TABLE 1.3. Elemental Composition of *Nitella* and *Hydrodictyon* (Freshwater Algae With Some [*Nitella*] or All [*Hydrodictyon*] Cells Coenocytic and Highly Vacuolate) and the Concentration of Available Sources of the Elements to Freshwater [From Raven, 1976a, 1980a; Raven, De Michelis, 1979]

Element	$mmol\ m^{-3}$ in fresh water	*Nitella*[a] (mol per 1,000 mol C)	*Hydrodictyon* (mol per 1,000 mol C)
C[b]	10–2500 ($CO_2 + HCO_3^- + CO_3^{2-}$)	1,000	1,000
N	0.5–50 ($NH_4^+ + NO_3^-$)	45–60	84
S	100–1200 (SO_4^{2-})	3.4	13–17
P	0.5–1.8 ($H_2PO_4^- + HPO_4^{2-}$)	2.3–6.0	2.2–2.3
K	7–200 (K^+)	15–30	33–53
Na	5–500 (Na^+)	0.4–15	1.7–10
Ca[b]	11–3,000 (Ca^{2+})	4	1.2–12
Mg	8–600 (Mg^{2+})	1.2	2.1–18
Cl	4–300 (Cl^-)	30	17–57

[a]*Nitella* is a rhizophyte and so may have direct access to nutrients in sediment.
[b]Ca, C values exclude any $CaCO_3$ deposits on *Nitella*.