

Capsule size	Individual Length		Closed capsule length (mm)	External Diameter		Empty Capsule Weight (mg)	Capsule Volume (ccm)
	CAP (mm)	BODY (mm)		CAP (mm)	BODY (mm)		
00	11.80 ± 0.35	20.10 ± 0.35	23.4 ± 0.3	8.56	8.23	123 ± 7	0.95
0	10.85 ± 0.35	18.45 ± 0.35	21.6 ± 0.3	7.65	7.35	99 ± 6	0.68
1	9.85 ± 0.35	16.40 ± 0.35	19.4 ± 0.3	6.96	6.63	76 ± 5	0.48
2	8.80 ± 0.35	15.15 ± 0.35	17.6 ± 0.3	6.39	6.12	61 ± 4	0.36
3	8.00 ± 0.35	13.45 ± 0.35	15.7 ± 0.3	5.85	5.60	48 ± 3	0.27
4	7.20 ± 0.35	12.10 ± 0.35	14.3 ± 0.3	5.33	5.08	38 ± 3	0.20

the gelatin capsules have a moisture content between 13 % and 16 % relative humidity

Capsule size	Individual Length		Closed capsule length (mm)	External Diameter		Empty Capsule Weight (mg)	Capsule Volume (ccm)
	CAP (mm)	BODY (mm)		CAP (mm)	BODY (mm)		
00	11.80 ± 0.35	20.10 ± 0.35	23.4 ± 0.3	8.56	8.23	136 ± 7	0.95
0	10.85 ± 0.35	18.45 ± 0.35	21.6 ± 0.3	7.65	7.35	105 ± 6	0.68
1	9.85 ± 0.35	16.40 ± 0.35	19.4 ± 0.3	6.96	6.63	79 ± 5	0.48
2	8.80 ± 0.35	15.15 ± 0.35	17.6 ± 0.3	6.39	6.12	63 ± 4	0.36
3	8.00 ± 0.35	13.45 ± 0.35	15.7 ± 0.3	5.85	5.60	50 ± 3	0.27
4	7.20 ± 0.35	12.10 ± 0.35	14.3 ± 0.3	5.33	5.08	40 ± 3	0.20

the vegetable capsules have a moisture content between 4 % and 8 % relative humidity

Capsule size	Capsule Volume (ccm)	Relative density of the material to encapsulate *					
		0.40	0.60	0.80	1.00	1.20	1.30
00	0.95	380	570	760	950	1,140	1,235
0	0.68	272	408	544	680	816	884
1	0.48	192	288	384	480	576	624
2	0.36	144	216	288	360	432	468
3	0.27	108	162	216	270	324	351
4	0.20	80	120	160	200	240	260

* In other words, if the ingredients that will fill the capsule are as dense / heavy as water in the same volume, the relative density is 1.0. Most of the herbs and blends of other natural products are less dense / lighter than water in the same volume (0.60 or 0.80 relative density).

Note: all the blue values in the above table are in milligrams (mg)