tsp
Pound to Ounce	1 lb = 16 oz
Ounce to Pound	1 oz = 0.0625 lb
Ounce to Gram	1 oz = 28.3495 g
Gram to Ounce	1 g = 0.0353 oz
Litre to Ounce	1 L = 33.814 oz
Ounce to Litre	1 oz = 0.0296 L

Keep this Unit Conversion Table handy for quick access to conversion information when creating recipes for your skin and haircare products. Using this table, you can quickly convert measurements from one unit to another by multiplying the values based on the formulas.

For example: We have 250 grams of **Shea Butter**, but we want to convert our recipe to ounces.

Using our Unit Conversion Table:
1 gram = 0.0353 ounces

UNIT CONVERSION	FORMULA
Gram to Kilogram	1 g = 0.001 kg
Kilogram to Gram	1 kg = 1000 g
Kilogram to Pound	1 kg = 2.205 lbs
Pound to Kilogram	1 lb = 0.454 kg
Pound to Grams	1 lb = 453.592 g
Grams to Pound	1 g = 0.0022 lbs
Litre to Pound	1 L = 2.2046 lbs
Pound to Litre	1 lb = 0.454 L
Litre to Gallon	1 L = 0.264 gal
Gallon to Litre	1 gal = 3.785 L
Gallon to Pound	1 gal = 8.345 lbs
Pound to Gallon	1 lb = 0.12 gal
Quart to Litre	1 qt. = 0.946 L
Litre to Quart	1 L = 1.057 qt.
Quart to Gallon	1 qt. = 0.25 gal
Gallon to Quart	1 gal = 4 qt.

Therefore, to convert 250 grams to ounces, we can multiply 250 by the 0.0353 ounces

$250 \text{ grams} * 0.0353 \text{ ounces/gram} = 8.8185 \text{ ounces (approximately)}$

Therefore, 250 grams of Shea Butter is approximately equal to 8.8185 ounces of Shea Butter.

Remember to round off the final value based on your desired level of precision.

Please Note: These are approximate values and can vary slightly depending on the density of the substance being measured. It's always best to double-check your conversions and use accurate values when necessary.