

TABLE 2. Concentration and volume parameters.

Parameter	Value	Source
Cell diameter	9000 nM	Estimate (Alberts et al. ²)
Nucleus diameter	6000 nM	Estimate (Alberts et al. ²)
Nucleus volume (v_n)	113 μm^3	Calculated
Cytosol volume (v_c)	269 μm^3	Calculated
Resting cell [Ca^{2+}]	100 nM	Alberts et al. ²
Activated cell [Ca^{2+}]	1000 nM	Alberts et al. ²
Total calcineurin concentration	60.0 nM	Crabtree ¹⁷
Total NF κ B concentration	52.9 nM	Carlotti et al. ¹³
Total NFAT concentration	7.23 nM	Estimate
Total I κ B concentration	55.0 nM	Carlotti et al. ¹³
Number calcium ions required to activate each calcineurin molecule	3	Kakalis et al. ²⁹
Total PKC θ concentration	2000 nM	Estimate
Total PKC α concentration	1000 nM	Estimate