

Table 8.1 Concentration of the main free cations and anions in living cells and their environment (mmol l⁻¹)

System	Na⁺	K⁺	Ca²⁺	Mg²⁺	Cl⁻	HPO₄²⁻	HCO₃⁻
Sea water	460	10	10	52	550	<1	30
<i>Valonia</i>	80	400	1.5	50	50	5	(10)?
Red-blood cells	11	92	10 ⁻⁴	2.5	50	3	(10)?
Blood plasma	160	10	2	2	100	~3	30