

#	Nuclear Symbol Notation	Name in Hyphen Notation	Atom/Ion	Metal/Nonmetal	# p ⁺	# e ⁻	# n ⁰
1	${}^{66}_{30}\text{Zn}$	Zinc - 66	Atom	Metal	30	30	36
2	${}^{31}_{15}\text{P}$	Phosphorus-31	Atom	Nonmetal	15	15	16
3	${}^6_3\text{Li}^+$	Lithium - 6	Ion	Metal	3	2	3
4	${}^{15}_8\text{O}^{2-}$	Oxygen - 15	Ion	Nonmetal	8	10	7
5	${}^{52}_{24}\text{Cr}^{+2}$	Chromium-52	Ion	Metal	24	22	28