Table 7. Periods and mass-loss rates

	Period (days)		$<\dot{M}>$ (10^{-6} $M_\odot$ yr^{-1})	
Class	Mira & SRa	SRb	Quoted[a]	Derived[b]
Red	590 ± 60	...	28	5.4
SiC	460 ± 60	290 ± 150	2.4	1.3
SiC+	410 ± 80	240 ± 110	1.0	0.4
SiC++	370 ± 0	350 ± 150	1.8	...

[a]Quoted by Ivezic & Elitzur (1995); references given by Netzer & Elitzur (1993).
[b]From models of Ivezic & Elitzur (1995).