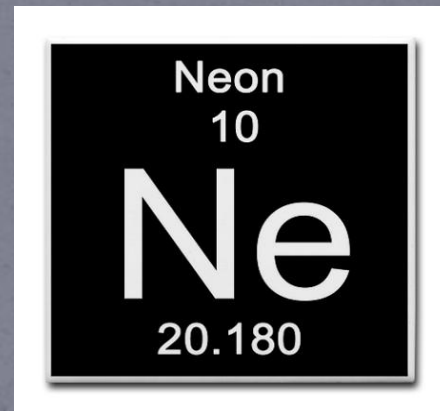


Common Elements

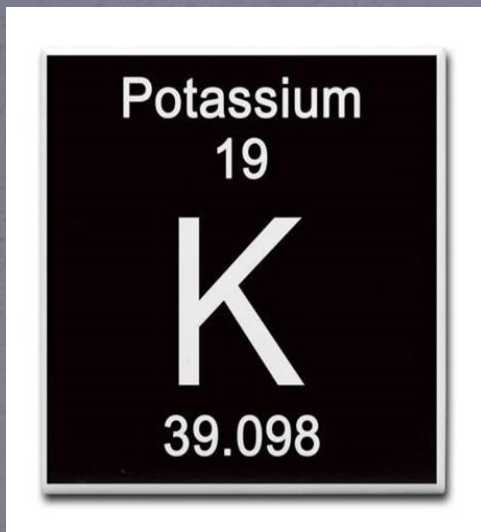
Neon

a gas used in glass for tubes for
lights



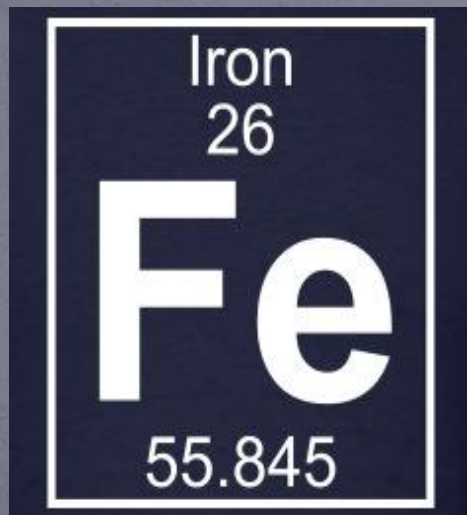
Potassium

its compounds are essential to life;
used in medicines and fertilizers



Iron

has many uses; can be combined with carbon to make steel; which is harder than iron



