

Elements of Our Body

Major Elements (> 0.1% of our body weight)	% of our Body Weight	Minor Elements (< 0.1% of our body weight)	% of our Body Weight
Oxygen (O)	63%	Iron (Fe)	< 0.1%
Carbon (C)	18.0%	Selenium (Se)	< 0.1%
Hydrogen (H)	9.0%	Copper (Cu)	< 0.1%
Nitrogen (N)	3.0%	Cobalt (Co)	< 0.1%
Calcium (Ca)	1.5%	Fluoride (F)	< 0.1%
Phosphorus (P)	1.0%	Iodine (I)	< 0.1%
Potassium (K)	0.4%	Molybdenum (Mo)	< 0.1%
Sulfur (S)	0.3%	Manganese (Mn)	< 0.1%
Sodium (Na)	0.2%	Vanadium (V)	< 0.1%
Chloride (Cl)	0.2%	Chromium (Cr)	< 0.1%
Magnesium (Mg)	0.1%	Boron (B)	< 0.1%
		Zinc (Zn)	< 0.1%
		Aluminum (Al)	< 0.1%
		Tin (Sn)	< 0.1%
		Silicon (Si)	< 0.1%
		Arsenic (As)	< 0.1%