

MORE QUESTIONS AND ANSWERS

What is 500ml water?

Drinking 2 cups (500 ml) of water before each meal may speed weight loss. Researchers from the University of Birmingham have shown that drinking 500 ml (2 cups) of water at half an hour before eating main meals may help obese adults to lose weight.

RELATED QUESTIONS

Is 500 ml half a Litre?

1000 ml equals 1 litre. Therefore, 500 ml equals half a litre.

How many liters are in a 500ml bottle?

The answer is 0.5. We assume you are converting between milliliter and liter. You can view more details on each measurement unit: ml or liter The SI derived unit for volume is the cubic meter.

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