

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

Key

| | |
|-----------|----------------------|
| 11 | Atomic number |
| Na | Element symbol |
| Sodium | Element name |
| 22.99 | 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) |