Hydrogen is the lightest element, and a big source of energy.

Helium is named after the Greek god of the Sun.

In the US, lithium could be found in some soft drinks until the 1940s.
<table>
<thead>
<tr>
<th>Element</th>
<th>Frequency</th>
<th>Formula Weight</th>
<th>Space Group</th>
<th>Cell Volume</th>
<th>Publication Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beryllium</td>
<td>1,212</td>
<td>537.50</td>
<td>192</td>
<td>673.63</td>
<td>1926</td>
</tr>
<tr>
<td>Boron</td>
<td>223,990</td>
<td>1,180.62</td>
<td>2</td>
<td>1,347.85</td>
<td>2019</td>
</tr>
<tr>
<td>Carbon</td>
<td>32,727,832</td>
<td>362.46</td>
<td>19</td>
<td>1,901.66</td>
<td>1980</td>
</tr>
</tbody>
</table>

Beryllium uses vary from nuclear reactors to gemstones.

Boron is found in Borax, an ingredient of slime.

Graphite and diamond are different crystals of carbon.
### NITROGEN

- **Element Frequency:** 3,624,650
- **Formula Weight:** 1,373.37
- **Space Group:** 19
- **Cell Volume:** 9,000.62
- **Publication Year:** 1964

*Liquid nitrogen can be used in the ice-cream making process.*

### OXYGEN

- **Element Frequency:** 6,317,688
- **Formula Weight:** 3,497.71
- **Space Group:** 221
- **Cell Volume:** 6,436.00
- **Publication Year:** 2016

*Ozone molecules are composed of three oxygen atoms.*

### FLUORINE

- **Element Frequency:** 1,124,235
- **Formula Weight:** 78.07
- **Space Group:** 62
- **Cell Volume:** 152.74
- **Publication Year:** 2001

*Fluorine is the most electronegative element.*

---

**ICSD Number:** 51283

**CSD Refcode:** VITAMB

---

**ICSD Number:** 51283

**CSD Refcode:** AQOKUO

---

**ICSD Number:** 51283

**CSD Refcode:** AQOKUO

---

**ICSD Number:** 51283

**CSD Refcode:** AQOKUO