*Many different rifling twists are available in this chambering. It’s important to know your rifle’s twist rate before selecting a bullet.

*To stabilize in flight, 45-grain Banded Spitzers and 53-grain TSX bullets require a 1:12” or faster twist; 62-grain TSX and 55-grain MPG bullets need a 1:9” or faster twist. The 36-grain Varmint Grenade works fine in barrels with a 1:14” twist, while the 70-grain TSX needs a 1:8” or faster twist. The 50-grain Varmint Grenade requires a 1:10” or faster twist.

*Military cartridge case walls are often thicker than those of commercial .223 brass. Consequently, military cases may generate higher pressures. Too, the crimp around the primer must be removed before the military case can be reloaded.

*Data was developed using a SAAMI spec 1:12” twist barrel, which produced accurate load data; however, the above twist recommendations should be followed for best accuracy.

❖ Indicates most accurate load

### 5.56 Nato

<table>
<thead>
<tr>
<th>Powder</th>
<th>Charge (grains)</th>
<th>Velocity (fps)</th>
<th>Charge (grains)</th>
<th>Velocity (fps)</th>
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### Minimum Maximum

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### 5.56 NATO

**Bullet Weight:** 50 gr  
**Case Trim Length:** 1.750"  
**S.D.:** 0.142  
**Bullet Style:** TSX FB  
**Primer:** Fed 205  
**B.C.:** 0.197  
**COAL:** 2.190"  
**Barrel Length:** 20"  
**Case:** LC 09  
**Twist Rate:** 1:7"

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<th>Minimum (fps)</th>
<th>Maximum (grains)</th>
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### Additional Rows

**Bullet Weight:** 53 gr  
**Case Trim Length:** 1.750"  
**S.D.:** 0.142  
**Bullet Style:** TSX FB  
**Primer:** Fed 205  
**B.C.:** 0.204  
**COAL:** 2.190"  
**Barrel Length:** 20"  
**Case:** LC 09  
**Twist Rate:** 1:7"

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**Bullet Weight:** 55 gr  
**Case Trim Length:** 1.750"  
**S.D.:** 0.157  
**Bullet Style:** TSX FB  
**Primer:** Fed 205  
**B.C.:** 0.209  
**COAL:** 2.190"  
**Barrel Length:** 20"  
**Case:** LC 09  
**Twist Rate:** 1:7"

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### 5.56 NATO

**Bullet Weight:** 55 gr  
**Case Trim Length:** 1.750"  
**S.D.:** 0.157  
**Bullet Style:** RRLP FB  
**Primer:** Fed 205  
**B.C.:** 0.225  
**COAL:** 2.240"  
**Barrel Length:** 20"  
**Case:** LC 09  
**Twist Rate:** 1:7"

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### 5.56 NATO

**Bullet Weight:** 62 gr  
**Case Trim Length:** 1.750"  
**S.D.:** 0.177  
**Bullet Style:** TSX BT  
**Primer:** Fed 205  
**B.C.:** 0.287  
**COAL:** 2.240"  
**Barrel Length:** 20"  
**Case:** LC 09  
**Twist Rate:** 1:7"

<table>
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### 5.56 NATO

**Bullet Weight:** 70 gr  
**Case Trim Length:** 1.750"  
**S.D.:** 0.199  
**Bullet Style:** TSX BT  
**Primer:** Fed 205  
**B.C.:** 0.314  
**COAL:** 2.250"  
**Barrel Length:** 20"  
**Case:** LC 09  
**Twist Rate:** 1:7"

<table>
<thead>
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</tr>
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