

TABLE 110. REFERENCE MAN: TOTAL BODY CONTENT FOR SOME ELEMENTS

Element	Amount (g)	Percent of total body weight
1. Oxygen	43,000	61
2. Carbon	16,000	23
3. Hydrogen	7000	10
4. Nitrogen	1800	2.6
5. Calcium	1000	1.4
6. Phosphorus	780	1.1
7. Sulfur	140	0.20
8. Potassium	140	0.20
9. Sodium	100	0.14
10. Chlorine	95	0.12
11. Magnesium	19	0.027
12. Silicon ^(a)	18	0.026
13. Iron	4.2	0.006
14. Fluorine	2.6	0.0037
15. Zinc	2.3	0.0033
16. Rubidium	0.32	0.00046

TABLE 110—Continued

Element	Amount (g)	Percent of total body weight
17. Strontium	0.32	0.00046
18. Bromine	0.20	0.00029
19. Lead	0.12	0.00017
20. Copper	0.072	0.00010
21. Aluminium	0.061	0.00009
22. Cadmium	0.050	0.00007
23. Boron	<0.048	0.00007
24. Barium	0.022	0.00003
25. Tin	<0.017	0.00002
26. Manganese	0.012	0.00002
27. Iodine	0.013	0.00002
28. Nickel	0.010	0.00001
29. Gold	<0.010	0.00001
30. Molybdenum	<0.0093	0.00001
31. Chromium	<0.0018	0.000003
32. Cesium	0.0015	0.000002
33. Cobalt	0.0015	0.000002
34. Uranium	0.00009	0.0000001
35. Beryllium	0.000036	
36. Radium	3.1×10^{-11}	

^(a) From Chapter 3.