

1 H Vandenilis 1.008																	2 He Helis 4.0026															
3 Li Litis 6.94	4 Be Berilis 9.0122															5 B Boras 10.81	6 C Anglis 12.011	7 N Azotas 14.007	8 O Deguonis 15.999	9 F Fluoras 18.998	10 Ne Neonas 20.180											
11 Na Natris 22.990	12 Mg Magnis 24.305															13 Al Aliuminis 26.982	14 Si Silicis 28.085	15 P Fosforas 30.974	16 S Siera 32.06	17 Cl Chloras 35.45	18 Ar Argonas 39.948											
19 K Kalis 39.098	20 Ca Kalcis 40.078	21 Sc Skandis 44.956	22 Ti Titanas 47.867	23 V Vanadis 50.942	24 Cr Chromas 51.996	25 Mn Manganas 54.938	26 Fe Geležis 55.845	27 Co Kobaltas 58.933	28 Ni Nikelis 58.693	29 Cu Varis 63.546	30 Zn Cinkas 65.38	31 Ga Galis 69.723	32 Ge Germanis 72.630	33 As Arsenas 74.922	34 Se Selenas 78.971	35 Br Bromas 79.904	36 Kr Kriptonas 83.798															
37 Rb Rubidis 85.468	38 Sr Stroncis 87.62	39 Y Itris 88.906	40 Zr Cirkonis 91.224	41 Nb Niobis 92.906	42 Mo Molibdenas 95.95	43 Tc Technecis [98]	44 Ru Rutenis 101.07	45 Rh Rodis 102.91	46 Pd Paladis 106.42	47 Ag Sidabras 107.87	48 Cd Kadmis 112.41	49 In Indis 114.82	50 Sn Alavas 118.71	51 Sb Stibis 121.76	52 Te Telūras 127.60	53 I Jodas 126.90	54 Xe Ksenonas 131.29															
55 Cs Cezis 132.91	56 Ba Baris 137.33	57-71 La-Lu	72 Hf Hafnis 178.49	73 Ta Tantalas 180.95	74 W Volframas 183.84	75 Re Renis 186.21	76 Os Osmis 190.23	77 Ir Iridis 192.22	78 Pt Platina 195.08	79 Au Auksas 196.97	80 Hg Gyvsidabris 200.59	81 Tl Talis 204.38	82 Pb Švinas 207.2	83 Bi Bismutas 208.98	84 Po Polonis [209]	85 At Astatis [210]	86 Rn Radonas [222]															
87 Fr Francis [223]	88 Ra Radis [226]	89-103 Ac-Lr	104 Rf Rezerfordis [267]	105 Db Dubnis [268]	106 Sg Siborgis [269]	107 Bh Boris [270]	108 Hs Hasis [269]	109 Mt Meitneris [278]	110 Ds Darmštatis [281]	111 Rg Rentgenis [282]	112 Cn Kopernikis [285]	113 Nh Nihonis [286]	114 Fl Flerovijus [289]	115 Mc Moskovis [290]	116 Lv Livermonis [293]	117 Ts Tenasas [294]	118 Og Oganesonis [294]															
																		57 La Lantanas 138.91	58 Ce Ceris 140.12	59 Pr Pražėodimis 140.91	60 Nd Neodimis 144.24	61 Pm Prometis [145]	62 Sm Samaris 150.36	63 Eu Europis 151.96	64 Gd Gadolinis 157.25	65 Tb Terbis 158.93	66 Dy Disprozis 162.50	67 Ho Holmis 164.93	68 Er Erbis 167.26	69 Tm Tulis 168.93	70 Yb Iterbis 173.05	71 Lu Liutecis 174.97
																		89 Ac Aktinis [227]	90 Th Toris 232.04	91 Pa Protaktinis 231.04	92 U Uranas 238.03	93 Np Neptūnis [237]	94 Pu Plutonis [244]	95 Am Americis [243]	96 Cm Kiuris [247]	97 Bk Berklis [247]	98 Cf Kalifornis [251]	99 Es Einšteinis [252]	100 Fm Fermis [257]	101 Md Mendelevis [258]	102 No Nobelis [259]	103 Lr Laurencis [266]