

Glucocorticoid Equivalencies, Potencies, and Half-Life				
Glucocorticoid	Equivalent Potency dose (mg)	Anti-inflammatory potency	Sodium retaining potency	Half-life plasma (min)
Short-Acting				
Cortisone	25	0.8	2	30
Hydrocortisone	20	1	2	80-118
Intermediate acting				
Prednisone	5	4	1	60
Prednisolone	5	4	1	115-212
Triamcinolone	4	5	0	200+
Methylprednisolone	4	5	0	78-188
Long acting				
Dexamethasone	0.75	20-30	0	110-210
Betamethasone	0.6-0.75	20-30	0	300+