

ATOMIC WEIGHT REFERENCE

Standard Atomic Weights (A_r) | IUPAC Technical Report

Ref: 2024.1-A

ATOMIC NO.	SYMBOL	ELEMENT NAME	STANDARD ATOMIC WEIGHT (U)
1	H	Hydrogen	1.008
2	He	Helium	4.0026
3	Li	Lithium	6.94
4	Be	Beryllium	9.0122
5	B	Boron	10.81
6	C	Carbon	12.011
7	N	Nitrogen	14.007
8	O	Oxygen	15.999
9	F	Fluorine	18.998
10	Ne	Neon	20.180
11	Na	Sodium	22.990
12	Mg	Magnesium	24.305
13	Al	Aluminium	26.982
14	Si	Silicon	28.085
15	P	Phosphorus	30.974
16	S	Sulfur	32.06
17	Cl	Chlorine	35.45
18	Ar	Argon	39.948
19	K	Potassium	39.098
20	Ca	Calcium	40.078

* Values represent the most common isotopes found in terrestrial environments.