Nutrition Facts

Serving Size 1 ounce Servings in bag 4

Amount Per Serving

Calories 155 **Calories from Fat** 93

% Daily Value*

Total Fat 11g 16%

Saturated Fat 3g 15%

Trans Fat

Cholesterol 0mg 0%

Sodium 148mg 6%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 5%

Sugars 1g

Protein 2g

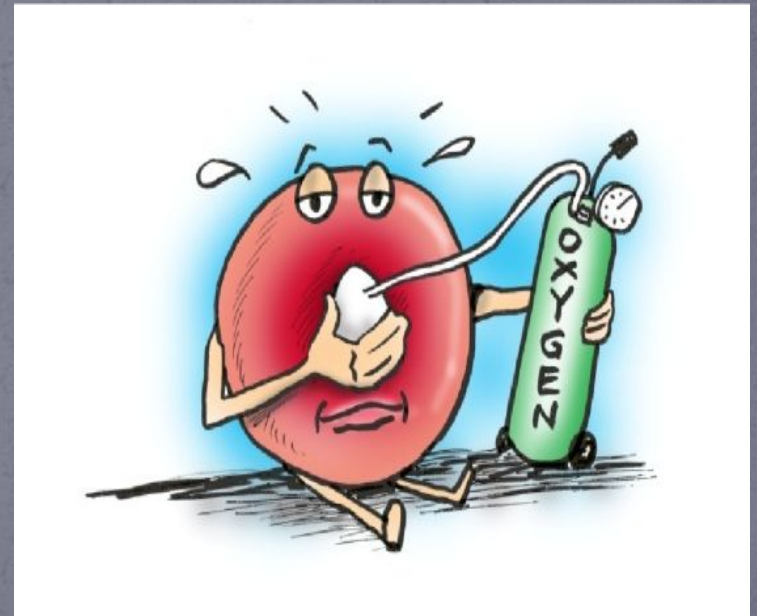
Vitamin A 0% • **Vitamin C** 9%

Calcium 1% • **Iron** 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

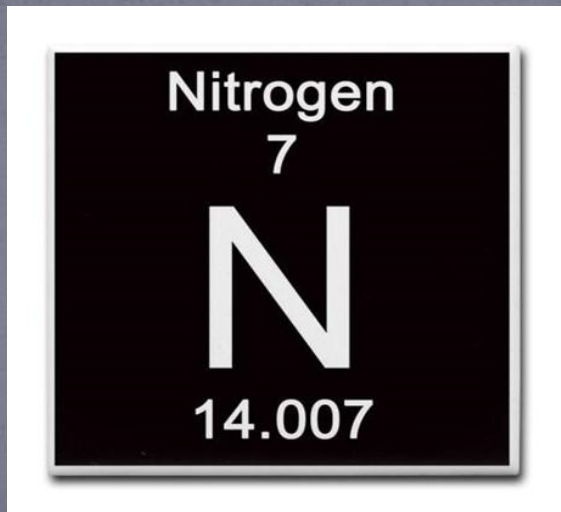
Oxygen

used by the body for breathing;
needed to make most fuels burn



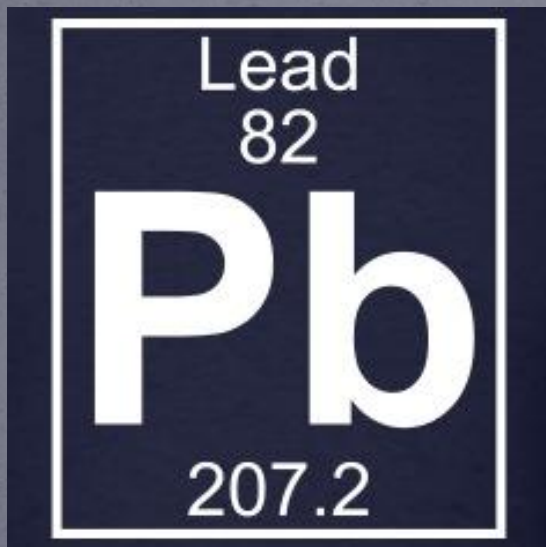
Nitrogen

a colorless gas that makes up most of the atmosphere; its compounds are essential for life



