

Important common ions needed for life.

<u>CATIONS</u>	<u>NAME</u>	<u>ANIONS</u>	<u>NAME</u>
H ⁺	hydrogen ion	F ⁻	fluoride ion
Na ⁺	sodium ion	Cl ⁻	chloride ion
K ⁺	potassium ion	S ²⁻	sulfide ion
Ca ²⁺	calcium ion	I ⁻	iodide ion
Mg ²⁺	magnesium ion	Se ²⁻	selenide ion
Zn ²⁺	zinc ion	CO ₃ ²⁻	carbonate ion
NH ₄ ⁺	ammonium ion	HCO ₃ ⁻	hydrogen carbonate ion
Co ²⁺	cobalt (II) ion	SO ₄ ²⁻	sulfate ion
Cr ²⁺ or Cr ³⁺ or Cr ⁶⁺	chromium (II) ion chromium (III) ion chromium (VI) ion	PO ₄ ³⁻	phosphate ion
Cu ⁺ or Cu ²⁺	copper (II) ion copper (I) ion	OH ⁻	hydroxide ion
Fe ²⁺ or Fe ³⁺	iron (II) ion iron (III) ion	CN ⁻	cyanide ion
Mn ²⁺	manganese (II) ion		
Mo ²⁺	molybdenum(II) ion		
Ni ²⁺	nickel (II) ion		

Important common covalent compounds needed for life.

<u>FORMULA</u>	<u>NAME</u>
H ₂ O	water
NH ₃	ammonia
C ₆ H ₁₂ O ₆	glucose