###### Molar Masses of the Elements

ELEMENT CHEMICAL ATOMIC MOLAR ELEMENT CHEMICAL ATOMIC MOLAR

NAME SYMBOL NUMBER MASS NAME SYMBOL NUMBER MASS

Actinium Ac 89 (227) Mendelevium Md 101 (258)

Aluminum Al 13 26.982 Meitnerium Mt 109 (266)

Americium Am 95 (243) Mercury Hg 80 200.59

Antimony Sb 51 121.75 Molybdenum Mo 42 95.94

Argon Ar 18 39.948 Neodymium Nd 60 144.24

Arsenic As 33 74.922 Neon Ne 10 20.180

Astatine At 85 (210) Neptunium Np 93 (237)

Barium Ba 56 137.33 Nickel Ni 28 58.69

Berkelium Bk 97 (247) Niobium Nb 41 92.906

Beryllium Be 4 9.012 Nitrogen N 7 14.007

Bismuth Bi 83 208.98 Nobelium No 102 (259)

Bohrium Bh 107 (262) Osmium Os 76 190.2

Boron B 5 10.811 Oxygen O 8 15.999

Bromine Br 35 79.904 Palladium Pd 46 106.42

Cadmium Cd 48 112.41 Phosphorus P 15 30.974

Calcium Ca 20 40.08 Platinum Pt 78 195.08

Californium Cf 98 (251) Plutonium Pu 94 (244)

Carbon C 6 12.011 Polonium Po 84 (209)

Cerium Ce 58 140.12 Potassium K 19 39.098

Cesium Cs 55 132.90 Praseodymium Pr 59 140.91

Chlorine Cl 17 35.453 Promethium Pm 61 (145)

Chromium Cr 24 51.996 Protactinium Pa 91 213.04

Cobalt Co 27 58.933 Radium Ra 88 (226)

Copper Cu 29 63.546 Radon Rn 86 (222)

Curium Cm 96 (247) Rhenium Re 75 186.21

Dubnium Db 104 (261) Rhodium Rh 45 102.91

Dysprosium Dy 66 162.50 Rubidium Rb 37 85.47

Einsteinium Es 99 (254) Ruthenium Ru 44 101.07

Erbium Er 68 167.26 Rutherfordium Rf 106 (263)

Europium Eu 63 151.96 Samarium Sm 62 150.36

Fermium Fm 100 (257) Scandium Sc 21 44.956

Fluorine F 9 18.998 Selenium Se 34 78.96

Francium Fr 87 (223) Silicon Si 14 28.086

Gadolinium Gd 64 157.25 Silver Ag 47 107.87

Gallium Ga 31 69.723 Sodium Na 11 22.990

Germanium Ge 32 72.61 Strontium Sr 38 87.62

Gold Au 79 196.97 Sulfur S 16 32.066

Hafnium Hf 72 178.49 Tantalum Ta 73 180.95

Hahnium Hn 108 (265) Technetium Tc 43 (98)

Helium He 2 4.003 Tellurium Te 52 127.60

Holmium Ho 67 164.93 Terbium Tb 65 158.92

Hydrogen H 1 1.008 Thallium Tl 81 204.38

Indium In 49 114.82 Thorium Th 90 232.04

Iodine I 53 126.90 Thulium Tm 69 168.93

Iridium Ir 77 192.22 Tin Sn 50 118.71

Iron Fe 26 55.847 Titanium Ti 22 47.88

Joliotium Jl 105 (262) Tungsten W 74 183.85

Krypton Kr 36 83.80 Ununnilium Uun 110 (272)

Lanthanum La 57 138.91 Uranium U 92 238.03

Lawrencium Lr 103 (260) Vanadium V 23 50.942

Lead Pb 82 207.2 Xenon Xe 54 131.29

Lithium Li 3 6.941 Ytterbium Yb 70 173.04

Lutetium Lu 71 174.97 Yttrium Y 39 88.906

Magnesium Mg 12 24.305 Zinc Zn 30 65.39

Manganese Mn 25 54.938 Zirconium Zr 40 91.224

Molar masses based on 12 C = 12.000 amu

Numbers in parentheses give the mass number of the most stable isotope