HUMAN BODY

100%	75%	50%	25%	0%

ELEMENTS > 1%	PERCENTAGE OF ABUNDANCE	LOCATION ON THE PERIODIC TABLE

oxygen	61%
carbon	23%
hydrogen	10%
nitrogen	3%
calcium	1%
phosphorus	1%

ELEMENTS < 1%

sulfur	0.2
potassium	0.2
sodium	0.14
chlorine	0.12
magnesium	0.027
silicon	0.026
iron	0.006
fluorine	0.0037
zinc	0.0033
strontium	4.6×10^{-4}
rubidium	4.6×10^{-4}
bromine	2.9×10^{-4}
lead	1.7×10^{-4}
copper	1×10^{-4}
aluminum	9×10^{-5}
cadmium	7×10^{-5}
boron	7×10^{-5}
barium	3×10^{-5}
tin	2×10^{-5}
manganese	2×10^{-5}
iodine	2×10^{-5}
nickel	1×10^{-5}
molybdenum	1×10^{-5}
gold	1×10^{-5}
zirconium	5×10^{-6}
selenium	5×10^{-6}
arsenic	5×10^{-6}
vanadium	3×10^{-6}
lithium	3×10^{-6}
chromium	3×10^{-6}
cobalt	2×10^{-6}
cesium	2×10^{-6}
uranium	1×10^{-7}
beryllium	4×10^{-8}
radium	1×10^{-13}

CALCIUM PROFILE

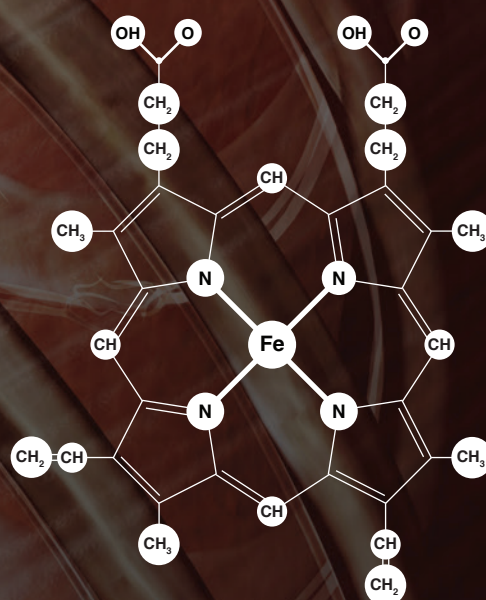| 20	
Ca	20
calcium	20
40.078	

10,000

years ago humans used calcium-based lime as a building material. The element calcium is soft compared to most other metals, but it often bonds with carbon and oxygen to form calcium carbonate ($CaCO_3$), a primary component of durable materials like limestone, marble, and concrete.

The calcium compounds formed in many animals become the defining physical structures that support body weight and enable critical functions like movement and eating. There are 206 calcium-rich bones in a typical adult human skeleton, the largest of which is the femur.

CALCIUM IS A MAJOR INGREDIENT IN:

Exoskeletons Bones Marble Sculptures

Concrete Blocks Shells

HEMOGLOBIN

HEME B STRUCTURE

Hemoglobin is a protein found in the red blood cells of most vertebrates. It is responsible for transporting oxygen throughout the body. Hydrogen, carbon, oxygen, and nitrogen atoms form around an iron ion to compose the heme B enzyme abundant in human hemoglobin.

ELEMENTS = 0% OR UNKNOWN

helium	gadolinium	plutonium
neon	terbium	americium
argon	dysprosium	curium
scandium	holmium	berkelium
titanium	erbium	californium
gallium	thulium	einsteinium
germanium	ytterbium	fermium
krypton	lutetium	mendelevium
yttrium	hafnium	nobelium
niobium	tantalum	lawrencium
technetium	tungsten	rutherfordium
ruthenium	rhenium	dubnium
rhodium	osmium	seaborgium
palladium	iridium	bohrium
silver	platinum	hassium
indium	mercury	meitnerium
antimony	thallium	darmstadtium
tellurium	bismuth	roentgenium
xenon	polonium	copernicium
lanthanum	astatine	ununtrium
cerium	radon	flerovium
praseodymium	francium	ununpentium
neodymium	actinium	livermorium
promethium	thorium	ununseptium
samarium	protactinium	ununoctium
europium	neptunium	