

TYROSINE POWDER

- 1 capsule = 500mg
- 1 teaspoon approximately 2.5 grams = 2500mg = 5 capsules
- 1 tablespoon approximately 8 grams = 8000mg = 16 capsules
- 1 tub = 500 grams = 200 teaspoons = 500,000mg = 1,000 capsules = 5.5 bottles of TR-180
- $\text{Weight} / .5 = \text{capsules}$. Example 3.8 grams $3.8 / .5 = 7.6$ capsules
- $\text{Capsules} \times .5 = \text{Weight}$ Example 7 capsules $\times .5 = 3.5$ grams



MUCUNA POWDER

- 1 capsule = 300mg
- 1 teaspoon approximately 2.4 grams = 2400mg = 8 capsules
- 1 tablespoon approximately 7.2 grams = 7200mg = 24 capsules
- 1 tub = 270 grams = 112 teaspoons = 270,000mg = 900 capsules = 7.5 bottles of Mucuna 40% 120
- $\text{Weight} / .3 = \text{capsules}$. Example 7.6 / .3 = 25.3 capsules
- $\text{Capsules} \times .3 = \text{Grams}$. Example 8 capsules $\times .3 = 2.4$ grams

