OXIDATION STATES – Common Ion charge written first –

NAME OF ELEMENT	SYMBOL	OXIDATION STATE
aluminum	Al	+3
antimony	Sb	+3, +5 (-3)
arsenic	As	-3, (+3, +5)
barium	Ba	+2
beryllium	Be	+2
boron	B	+3
bromine	Br	-1
calcium	Ca	+2
carbon	C	-4, (+4, +2)
cesium	Cs	+1
chlorine	CI	-1
cobalt	Co	+2 , +3
copper	Cu	+2 , +1
fluorine	F	-1
gold	Au	+3 , +1
hydrogen	H	+1, -1
iodine	I	-1
iron	Fe	+3 , +2
lead	Pb	+2, +4

NAME OF ELEMENT	SYMBOL	OXIDATION STATE
lithium	Li	+1
magnesium	Mg	+2
manganese	Mn	+2, +3, +4, +6, +7
mercury	Hg	+2 , +1
nickel	Ni	+2 , +3
nitrogen	N	-3, (+ 3, +5, +4, +2)
oxygen	0	-2
phosphorus	P	-3, (+3, +5, +4)
potassium	K	+1
rubidium	Rb	+1
silicon	Si	+4
silver	Ag	+1
sodium	Na	+1
strontium	Sr	+2
sulfur	S	-2, (+2, +4, +6)
tin	Sn	+4 , +2
zinc	Zn	+2
selenium	Se	-2
*FOR ALL OTHERS LOOK AT THE PERIODIC TABLE IN YOUR TEXTBOOK		

NAME OF POLYATOMIC ION	SYMBOL	OXIDATION STATE
ammonium	NH_4	+1
bromate	BrO_3	-1
carbonate	CO_3	-2
chlorate	ClO_3	-1
fluorate	FO_3	-1
hydroxide	OH	-1
iodate	IO_3	-1
nitrate	NO_3	-1
phosphate	PO_4	-3
sulfate	SO_4	-2

NAME OF POLYATOMIC ION	SYMBOL	OXIDATION STATE
acetate	$C_2H_3O_2$ or CH_3CO_2	-1
monohydrogen phosphate	HPO_4	-2
hydrogen carbonate	HCO_3	-1
hydrogen sulfate	HSO_4	-1
chromate	CrO_4	-2
cyanate	OCN	-1
cyanide	CN	-1
dichromate	Cr_2O_7	-2
dihydrogen phosphate	H_2PO_4	-1
permanganate	MnO_4	-1
thiocyanate	SCN	-1