

IUPAC Recommendations 2003<sup>†</sup>

Z	Name	Symbol	Atomic weight	Z	Name	Symbol	Atomic weight
1	Hydrogen	H	1.00794(7)	57	Lanthanum	La	138.9055(2)
2	Helium	He	4.002602(2)	58	Cerium	Ce	140.116(1)
3	Lithium	Li	6.941(2)	59	Praseodymium	Pr	140.90765(2)
4	Beryllium	Be	9.012182(3)	60	Neodymium	Nd	144.24(3)
5	Boron	B	10.811(7)	61	Promethium*	Pm	
6	Carbon	C	12.0107(8)	62	Samarium	Sm	150.36(3)
7	Nitrogen	N	14.0067(2)	63	Europium	Eu	151.964(1)
8	Oxygen	O	15.9994(3)	64	Gadolinium	Gd	157.25(3)
9	Fluorine	F	18.9984032(5)	65	Terbium	Tb	158.92534(2)
10	Neon	Ne	20.1797(6)	66	Dysprosium	Dy	162.500(1)
11	Sodium (Natrium)	Na	22.989770(2)	67	Holmium	Ho	164.93032(2)
12	Magnesium	Mg	24.3050(6)	68	Erbium	Er	167.259(3)
13	Aluminium (Aluminum)	Al	26.981538(2)	69	Thulium	Tm	168.93421(2)
14	Silicon	Si	28.0855(3)	70	Ytterbium	Yb	173.04(3)
15	Phosphorus	P	30.973761(2)	71	Lutetium	Lu	174.967(1)
16	Sulfur	S	32.065(5)	72	Hafnium	Hf	178.49(2)
17	Chlorine	Cl	35.453(2)	73	Tantalum	Ta	180.9479(1)
18	Argon	Ar	39.948(1)	74	Tungsten (Wolfram)	W	183.84(1)
19	Potassium (Kalium)	K	39.0983(1)	75	Rhenium	Re	186.207(1)
20	Calcium	Ca	40.078(4)	76	Osmium	Os	190.23(3)
21	Scandium	Sc	44.955910(8)	77	Iridium	Ir	192.217(3)
22	Titanium	Ti	47.867(1)	78	Platinum	Pt	195.078(2)
23	Vanadium	V	50.9415(1)	79	Gold (Aurum)	Au	196.96655(2)
24	Chromium	Cr	51.9961(6)	80	Mercury (Hydrargyrum)	Hg	200.59(2)
25	Manganese	Mn	54.938049(9)	81	Thallium	Tl	204.3833(2)
26	Iron (Ferrum)	Fe	55.845(2)	82	Lead (Plumbum)	Pb	207.2(1)
27	Cobalt	Co	58.933200(9)	83	Bismuth*	Bi	208.98038(2)
28	Nickel	Ni	58.6934(2)	84	Polonium*	Po	
29	Copper (Cuprum)	Cu	63.546(3)	85	Astatine*	At	
30	Zinc	Zn	65.409(4)	86	Radon*	Rn	
31	Gallium	Ga	69.723(1)	87	Francium*	Fr	
32	Germanium	Ge	72.64(1)	88	Radium*	Ra	
33	Arsenic	As	74.92160(2)	89	Actinium*	Ac	
34	Selenium	Se	78.96(3)	90	Thorium*	Th	232.0381(1)
35	Bromine	Br	79.904(1)	91	Protactinium*	Pa	231.03588(2)
36	Krypton	Kr	83.798(2)	92	Uranium*	U	238.02891(3)
37	Rubidium	Rb	85.4678(3)	93	Neptunium*	Np	
38	Strontium	Sr	87.62(1)	94	Plutonium*	Pu	
39	Yttrium	Y	88.90585(2)	95	Americium*	Am	
40	Zirconium	Zr	91.224(2)	96	Curium*	Cm	
41	Niobium	Nb	92.90638(2)	97	Berkelium*	Bk	
42	Molybdenum	Mo	95.94(2)	98	Californium*	Cf	
43	Technetium*	Tc		99	Einsteinium*	Es	
44	Ruthenium	Ru	101.07(2)	100	Fermium*	Fm	
45	Rhodium	Rh	102.90550(2)	101	Mendelevium*	Md	
46	Palladium	Pd	106.42(1)	102	Nobelium*	No	
47	Silver (Argentum)	Ag	107.8682(2)	103	Lawrencium*	Lr	
48	Cadmium	Cd	112.411(8)	104	Rutherfordium*	Rf	
49	Indium	In	114.818(3)	105	Dubnium*	Db	
50	Tin (Stannum)	Sn	118.710(7)	106	Seaborgium*	Sg	
51	Antimony (Stibium)	Sb	121.760(1)	107	Bohrium*	Bh	
52	Tellurium	Te	127.60(3)	108	Hassium*	Hs	
53	Iodine	I	126.90447(3)	109	Meitnerium*	Mt	
54	Xenon	Xe	131.293(6)	110	Darmstadtium*	Ds	
55	Caesium (Cesium)	Cs	132.90545(2)	111	Roentgenium*	Rg	
56	Barium	Ba	137.327(7)				

<sup>†</sup>*Pure Appl. Chem.* **75**, 1107 (2003)