

Milligrams (mg) To Micrograms (μg) Conversion Chart

Milligrams (mg)	Micrograms (μg)	Common Use Example
0.01 mg	10 μg	Trace nutrient dose
0.05 mg	50 μg	Vitamin B12 supplement
0.1 mg	100 μg	Hormone medication
0.25 mg	250 μg	Thyroid treatment
0.5 mg	500 μg	Allergy pill dosage
1 mg	1,000 μg	Common tablet dose
2.5 mg	2,500 μg	Prescription drug dose
5 mg	5,000 μg	Over-the-counter medication
10 mg	10,000 μg	Multivitamin component
25 mg	25,000 μg	Antihistamine dose
50 mg	50,000 μg	High-strength supplement
100 mg	100,000 μg	Pain relief medication
500 mg	500,000 μg	Antibiotic tablet
1,000 mg (1 g)	1,000,000 μg	Vitamin C tablet