

Precious metals weights and equivalents

	<b>TROY OUNCES</b>	<b>AVOIRDUPOIS OUNCES</b>	<b>GRAINS WEIGHT</b>	<b>GRAMS</b>	<b>PENNY WEIGHT</b>	<b>KILO GRAMS</b>
1 Lb Avoirdupois	14.583	16.000	7000.32	453.59	291.68	0.4536
1 oz. Avoirdupois	0.9120	1.0000	437.52	28.350	18230	0.0284
1000 Grams	32.2	35.274	15432.00	1000.00	643.01	1.0000
1 Gram	0.03220	0.0353	15.4300	1.0000	0.6400	0.0010
1 Grain	0.0020	0.0229	1.00000	0.0600	0.0400	0.00006
1 Kilogram	32.151	35.274	15,432.00	1000.00	643.02	1.0000
1 Pennyweight	0.0500	0.0549	24.0000	1.5520	1.0000	0.0016
1 Lb Troy	12.000	13.166	5760.00	373.24	240.00	0.3732
1 Oz. Troy	1.0000	1.0971	480.000	31.104	20.000	.03115