

Table 2.1 Elements in the Human Body			
Element	Symbol	Percentage of Body Mass (including water)	S
Oxygen	O	65.0%	
Carbon	С	18.5%	
Hydrogen	Н	9.5%	
Nitrogen	Ν	3.3%	
Calcium	Ca	1.5%	
Phosphorus	Р	1.0%	
Potassium	K	0.4%	
Sulfur	S	0.3% 3.7%	
Sodium	Na	0.2%	
Chlorine	Cl	0.2%	
Magnesium	Mg	0.1%	

Trace elements (less than 0.01% of mass): Boron (B), chromium (Cr), cobalt (Co), copper (Cu), fluorine (F), iodine (I), iron (Fe), manganese (Mn), molybdenum (Mo), selenium (Se), silicon (Si), tin (Sn), vanadium (V), zinc (Zn)

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