Grevesse & Noels (1993) abundances + alpha enhanced by +0.3 dex (Vandenberg et al, 2000)

Element i	logNi/logNH+12	Ni/NH*10^3	normalized	Atomic mass	Xi/XH*10^3	mass fraction	comment	OPAL Web Page
С	8.55	0.354813389	0.147914549	12.011	4.2282604	0.102707412		0.245518
N	7.97	0.09332543	0.03890549	14.0067	1.2969355	0.031503474		0.064578
0	9.17	1.479108388	0.616610469	15.9994	23.47936	0.570330127	"+0.3dex"	0.512966
F	4.56							
Ne	8.38	0.239883292	0.100002508	20.179	4.8026639	0.116660077	"+0.3dex"	0.08321
Na	6.63	0.004265795	0.001778324	22.98977	0.097301	0.002363509	"+0.3dex"	0.001479
Mg	7.88	0.075857758	0.03162357	24.305	1.8292716	0.04443429	"+0.3dex"	0.026308
Al	6.17	0.001479108	0.00061661	26.98154	0.0395958	0.00096181	"-0.3dex"	0.002042
Si	7.85	0.070794578	0.029512833	28.0855	1.9727167	0.047918672	"+0.3dex"	0.024552
Р	5.75	0.000562341	0.000234429	30.97376	0.0172813	0.000419775	"+0.3dex"	0.000195
S	7.51	0.032359366	0.013489967	32.06	1.0293097	0.025002655	"+0.3dex"	0.011222
CI	5.8	0.000630957	0.000263033	35.453	0.022194	0.000539108	"+0.3dex"	0.000219
Ar	6.82	0.006606934	0.002754298	39.948	0.2618651	0.006360887	"+0.3dex"	0.002291
K	5.42	0.000263027	0.000109651	39.0983	0.0102033	0.000247845	"+0.3dex"	0.000091
Ca	6.66	0.004570882	0.001905509	40.08	0.181765	0.004415199	"+0.3dex"	0.001586
Sc	3.17							
Ti	5.32	0.00020893	8.70985E-05	47.9	0.0099293	0.000241189	"+0.3dex"	0.000075
V	4							
Cr	5.67	0.000467735	0.000194989	51.996	0.0241297	0.000586128		0.000329
Mn	5.24	0.00017378	7.24454E-05	54.938	0.0094723	0.000230089	"-0.15dex"	0.00017
Fe	7.5	0.031622777	0.013182898	55.847	1.7521949	0.042562043		0.021877
Co	4.92							
Ni	6.25	0.001778279	0.000741329	58.7	0.1035668	0.002515711		0.001293
		2.398772747	1		41.168016	1		1.000001