

PERIODIC TABLE OF THE HUMAN BODY'S ELEMENTS

KEY										Figures based on an average 70kg human body																								
										Trace = <0.00001%																								
Essential elements										Non-essential elements																								
H 10%															He 0%																			
Li 0.00001%	Be TRACE															B 0.00003%	C 22.3%	N 2.57%	O 61.4%	F 0.0037%	Ne 0%													
Na 0.053%	Mg 0.027%															Al 0.00009%	Si 0.0014%	P 1.11%	S 0.20%	Cl 0.14%	Ar 0%													
K 0.047%	Ca 1.43%	Sc TRACE	Ti 0.00003%	V TRACE	Cr 0.00002%	Mn 0.00002%	Fe 0.0060%	Co TRACE	Ni 0.00002%	Cu 0.0001%	Zn 0.0033%	Ga TRACE	Ge TRACE	As 0.00001%	Se 0.00002%	Br 0.00037%	Kr 0%																	
Rb 0.00097%	Sr 0.00046%	Y TRACE	Zr TRACE	Nb TRACE	Mo TRACE	Tc 0%	Ru 0%	Rh 0%	Pd 0%	Ag TRACE	Cd 0.00007%	In TRACE	Sn 0.00003%	Sb TRACE	Te TRACE	I 0.00003%	Xe 0%																	
Cs 0.00001%	Ba 0.00003%															Hf 0%	Ta TRACE	W TRACE	Re 0%	Os 0%	Ir 0%	Pt 0%	Au TRACE	Hg TRACE	Tl TRACE	Pb 0.00017%	Bi TRACE	Po 0%	At 0%	Rn 0%				
Fr 0%	Ra TRACE															Rf 0%	Db 0%	Sg 0%	Bh 0%	Hs 0%	Mt 0%	Ds 0%	Rg 0%	Cn 0%	Nh 0%	Fl 0%	Mc 0%	Lv 0%	Ts 0%	Og 0%				
																		La TRACE	Ce 0.00006%	Pr 0%	Nd 0%	Pm 0%	Sm TRACE	Eu 0%	Gd 0%	Tb 0%	Dy 0%	Ho 0%	Er 0%	Tm 0%	Yb 0%	Lu 0%		
																		Ac 0%	Th TRACE	Pa 0%	U TRACE	Np 0%	Pu 0%	Am 0%	Cm 0%	Bk 0%	Cf 0%	Es 0%	Fm 0%	Md 0%	No 0%	Lr 0%		

Based on data from *Nature's Building Blocks: An A-Z Guide to the Elements* (2011) by John Emsley

