

Atomic Mass Units Cheat Sheet

$$1 \text{ amu (Depreciated)} = 1 \text{ Da} = 1 \text{ u} = \frac{\text{mass}({}^{12}\text{C})}{12} = \frac{\text{g}}{\text{mole}}$$

The mass of ${}^{12}\text{C}$ is 12 by definition.

$$\text{Avagadro's Number} = 6.0221415 \cdot 10^{23} \frac{\text{particles}}{\text{mole}}$$