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| hydrogen 1 H 1.0079 | | | | | | | | | | | | helium 2 He 4.0026 | | | | | | |
| lithium 3 Li 6.941 | beryllium 4 Be 9.0122 | | | | | | | | | | | boron 5 B 10.811 | carbon 6 C 12.011 | nitrogen 7 N 14.007 | oxygen 8 O 15.999 | fluorine 9 F 18.998 | neon 10 Ne 20.180 | |
| sodium 11 Na 22.990 | magnesium 12 Mg 24.305 | | | | | | | | | | | aluminium 13 Al 26.982 | silicon 14 Si 28.086 | phosphorus 15 P 30.974 | sulfur 16 S 32.065 | chlorine 17 Cl 35.453 | argon 18 Ar 39.948 | |
| potassium 19 K 39.098 | calcium 20 Ca 40.078 | scandium 21 Sc 44.956 | titanium 22 Ti 47.867 | vanadium 23 V 50.942 | chromium 24 Cr 51.996 | manganese 25 Mn 54.938 | iron 26 Fe 55.845 | cobalt 27 Co 58.933 | nickel 28 Ni 58.693 | copper 29 Cu 63.546 | zinc 30 Zn 65.39 | gallium 31 Ga 69.723 | germanium 32 Ge 72.61 | arsenic 33 As 74.922 | selenium 34 Se 78.96 | bromine 35 Br 79.904 | krypton 36 Kr 83.80 | |
| rubidium 37 Rb 85.468 | strontium 38 Sr 87.62 | yttrium 39 Y 88.906 | zirconium 40 Zr 91.224 | niobium 41 Nb 92.906 | molybdenum 42 Mo 95.94 | technetium 43 Tc [98] | ruthenium 44 Ru 101.07 | rhodium 45 Rh 102.91 | palladium 46 Pd 106.42 | silver 47 Ag 107.87 | cadmium 48 Cd 112.41 | indium 49 In 114.82 | tin 50 Sn 118.71 | antimony 51 Sb 121.76 | tellurium 52 Te 127.60 | iodine 53 I 126.90 | xenon 54 Xe 131.29 | |
| caesium 55 Cs 132.91 | barium 56 Ba 137.33 | 57-70 ★ | lutetium 71 Lu 174.97 | hafnium 72 Hf 178.49 | tantalum 73 Ta 180.95 | tungsten 74 W 183.84 | rhenium 75 Re 186.21 | osmium 76 Os 190.23 | iridium 77 Ir 192.22 | platinum 78 Pt 195.08 | gold 79 Au 196.97 | mercury 80 Hg 200.59 | thallium 81 Tl 204.38 | lead 82 Pb 207.2 | bismuth 83 Bi 208.98 | polonium 84 Po [209] | astatine 85 At [210] | radon 86 Rn [222] |
| francium 87 Fr [223] | radium 88 Ra [226] | 89-102 ★ ★ | lawrencium 103 Lr [262] | rutherfordium 104 Rf [261] | dubnium 105 Db [262] | seaborgium 106 Sg [266] | bohrium 107 Bh [264] | hassium 108 Hs [269] | meitnerium 109 Mt [268] | ununnitium 110 Uun [271] | unununium 111 Uuu [272] | ununbium 112 Uub [277] | | ununquadium 114 Uuq [289] | | | | |

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| lanthanum 57 La 138.91 | cerium 58 Ce 140.12 | praseodymium 59 Pr 140.91 | neodymium 60 Nd 144.24 | promethium 61 Pm [145] | samarium 62 Sm 150.36 | europium 63 Eu 151.96 | gadolinium 64 Gd 157.25 | terbium 65 Tb 158.93 | dysprosium 66 Dy 162.50 | holmium 67 Ho 164.93 | erbium 68 Er 167.26 | thulium 69 Tm 168.93 | ytterbium 70 Yb 173.04 |
| actinium 89 Ac [227] | thorium 90 Th 232.04 | protactinium 91 Pa 231.04 | uranium 92 U 238.03 | neptunium 93 Np [237] | plutonium 94 Pu [244] | americium 95 Am [243] | curium 96 Cm [247] | berkelium 97 Bk [247] | californium 98 Cf [251] | einsteinium 99 Es [252] | fermium 100 Fm [257] | mendelevium 101 Md [258] | nobelium 102 No [259] |

* Lanthanide series

** Actinide series

Constants:

1 atm = 760 torr = 101.325 kPa

$R = 8.314 \text{ kPa L mol}^{-1} \text{ K}^{-1} = 0.0821 \text{ atm L mol}^{-1} \text{ K}^{-1} = 8.314 \text{ J mol}^{-1} \text{ K}^{-1}$

N_A (Avogadro's Number) = $6.022 \times 10^{23} \text{ mol}^{-1}$

1 L atm = 101.325 J