

Conversion Chart

CC To ML

Cubic Centimeters	Milliliters	Common Use Example
1	1	Syringe dose (medicine)
2	2	Small injection
5	5	Teaspoon equivalent
10	10	Oral medication
20	20	Small bottle volume
30	30	Shot glass size
50	50	Lab measurement
100	100	Half cup approx.
250	250	1 cup approx.
500	500	Half liter
1000	1000	1 liter