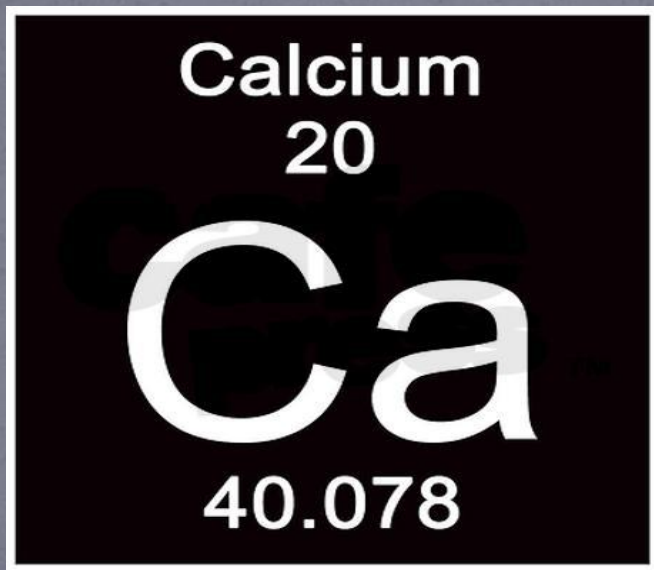
Lead

a soft metal; used in storage
batteries



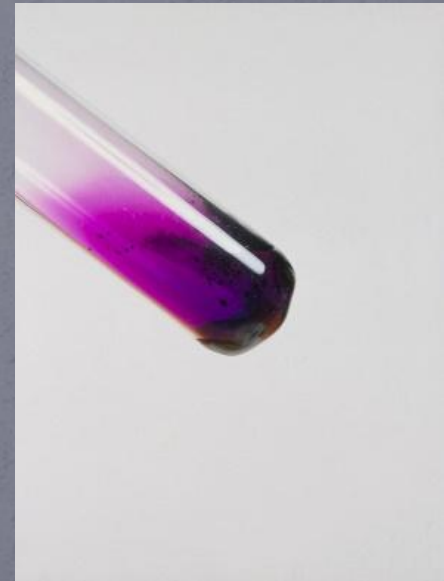
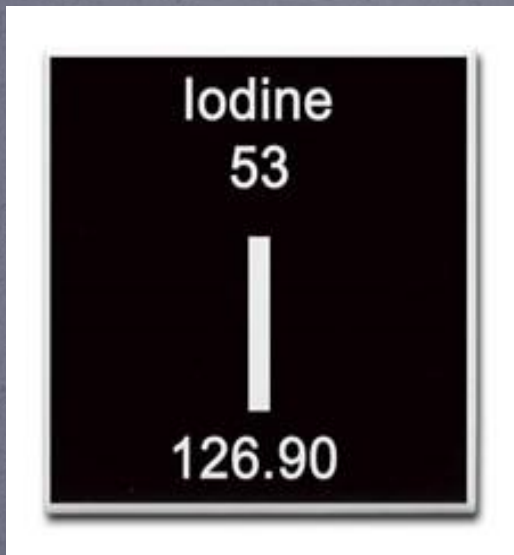
Calcium

Needed for healthy teeth and bones,
used in cement



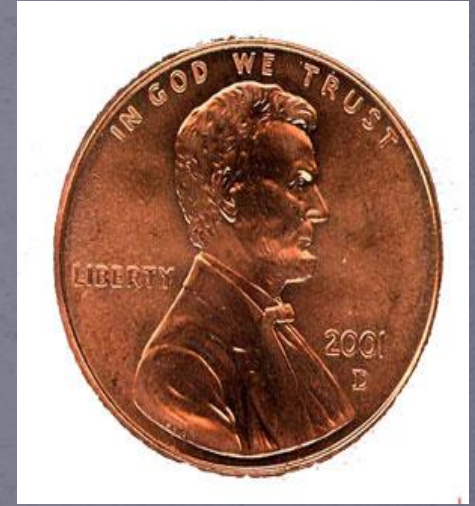
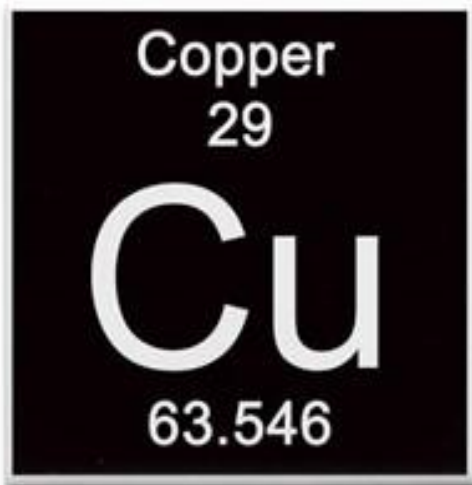
Iodine

