

1 1A 1 H Hydrogen 1.01 2 2A 2 He Helium 4.00																	
3 3A 3 Li Lithium 6.94 4 4A 4 Be Beryllium 9.01																	
5 5A 5 B Boron 10.81 6 6A 6 C Carbon 12.01 7 7A 7 N Nitrogen 14.01 8 8A 8 O Oxygen 16.00 9 9A 9 F Fluorine 19.00 10 10A 10 Ne Neon 20.18																	
11 11A 11 Na Sodium 22.99 12 12A 12 Mg Magnesium 24.31																	
13 3B 13 Al Aluminum 26.98 14 4B 14 Si Silicon 28.09 15 5B 15 P Phosphorus 30.97 16 6B 16 S Sulfur 32.07 17 7A 17 Cl Chlorine 35.45 18 8A 18 Ar Argon 39.95																	
19 1B 19 K Potassium 39.10 20 2B 20 Ca Calcium 40.08 21 3B 21 Sc Scandium 44.96 22 4B 22 Ti Titanium 47.87 23 5B 23 V Vanadium 50.94 24 6B 24 Cr Chromium 52.00 25 7B 25 Mn Manganese 54.94 26 8B 26 Fe Iron 55.85 27 8B 27 Co Cobalt 58.93 28 8B 28 Ni Nickel 58.69 29 9B 29 Cu Copper 63.55 30 10B 30 Zn Zinc 65.39 31 11B 31 Ga Gallium 69.72 32 12B 32 Ge Germanium 72.61 33 13B 33 As Arsenic 74.92 34 14B 34 Se Selenium 78.96 35 15B 35 Br Bromine 79.90 36 16B 36 Kr Krypton 83.80																	
37 1B 37 Rb Rubidium 85.47 38 2B 38 Sr Strontium 87.62 39 3B 39 Y Yttrium 88.91 40 4B 40 Zr Zirconium 91.22 41 5B 41 Nb Niobium 92.91 42 6B 42 Mo Molybdenum 95.94 43 7B 43 Tc Technetium (98) 44 8B 44 Ru Ruthenium 101.07 45 8B 45 Rh Rhodium 102.91 46 8B 46 Pd Palladium 106.42 47 9B 47 Ag Silver 107.87 48 10B 48 Cd Cadmium 112.41 49 11B 49 In Indium 114.82 50 12B 50 Sn Tin 118.71 51 13B 51 Sb Antimony 121.76 52 14B 52 Te Tellurium 127.60 53 15B 53 I Iodine 126.90 54 16B 54 Xe Xenon 131.29																	
55 1B 55 Cs Cesium 132.91 56 2B 56 Ba Barium 137.33 57 3B 57 La Lanthanum 138.91 72 4B 72 Hf Hafnium 178.49 73 5B 73 Ta Tantalum 180.95 74 6B 74 W Tungsten 183.84 75 7B 75 Re Rhenium 186.21 76 8B 76 Os Osmium 190.23 77 8B 77 Ir Iridium 192.22 78 8B 78 Pt Platinum 195.08 79 9B 79 Au Gold 196.97 80 10B 80 Hg Mercury 200.59 81 11B 81 Tl Thallium 204.38 82 12B 82 Pb Lead 207.2 83 13B 83 Bi Bismuth 208.98 84 14B 84 Po Polonium (209) 85 15B 85 At Astatine (210) 86 16B 86 Rn Radon (222)																	
87 1B 87 Fr Francium (223) 88 2B 88 Ra Radium (226) 89 3B 89 Ac Actinium (227) 104 4B 104 Rf Rutherfordium (261) 105 5B 105 Db Dubnium (262) 106 6B 106 Sg Seaborgium (266) 107 7B 107 Bh Bohrium (264) 108 8B 108 Hs Hassium (269) 109 8B 109 Mt Meitnerium (268)																	

Key

11
Na
Sodium
22.99

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 Atomic number

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 Element symbol

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 Element name

—

 Average atomic mass*

* If this number is in parentheses, then it refers to the atomic mass of the most stable isotope.

58 Ce Cerium 140.12	59 Pr Praseodymium 140.91	60 Nd Neodymium 144.24	61 Pm Promethium (145)	62 Sm Samarium 150.36	63 Eu Europium 151.96	64 Gd Gadolinium 157.25	65 Tb Terbium 158.93	66 Dy Dysprosium 162.50	67 Ho Holmium 164.93	68 Er Erbium 167.26	69 Tm Thulium 168.93	70 Yb Ytterbium 173.04	71 Lu Lutetium 174.97
90 Th Thorium 232.04	91 Pa Protactinium 231.04	92 U Uranium 238.03	93 Np Neptunium (237)	94 Pu Plutonium (244)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (247)	98 Cf Californium (251)	99 Es Einsteinium (252)	100 Fm Fermium (257)	101 Md Mendelevium (258)	102 No Nobelium (259)	103 Lr Lawrencium (262)