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|--|--|---------------------------------------|---|---------------------------------------|--|--|---|--|--|---|---|---|--|---|---|--|---|---|---|---|---|-------------------------------------|-----------------------------------|
| 1 H hydrogen 1.008 [1.0078, 1.0082] | | | | | | | | | | | | | | | | | 18 He helium 4.0026 | | | | | | |
| 3 Li lithium 6.94 [6.938, 6.997] | 4 Be beryllium 9.0122 | | | | | | | | | | | | | | | | | 5 B boron 10.81 [10.806, 10.821] | 6 C carbon 12.011 [12.009, 12.012] | 7 N nitrogen 14.007 [14.006, 14.008] | 8 O oxygen 15.999 [15.999, 16.000] | 9 F fluorine 18.998 | 10 Ne neon 20.180 |
| 11 Na sodium 22.990 | 12 Mg magnesium 24.305 [24.304, 24.307] | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 Al aluminium 26.982 | 14 Si silicon 28.085 [28.084, 28.086] | 15 P phosphorus 30.974 | 16 S sulfur 32.06 [32.059, 32.076] | 17 Cl chlorine 35.45 [35.446, 35.457] | 18 Ar argon 39.95 [39.792, 39.963] | | | | | | |
| 19 K potassium 39.098 | 20 Ca calcium 40.078(4) | 21 Sc scandium 44.956 | 22 Ti titanium 47.867 | 23 V vanadium 50.942 | 24 Cr chromium 51.996 | 25 Mn manganese 54.938 | 26 Fe iron 55.845(2) | 27 Co cobalt 58.933 | 28 Ni nickel 58.693 | 29 Cu copper 63.546(3) | 30 Zn zinc 65.38(2) | 31 Ga gallium 69.723 | 32 Ge germanium 72.630(8) | 33 As arsenic 74.922 | 34 Se selenium 78.971(8) | 35 Br bromine 79.904 [79.901, 79.907] | 36 Kr krypton 83.798(2) | | | | | | |
| 37 Rb rubidium 85.468 | 38 Sr strontium 87.62 | 39 Y yttrium 88.906 | 40 Zr zirconium 91.224(2) | 41 Nb niobium 92.906 | 42 Mo molybdenum 95.95 | 43 Tc technetium [98]* | 44 Ru ruthenium 101.07(2) | 45 Rh rhodium 102.91 | 46 Pd palladium 106.42 | 47 Ag silver 107.87 | 48 Cd cadmium 112.41 | 49 In indium 114.82 | 50 Sn tin 118.71 | 51 Sb antimony 121.76 | 52 Te tellurium 127.60(3) | 53 I iodine 126.90 | 54 Xe xenon 131.29 | | | | | | |
| 55 Cs caesium 132.91 | 56 Ba barium 137.33 | 57-71 lanthanoids | 72 Hf hafnium 178.49(2) | 73 Ta tantalum 180.95 | 74 W tungsten 183.84 | 75 Re rhenium 186.21 | 76 Os osmium 190.23(3) | 77 Ir iridium 192.22 | 78 Pt platinum 195.08 | 79 Au gold 196.97 | 80 Hg mercury 200.59 | 81 Tl thallium 204.38 [204.38, 204.39] | 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 actinoids | 104 Rf rutherfordium [267]* | 105 Db dubnium [268]* | 106 Sg seaborgium [269]* | 107 Bh bohrium [270]* | 108 Hs hassium [269]* | 109 Mt meitnerium [278]* | 110 Ds darmstadtium [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 tennessine [294]* | 118 Og oganeson [294]* | | | | | | |

atomic number

Symbol
name

conventional atomic weight
standard atomic weight



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|--|--------------------------------------|---|--|---|--|--|--|--|--|--|---------------------------------------|---|--|--|
| 57 La lanthanum 138.91 | 58 Ce cerium 140.12 | 59 Pr praseodymium 140.91 | 60 Nd neodymium 144.24 | 61 Pm promethium [145]* | 62 Sm samarium 150.36(2) | 63 Eu europium 151.96 | 64 Gd gadolinium 157.25(3) | 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 173.05 | 71 Lu lutetium 174.97 |
| 89 Ac actinium [227]* | 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]* |

Notes [] : Lower and upper bounds of the standard atomic weight for that element.
 () : Number of isotopes used to calculate the standard atomic weight.
 []* : Standard atomic weight reported by RSC