



Element (Symbol)	# of times found in your ingredients
(Al) Aluminum	
(Sb) Antimony	
(As) Arsenic	
(Ba) Barium	
(Bi) Bismuth	
(B) Boron	
(Br) Bromine	
(Ca) Calcium	
(Cd) Cadmium	
(C) Carbon	
(Ce) Cerium	
(Cs) Cesium	
(Cl) Chlorine	
(Cr) Chromium	
(Co) Cobalt	
(Cu) Copper	
(Ga) Gallium	
(Au) Gold	
(F) Fluorine	
(H) Hydrogen	
(I) Iodine	
(Fe) Iron	
(Pb) Lead	
(Li) Lithium	
(Mg) Magnesium	
(Mn) Manganese	
(Hg) Mercury	
(Ni) Nickel	
(N) Nitrogen	
(O) Oxygen	
(P) Phosphorus	
(K) Potassium	
(Rb) Rubidium	
(Si) Silicon	
(Na) Sodium	
(S) Sulfur	
(Sr) Strontium	
(Sn) Tin	
(Ti) Titanium	
(V) Vanadium	
(Zn) Zinc	
(Zr) Zirconium	