TABLE 1.4. Elemental Composition of *Macrocystis* (Marine Phaeophyte Macroalga) [From North, 1971, 1980; Jackson, 1977] and the Concentration of Available Sources of the Elements in Seawater [From Redfield, 1958; Sipos et al., 1980]

Element	Seawater (mol m^{-3})	*Macrocystis*[a] (mol m^3 plant volume)$^{-1}$	Seawater (mol per 1,000 mol C)	*Macrocystis* (mol per 1,000 mol C)
C	2,28 (CO_2 + HCO_3^- + CO_3^{2-})	3,900	1,000	1,000
N	0.001–0.030 (NH_4^+ + NO_3^-)	86–137	0.5–15	22–35
S	29 (SO_4^{2-})	33–55	12,720	8.5–14.0
P	0.1–2.0 (HPO_4^{2-})	11–20	0.05–1.0	2.8–5.2
K	10.6 (K^+)	413	4,650	106
Na	482 (Na^+)	659	211,400	169
Ca	10.6 (Ca^{2+})	35–62	4,650	9–16
Mg	55 (Mg^{2+})	4.7–35	24.080	1.2–9.0
Cl	566 (Cl^-)	164–507	248, 250	42–130

[a]mol element in *Macrocystis* (m^3 plant volume)$^{-1}$ assumes 150 kg dw (m^3 plant volume)$^{-1}$.