its compounds are used on cuts to
kill bacteria



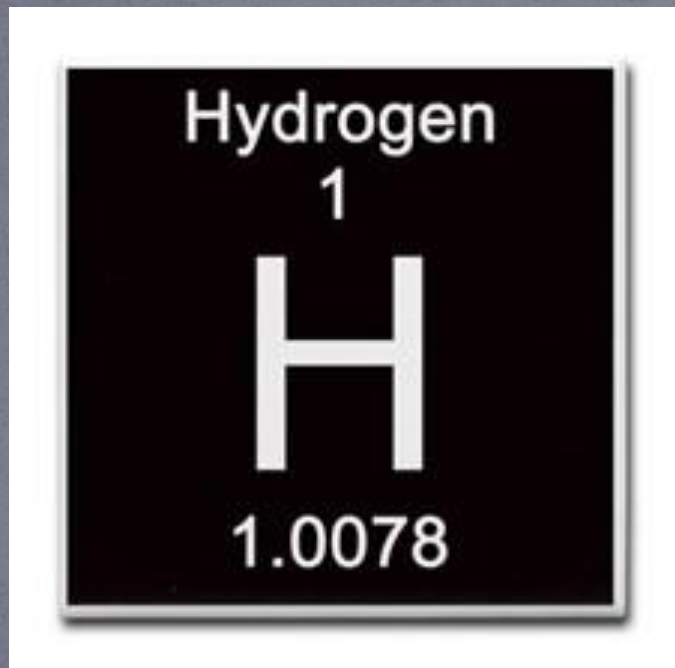
Copper

a good conductor of electricity; used
for wires



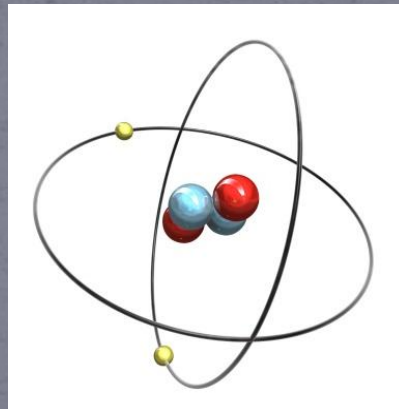
Hydrogen

combines with oxygen to form
water



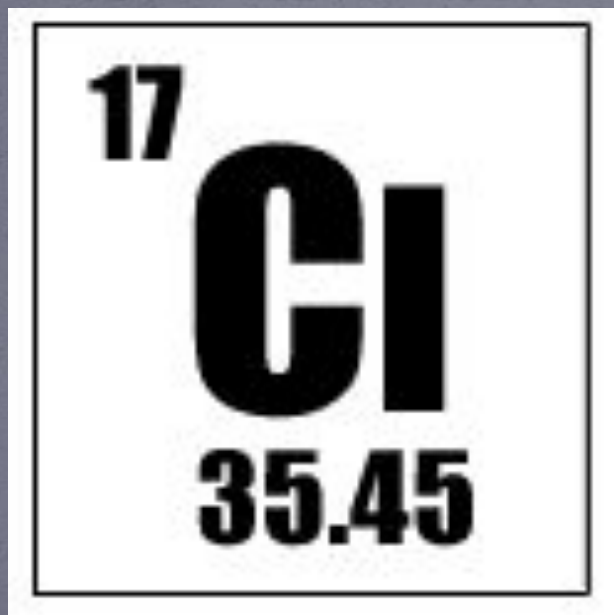
Helium

lightweight; does not explode; used
to fill balloons



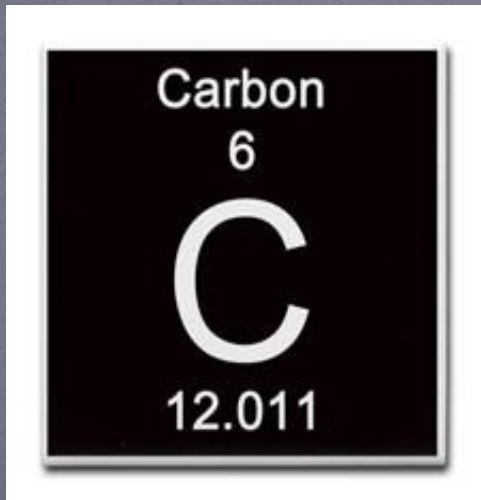
Chlorine

kills bacteria; used to purify water



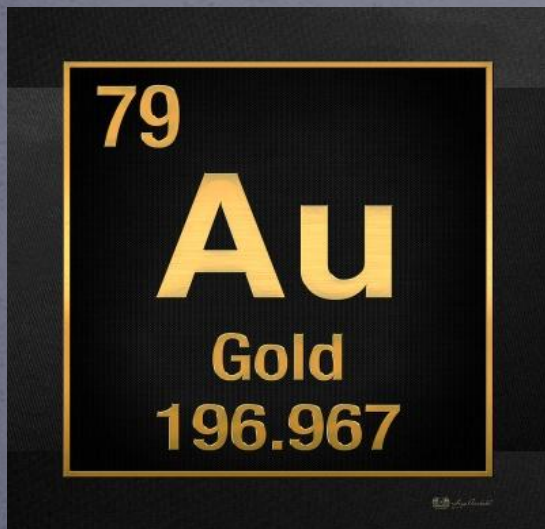
Carbon

occurs in many forms including diamond and graphite (used in “lead” pencils)



