

Card Stock Equivalent Weights

COVER	INDEX	TAG	METRIC g/m ²
60	89.7	99.7	162.3
80	119.7	132.9	216.4
100	149.6	166.2	270.5
60.2	90	100.0	162.8
73.5	110	122.2	198.9
93.6	140	155.5	253.2
113.7	170	188.9	307.4
60.2	90.0	100	162.8
75.2	112.5	125	203.5
90.3	135.0	150	244.2
105.3	157.5	175	284.9
120.4	180.0	200	325.6
150.5	225.0	250	407.0

Yellow Highlights are common category types that others are compared too.

EXAMPLE: If you use Tag 125# the equivalent in Index would be 112.5# or 75.2# Cover. All three of these categories of cardstock weigh the same in Metric (203.5 g/m²)