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| Element    | Symbol | Atomic mass (u) |
|------------|--------|-----------------|
| Hydrogen   | H      | 1.01            |
| Carbon     | C      | 12.01           |
| Nitrogen   | N      | 14.01           |
| Oxygen     | O      | 16              |
| Sodium     | Na     | 22.99           |
| Magnesium  | Mg     | 24.3            |
| Aluminium  | Al     | 26.98           |
| Phosphorus | P      | 30.97           |
| Sulfur     | S      | 32.06           |
| Chlorine   | Cl     | 35.45           |
| Potassium  | K      | 39.1            |
| Calcium    | Ca     | 40.08           |
| Iron       | Fe     | 55.84           |
| Copper     | Cu     | 63.55           |
| Zinc       | Zn     | 65.38           |