

TEAS 7 · SCIENCE

10 element symbols and charges worth memorising

Chemistry is 8 scored questions. A handful of symbols carries most of them.

You will not be asked to recite the periodic table, but you will be asked to read a formula. These are the symbols and charges the TEAS reuses.

1	Na⁺ sodium	the main extracellular cation. Latin <i>natrium</i> , which is why it is not S.
2	K⁺ potassium	the main intracellular cation. Latin <i>kalium</i> .
3	Ca²⁺ calcium	bone, clotting and muscle contraction. Note the 2+ charge.
4	Cl⁻ chloride	the anion that follows sodium.
5	Fe iron	Latin <i>ferrum</i> ; the centre of haem in haemoglobin.
6	H⁺ hydrogen ion	what pH measures. More H ⁺ means a lower pH.
7	OH⁻ hydroxide	what a base releases.
8	CO₃²⁻ carbonate	and HCO ₃ ⁻ bicarbonate, the body's buffer.
9	O₂ / CO₂	diatomic oxygen and carbon dioxide — the gases every respiratory item uses.
10	N nitrogen	78% of air, and the N in every amino acid.

Charges matter as much as symbols: a formula balances only when the charges cancel.