TABLE I. Major Components of Mucus

Species	Molecular Weight or Atomic Mass	Concentration
Na^+	23 g	91 ± 8 mM
K^+	39.1 g	60 ± 11 mM
Cl^-	35.5 g	102 ± 17 mM
Lactate	89 g	44 ± 17 mM
Glycoprotein	not given	76 ± 18 g/L

Source: Data from Effros et al., "Dilution of Respiratory Solutes in Exhaled Condensates." *American Journal of Respiratory and Critical Care Medicine* 165:663–669 (2002).