

## CAPSULE FILL DETAIL

"00" holds approximately 735 mg.

**"0" size holds approximately 500 mg. (This is the size used by Two Willows)**

"1" holds approximately 400 mg.

"2" approximately 300 mg.

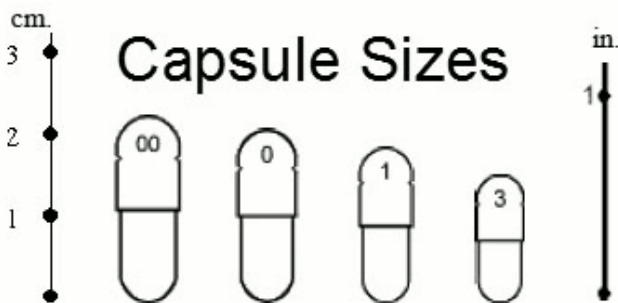
"3" approximately 200 mg.

**One teaspoon will fill about 7 "0" capsules and about 5 "00" capsules.**

The weight depends on the density of the powder you are using. Some powders are much denser than others. For example our Grape Seed Extract is denser and heavier than our Grape Skin Extract. It also depends on the fineness of the powder. Our powder is very fine.

The only way to be sure is to check the weight of each individual material on a scale accurate to within one-tenth of a gram, or to one-tenth of an ounce, or to a gram. For example: You can weigh 24 empty capsules and then compare with the weight when full.

### Capsule Sizing Information



### Print Chart that shows Actual Capsule Sizes

"00" holds about 735 mg. "0" size holds about 500 mg. #1 holds about 400 mg. #2 about 300 mg. #3 about 200 mg.

One teaspoon will fill about 7 "0" capsules and about 5 "00" capsules. The weight depends on the density of the powder you are using. Some powders are much denser than others. It also depends on the fineness of the powder. The only way to be sure is to check the weight of each individual material. On a scale accurate to within one-tenth of a gram or even to one-tenth of an ounce or even to a gram, you can weigh 24 empty capsules and then compare with the weight when full. If you only want a small amount of active ingredient, then you can mix with a material such as milk powder or rice

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powder as a filler. **We use NO fillers in our products.** That way you can use "0" or "00" size capsules with various weights of active ingredients.

### Detailed Capsule Size Data:

Size	00	0	1	2	3	4
<b>1. Weight</b>						
Average weight in mg	118	95	75	60	47	38
Tolerance in mg	± 7	± 6	± 6	± 4	± 3	± 3
<b>2. Capacity</b>						
Volume in ml	0.91	0.68	0.50	0.37	0.30	0.21
Powder Density - Capsule capacity mg						
0.6 g/ml	546	408	300	222	180	126
0.8 g/ml	728	544	400	296	240	168
1 g/ml	910	680	500	370	300	210
1.2 g/ml	1092	816	600	444	360	252
<b>3. Length of the capsules</b>						
Body inches	0.796	0.726	0.654	0.601	0.535	0.480
Tolerance inches	± 0.018	± 0.018	± 0.018	± 0.018	± 0.018	± 0.018
Body mm	20.22	18.44	16.61	15.27	13.59	12.19
Tolerance mm	± 0.46	± 0.46	± 0.46	± 0.46	± 0.46	± 0.46
Cap inches	0.462	0.422	0.385	0.352	0.318	0.284
Tolerance inches	± 0.018	± 0.018	± 0.018	± 0.018	± 0.018	± 0.018
Cap mm	11.74	10.72	9.78	8.94	8.08	7.21
Tolerance mm	± 0.46	± 0.46	± 0.46	± 0.46	± 0.46	± 0.46
Size	00	0	1	2	3	4

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<b>4. External diameter</b>						
Body inches	0.322	0.289	0.261	0.239	0.219	0.199
Body mm	8.18	7.34	6.63	6.07	5.57	5.05
Cap inches	0.336	0.300	0.272	0.250	0.229	0.209
Cap mm	8.53	7.64	6.91	6.35	5.82	5.32
<b>5. Overall closed length</b>						
Inches	0.917	0.854	0.765	0.709	0.626	0.563
Tolerance inches	± 0.012	± 0.012	± 0.012	± 0.012	± 0.012	± 0.012
Mm	23.3	21.7	19.4	18.0	15.9	14.3
Tolerance mm	± 0.30	± 0.30	± 0.30	± 0.30	± 0.30	± 0.30