

FLUID OUNCES TO MILLILITERS

Technical Reference Chart & Verification Checklist

Ratio: 1 fl oz ≈ 29.5735 mL

VERIFY	VOLUME (US FL OZ)	METRIC EQUIVALENT (ML)	ROUNDED (STANDARD)
	0.125 fl oz	3.696 mL	3.7 mL
	0.25 fl oz	7.393 mL	7.4 mL
	0.5 fl oz	14.786 mL	14.8 mL
	1 fl oz	29.573 mL	29.6 mL
	2 fl oz	59.147 mL	59.1 mL
	4 fl oz	118.294 mL	118.3 mL
	8 fl oz	236.588 mL	236.6 mL
	12 fl oz	354.882 mL	354.9 mL
	16 fl oz	473.176 mL	473.2 mL

VERIFY	VOLUME (US FL OZ)	METRIC EQUIVALENT (ML)	ROUNDED (STANDARD)
	32 fl oz	946.352 mL	946.4 mL

Notes: Technical conversion based on US Food and Drug Administration (FDA) and NIST standards. For non-technical household use, 1 fl oz is often rounded to 30 mL.