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| 1 H HYDROGEN 1.0079 | | | | | | | | | | | | | | | | | 2 He HELIUM 4.0026 | | | | | | |
| 3 Li LITHIUM 6.941 | 4 Be BERYLLIUM 9.0122 | | | | | | | | | | | | | | | | | 5 B BORON 10.811 | 6 C CARBON 12.011 | 7 N NITROGEN 14.007 | 8 O OXYGEN 15.999 | 9 F FLUORINE 18.998 | 10 Ne NEON 20.1797 |
| 11 Na SODIUM 22.989 | 12 Mg MAGNESIUM 24.305 | | | | | | | | | | | | | | | | | 13 Al ALUMINIUM 26.981 | 14 Si SILICON 28.085 | 15 P PHOSPHORUS 30.974 | 16 S SULFUR 32.066 | 17 Cl CHLORINE 35.453 | 18 Ar ARGON 39.948 |
| 19 K POTASSIUM 39.098 | 20 Ca CALCIUM 40.078 | 21 Sc SCANDIUM 44.955 | 22 Ti TITANIUM 47.867 | 23 V VANADIUM 50.9415 | 24 Cr CHROMIUM 51.9961 | 25 Mn MANGANESE 54.938 | 26 Fe IRON 55.845 | 27 Co COBALT 58.933 | 28 Ni NICKEL 58.6934 | 29 Cu COPPER 63.546 | 30 Zn ZINC 65.38 | 31 Ga GALLIUM 69.723 | 32 Ge GERMANIUM 72.63 | 33 As ARSENIC 74.921 | 34 Se SELENIUM 78.971 | 35 Br BROMINE 79.904 | 36 Kr KRYPTON 83.798 | | | | | | |
| 37 Rb RUBIDIUM 85.467 | 38 Sr STRONTIUM 87.62 | 39 Y YTTRIUM 88.9058 | 40 Zr ZIRCONIUM 91.224 | 41 Nb NIOBIUM 92.9063 | 42 Mo MOLYBDENUM 95.95 | 43 Tc TECHNETIUM (98) | 44 Ru RUTHENIUM 101.07 | 45 Rh RHODIUM 102.90 | 46 Pd PALLADIUM 106.42 | 47 Ag SILVER 107.8682 | 48 Cd CADMIUM 112.414 | 49 In INDIUM 114.818 | 50 Sn TIN 118.710 | 51 Sb ANTIMONY 121.760 | 52 Te TELLURIUM 127.60 | 53 I IODINE 126.90 | 54 Xe XENON 131.293 | | | | | | |
| 55 Cs CAESIUM 132.905 | 56 Ba BARIUM 137.327 | 57-71* | 72 Hf HAFNIUM 178.49 | 73 Ta TANTALUM 180.94 | 74 W TUNGSTEN 183.84 | 75 Re RHENIUM 186.207 | 76 Os OSMIUM 190.23 | 77 Ir IRIDIUM 192.217 | 78 Pt PLATINUM 195.084 | 79 Au GOLD 196.96 | 80 Hg MERCURY 200.59 | 81 Tl THALLIUM 204.38 | 82 Pb LEAD 207.2 | 83 Bi BISMUTH 208.98 | 84 Po POLONIUM (209) | 85 At ASTATINE (210) | 86 Rn RADON (222) | | | | | | |
| 87 Fr FRANCIUM (223) | 88 Ra RADIUM (226) | 89-103** | 104 Rf RUTHERFORDIUM (267) | 105 Db DUBNIUM (268) | 106 Sg SEABORGIUM (271) | 107 Bh BOHRNIUM (272) | 108 Hs HASSIUM (270) | 109 Mt MEITNERIUM (276) | 110 Ds DARMSTADIUM (281) | 111 Rg ROENTGENIUM (280) | 112 Cn COPERNICIUM (285) | 113 Nh NIHONIUM (286) | 114 Fl FLEROVIUM (289) | 115 Mc MOSCOVIUM (289) | 116 Lv LIVERMORIUM (293) | 117 Ts TENNESINE (118) | 118 Og OGANESSON (294) | | | | | | |

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| 57 La LANTHANUM 138.90 | 58 Ce CERIUM 140.116 | 59 Pr PRASEODYMIUM 140.90 | 60 Nd NEODYMIUM 144.242 | 61 Pm PROMETHIUM (145) | 62 Sm SAMARIUM 150.36 | 63 Eu EUROPIUM 151.964 | 64 Gd GADOLINIUM 157.25 | 65 Tb TERBIUM 158.92 | 66 Dy DYSPROSIUM 162.500 | 67 Ho HOLMIUM 164.93 | 68 Er ERBIUM 167.259 | 69 Tm THULIUM 168.93 | 70 Yb YTTERBIUM 173.054 | 71 Lu LUTETIUM 174.9668 |
| 89 Ac ACTINIUM (227) | 90 Th THORIUM 232.0377 | 90 Pa PROTACTINIUM 231.03 | 92 U URANIUM 238.02 | 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) |