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| **Naturally Occurring Elements in the Human Body** | | | | |
| **SYMBOL** | **ELEMENT** | **ATOMIC**  **NUMBER**  **(SEE P. 28)** | **PERCENTAGE OF HUMAN**  **BODY WEIGHT** | |
| O | Oxygen | 8 | 65.0 |  |
| C | Carbon | 6 | 18.5 |  |
| H | Hydrogen | 1 | 9.5 |  |
| N | Nitrogen | 7 | 3.5 |  |
| Ca | Calcium | 20 | 1.5 |  |
| P | Phosphorous | 15 | 1.0 |  |
| K | Potassium | 19 | 0.4 |  |
| S | Sulfur | 16 | 0.3 |  |
| Na | Sodium | 11 | 0.2 |  |
| Cl | Chlorine | 17 | 0.2 |  |
| Mg | Magnesium | 12 | 0.1 |  |
| Trace elements (less than 0.01%): Boron (B), Chromium (Cr), Cobalt (Co), Copper (Cu), Fluorine (F), Iodine (I), Iron (Fe), Manganese (Mn), Molybdenum (Mo), Selenium (Se), Silicon (Si), Tin (Sn), Vanadium (V), Zinc (Z) | | | | |