

Table 2.1 The Most Common Elements on Earth and Their Distribution in the Human Body

Element	Symbol	Atomic Number	Approximate Percent of Earth's Crust by Weight	Percent of Human Body by Weight	Importance or Function
Oxygen	O	8	46.6	65.0	Required for cellular respiration; component of water
Silicon	Si	14	27.7	Trace	
Aluminum	Al	13	6.5	Trace	
Iron	Fe	26	5.0	Trace	Critical component of hemoglobin in the blood
Calcium	Ca	20	3.6	1.5	Component of bones and teeth; triggers muscle contraction
Sodium	Na	11	2.8	0.2	Principal positive ion outside cells; important in nerve function
Potassium	K	19	2.6	0.4	Principal positive ion inside cells; important in nerve function
Magnesium	Mg	12	2.1	0.1	Critical component of many energy-transferring enzymes
Hydrogen	H	1	0.14	9.5	Electron carrier; component of water and most organic molecules
Manganese	Mn	25	0.1	Trace	
Fluorine	F	9	0.07	Trace	
Phosphorus	P	15	0.07	1.0	Backbone of nucleic acids; important in energy transfer
Carbon	C	6	0.03	18.5	Backbone of organic molecules
Sulfur	S	16	0.03	0.3	Component of most proteins
Chlorine	Cl	17	0.01	0.2	Principal negative ion outside cells
Vanadium	V	23	0.01	Trace	
Chromium	Cr	24	0.01	Trace	
Copper	Cu	29	0.01	Trace	Key component of many enzymes
Nitrogen	N	7	Trace	3.3	Component of all proteins and nucleic acids
Boron	B	5	Trace	Trace	
Cobalt	Co	27	Trace	Trace	
Zinc	Zn	30	Trace	Trace	Key component of some enzymes
Selenium	Se	34	Trace	Trace	
Molybdenum	Mo	42	Trace	Trace	Key component of many enzymes
Tin	Sn	50	Trace	Trace	
Iodine	I	53	Trace	Trace	Component of thyroid hormone

Distribution of the Elements

Of the 92 naturally occurring elements on earth, only 11 are found in organisms in more than trace amounts (0.01% or higher). These 11 elements have atomic numbers less than 21 and, thus, have low atomic masses. Table 2.1 lists the levels of various elements in the human body; their levels in other organisms are similar. Inspection of this table suggests that the distribution of elements in living systems is by no means accidental. The most common elements inside organisms are not the elements that are most abundant in the

earth's crust. For example, silicon, aluminum, and iron constitute 39.2% of the earth's crust, but they exist in trace amounts in the human body. On the other hand, carbon atoms make up 18.5% of the human body but only 0.03% of the earth's crust.

Ninety-two elements occur naturally on earth; only eleven of them are found in significant amounts in living organisms. Four of them—oxygen, hydrogen, carbon, nitrogen—constitute 96.3% of the weight of your body.