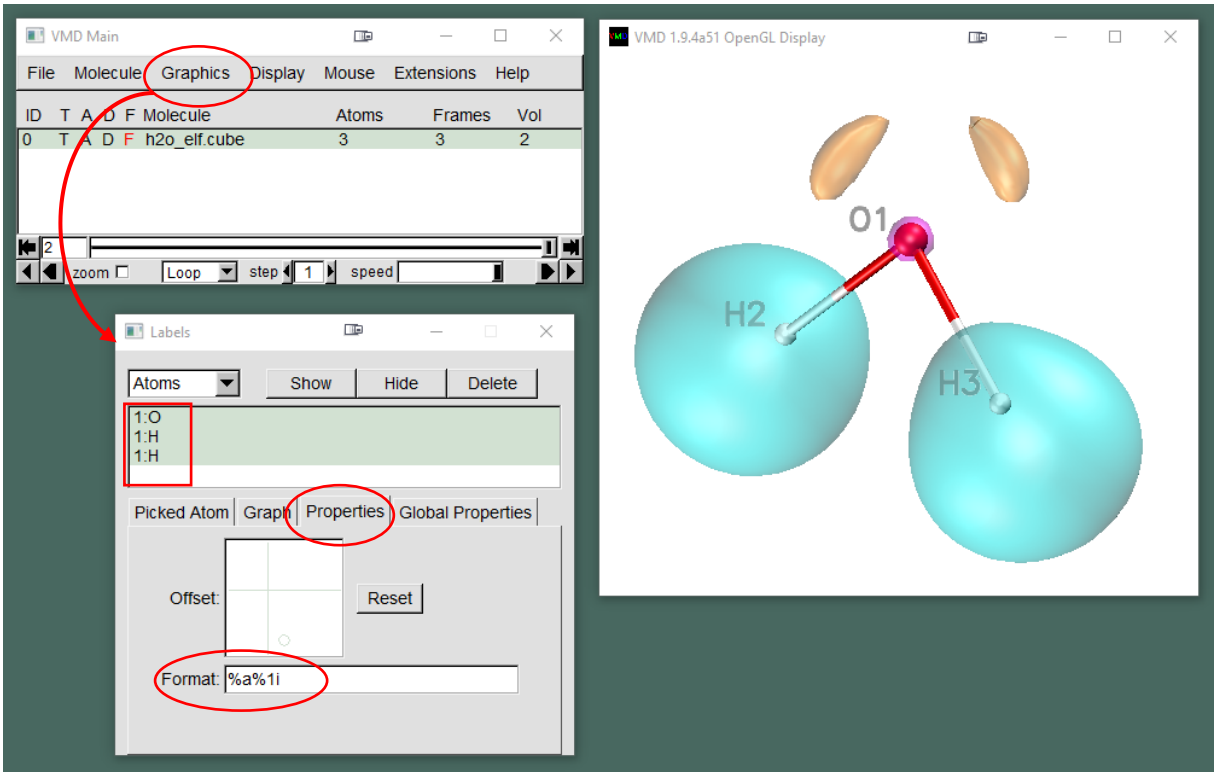
Show/Hide Labels in VMD program.

https://www.ks.uiuc.edu/Research/vmd/

As well as allowing you to view molecules, VMD also allows to you select atoms. You can do this by clicking “Mouse | Label | Atoms” in the VMD main window, and then clicking on individual atoms in the VMD graphics window.

You can display the "Labels" window by clicking on "Graphics | Labels" in the main VMD window. In the "Properties" section, you can modify the label format. To do this, select all or some of your atoms, then type %a%1i in the "Format" field. Click on "Show":



%a -> name
%q -> charge
%i -> 0-index
%1i -> 1-index
%p -> atomic number
%o -> occupancy

The "Global Properties" tab lets you change the size/thickness of the text.

To change the label color, click on "Graphics | colors" then select Labels in "Categories" and Atoms in "Names". In "Colors" you can choose the label color.