

Mole -
 6.02×10^{23} particles



molar mass or gram formula mass
mass of 1 mole of a substance
g/mol

2.5 mole H₂O

$$\frac{2.5 \cancel{\text{mol}}}{1} \left(\frac{18.0 \text{ g}}{1 \cancel{\text{mol}}} \right) = \textcircled{45 \text{ g H}_2\text{O}}$$

gfm

100.0g NaCl gfm = 58.5 g/mol

$$\frac{100.0 \cancel{\text{g}}}{1} \left(\frac{1 \cancel{\text{mol}}}{58.5 \cancel{\text{g}}} \right) = 1.709 \text{ mol}$$