

black\_seed\_a\_2022\_06\_19.xlsx

tsp BSO/TBSP  
gm BSO/TBSP

	next					
TOTAL	CALC	8 16	fl oz TBSP	calc ml units	240 #	Final %

Black Seed Oil	100.00%	1	fl oz	mL	30	12.50%
Olive Oil (EV)	100.00%	1.5	fl oz	mL	45	18.75%
Honey	100.00%	4.5	fl oz	mL	135	56.25%
Water	100.00%	1	fl oz	mL	30	12.50%
cinnamon	1/4 tsp					
ginger	1/4 tsp					
turmeric	1/4 tsp					

1 tsp BSO weighs 3.3 gm

1 floz contains 29.57 mL

0.375

1.238

	6/19/2022					
	CALC	8 16	fl oz TBSP	calc ml units	240 #	Final %

Black Seed Oil	100.00%	1	fl oz	mL	30	12.50%
Olive Oil (EV)	100.00%	1.5	fl oz	mL	45	18.75%
Honey	100.00%	5.5	fl oz	mL	165	68.75%
Water	100.00%	0	fl oz	mL	0	0.00%
cinnamon	1/2 tsp					
ginger	1/2 tsp					
turmeric	1/2 tsp					