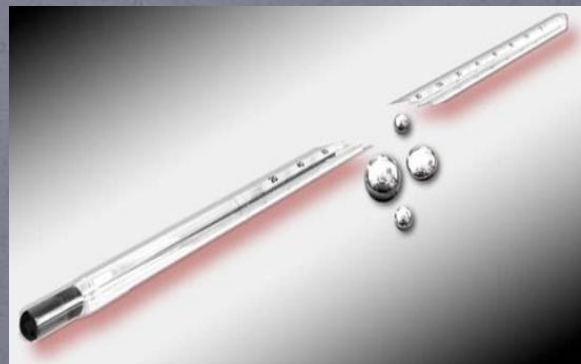
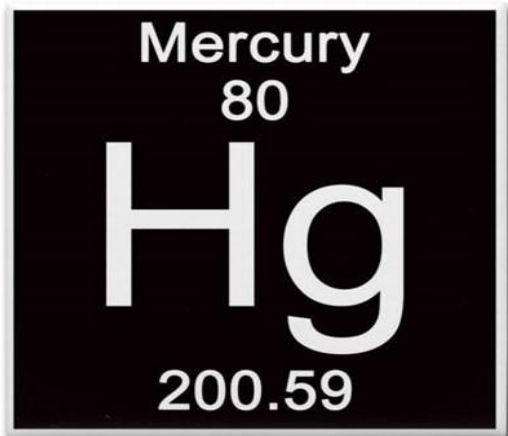
Gold

does not rust or tarnish; used for
coins and jewelry



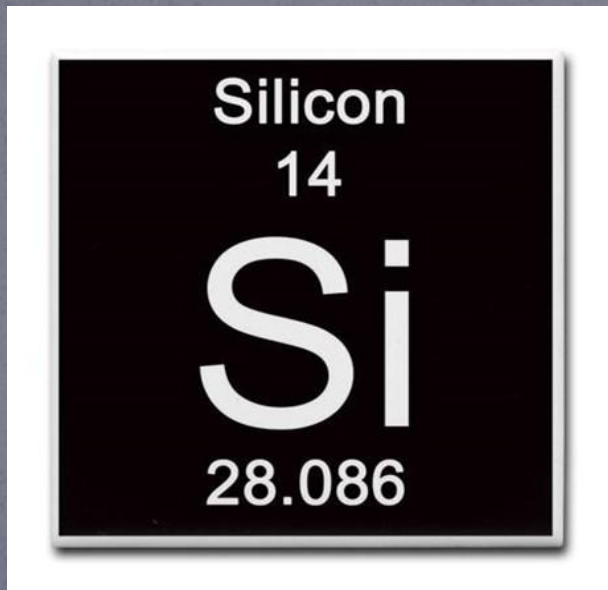
Mercury

used in batteries, fluorescent lights,
thermometers and barometers



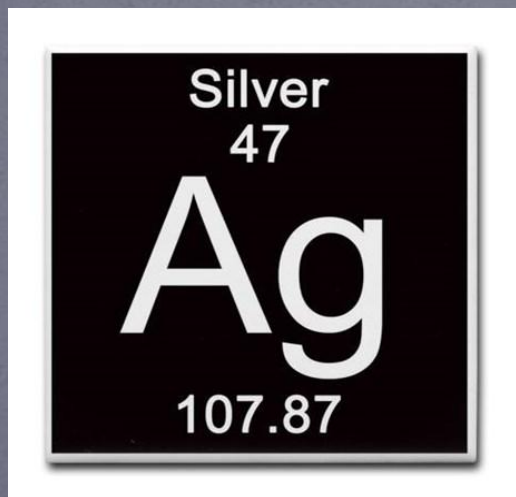
Silicon

used to make tiny chips for
computers



Silver

used to make jewelry, coins, and eating utensils; its compounds are used in photography



Sodium

combines with chlorine to make salt
and with other substances to make
baking soda, borax, and glass

