

CAPSULE SIZES

Reference chart of standard hard-capsule sizes, dimensions, and fill capacity by powder density.

Capsules available as gelatin or veggie, colour combinations or clear. Note the numbering is counterintuitive – larger numbers mean smaller capsules; sizes 00 and 0 are the most popular for general use.



#000



#00



#0



#1



#2

	#000	#00	#0	#1	#2
Volume (ml)	1.37	0.93	0.68	0.50	0.37
Locked Length ± 0.7mm	26.14	23.6	21.3	19.2	17.5
Best For	Maximum dose, bulk powders	Standard, most popular	Daily vitamins, single herbs	Moderate doses, oils	Smaller doses, pet dosing
Capsule Capacity (mg) – by powder density					
0.6 g/ml	822	558	408	300	222
0.8 g/ml	1096	744	544	400	296
1.0 g/ml	1370	930	680	500	370
1.2 g/ml	1644	1116	816	600	444

Light Powders

Herbs, botanicals, turmeric, etc

Medium Powders

Most supplements, protein powder, etc

Dense Powders

Minerals, creatine, magnesium, etc

Oils

Capsules can only hold pure oils

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