OXIDATION STATES

NAME OF ELEMENT	SYMBOL	OXIDATION STATE	NAME OF ELEMENT	SYMBOL	OXIDATION STATE
aluminum	Al	+3	lithium	Li	+1
antimony	Sb	-3, (+3, +5)	magnesium	Mg	+2
arsenic	As	-3, (+3, +5)	manganese	Mn	+2, +3, +4, +6, +7
barium	Ba	+2	mercury	Hg	+1, +2
beryllium	Be	+2	nickel	Ni	+2, +3
boron	B	+3	nitrogen	N	-3, (+ 3, +5, +4, +2)
bromine	Br	-1	oxygen	0	-2
calcium	Ca	+2	phosphorus	P	-3, (+3, +5, +4)
carbon	C	-4, (+4, +2)	potassium	K	+1
cesium	Cs	+1	rubidium	Rb	+1
chlorine	CI	-1	silicon	Si	+4
cobalt	Co	+2, +3	silver	Ag	+1
copper	Cu	+1, +2	sodium	Na	+1
fluorine	F	-1	strontium	Sr	+2
gold	Au	+1, +3	sulfur	S	-2, (+2, +4, +6)
hydrogen	H	+1, -1	tin	Sn	+2, +4
iodine	I	-1	zinc	Zn	+2
iron	Fe	+2, +3	selenium	Se	-2
lead	Pb	+2, +4	*FOR ALL OTHERS LOOK AT THE PERIODIC TABLE IN YOUR TEXTBOOK		

NAME OF POLYATOMIC ION	SYMBOL	OXIDATION STATE	NAME OF POLYATOMIC ION	SYMBOL	OXIDATION STATE
ammonium	NH_4	+1	acetate	$C_2H_3O_2$	-1
bromate	BrO_3	-1	monohydrogen phosphate	HPO_4	-2
carbonate	CO_3	-2	hydrogen carbonate	HCO_3	-1
chlorate	ClO_3	-1	hydrogen sulfate	HSO_4	-1
fluorate	FO_3	-1	chromate	CrO_4	-2
hydroxide	OH	-1	cyanate	OCN	-1
iodate	IO_3	-1	cyanide	CN	-1
nitrate	NO_3	-1	dichromate	Cr_2O_7	-2
phosphate	PO_4	-3	dihydrogen phosphate	H_2PO_4	-1
sulfate	SO_4	-2	permanganate	MnO_4	-1
			thiocyanate	SCN	-1