

NINETY-SIX PERCENT OF THE BODY MASS IS MADE FROM? A. CALCIUM, PHOSPHORUS, OXYGEN, AND NITROGENB. CARBON,

NINETY-SIX PERCENT OF THE BODY MASS IS MADE FROM? A. CALCIUM, PHOSPHORUS, OXYGEN, AND NITROGENB. CARBON,

UNDERSTANDING THE COMPOSITION OF THE HUMAN BODY IS ESSENTIAL FOR COMPREHENDING HOW OUR BODIES FUNCTION, GROW, AND MAINTAIN HEALTH. AMONG THE VARIOUS ELEMENTS THAT MAKE UP THE BODY, SOME ARE MORE PREVALENT THAN OTHERS, FORMING THE FOUNDATION OF OUR BIOLOGICAL STRUCTURE. THIS ARTICLE EXPLORES THE KEY ELEMENTS CONSTITUTING HUMAN BODY MASS, WITH A PARTICULAR FOCUS ON THE FACT THAT APPROXIMATELY 96% OF THE BODY'S MASS IS MADE UP OF SPECIFIC ELEMENTS. WE WILL ANALYZE THE ROLES, SOURCES, AND SIGNIFICANCE OF THESE ELEMENTS, PROVIDING A COMPREHENSIVE OVERVIEW ALIGNED WITH CURRENT SCIENTIFIC KNOWLEDGE.

WHAT ELEMENTS CONSTITUTE THE HUMAN BODY?

THE HUMAN BODY IS A COMPLEX BIOLOGICAL SYSTEM COMPOSED PREDOMINANTLY OF ELEMENTS ARRANGED INTO MOLECULES AND TISSUES. TO UNDERSTAND THE COMPOSITION, SCIENTISTS HAVE IDENTIFIED THE MAIN ELEMENTS BASED ON THEIR ABUNDANCE AND IMPORTANCE IN PHYSIOLOGICAL PROCESSES.

MAJOR ELEMENTS IN THE HUMAN BODY

THE PRIMARY ELEMENTS THAT ACCOUNT FOR THE MAJORITY OF BODY MASS INCLUDE:

- OXYGEN (O)
- CARBON (C)
- HYDROGEN (H)
- NITROGEN (N)
- CALCIUM (Ca)
- PHOSPHORUS (P)

TOGETHER, THESE ELEMENTS FORM THE BASIS OF ALL BIOLOGICAL MOLECULES, INCLUDING PROTEINS, LIPIDS, CARBOHYDRATES, AND NUCLEIC ACIDS.

PERCENTAGE COMPOSITION OF HUMAN BODY MASS

BASED ON SCIENTIFIC STUDIES, ABOUT 96% OF THE HUMAN BODY'S MASS IS MADE UP OF FOUR ELEMENTS: OXYGEN, CARBON, HYDROGEN, AND NITROGEN. THE REMAINING 4% COMPRISES OTHER ELEMENTS LIKE CALCIUM, PHOSPHORUS, POTASSIUM, SULFUR, SODIUM, CHLORINE, MAGNESIUM, AND TRACE MINERALS.

BREAKDOWN OF MAJOR ELEMENTS

ELEMENT APPROXIMATE PERCENTAGE OF BODY MASS SIGNIFICANCE		
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OXYGEN	~65%	CONSTITUTES THE MAJORITY OF WATER AND ORGANIC MOLECULES
CARBON	~18-20%	BACKBONE OF ALL ORGANIC COMPOUNDS
HYDROGEN	~10%	PART OF WATER AND ORGANIC MOLECULES
NITROGEN	~3%	ESSENTIAL FOR AMINO ACIDS AND NUCLEIC ACIDS

THIS COMPOSITION UNDERSCORES THE DOMINANCE OF OXYGEN AND CARBON IN THE HUMAN BODY, WITH HYDROGEN AND NITROGEN

ALSO PLAYING CRITICAL ROLES.

IN-DEPTH ANALYSIS OF KEY ELEMENTS

OXYGEN (O)

ROLE IN THE BODY:

OXYGEN IS VITAL FOR CELLULAR RESPIRATION, A PROCESS THAT PRODUCES ENERGY IN THE FORM OF ATP. IT IS A MAJOR COMPONENT OF WATER, WHICH MAKES UP ABOUT 60-70% OF THE HUMAN BODY, AND IS ALSO PRESENT IN ORGANIC MOLECULES.

SOURCES:

OXYGEN IS INHALED THROUGH THE RESPIRATORY SYSTEM AND TRANSPORTED VIA THE BLOODSTREAM TO CELLS.

IMPORTANCE:

WITHOUT SUFFICIENT OXYGEN, CELLS CANNOT PRODUCE ENERGY EFFICIENTLY, LEADING TO CELL DEATH AND ORGAN FAILURE.

CARBON (C)

ROLE IN THE BODY:

CARBON FORMS THE BACKBONE OF ALL ORGANIC MOLECULES, INCLUDING CARBOHYDRATES, LIPIDS, PROTEINS, AND NUCLEIC ACIDS. ITS UNIQUE ABILITY TO FORM FOUR COVALENT BONDS MAKES IT VERSATILE IN CREATING COMPLEX MOLECULES.

SOURCES:

CARBON IS OBTAINED THROUGH THE CONSUMPTION OF ORGANIC FOODS LIKE PLANTS, MEATS, AND OTHER SOURCES OF ORGANIC MATTER.

IMPORTANCE:

CARBON'S CENTRAL ROLE IS IN BUILDING THE STRUCTURAL FRAMEWORK OF BIOLOGICAL MOLECULES NECESSARY FOR LIFE.

HYDROGEN (H)

ROLE IN THE BODY:

HYDROGEN IS A COMPONENT OF WATER AND MOST ORGANIC MOLECULES. IT PLAYS A ROLE IN MAINTAINING PH BALANCE AND IS INVOLVED IN ENERGY PRODUCTION.

SOURCES:

HYDROGEN IS OBTAINED FROM WATER AND FOOD INTAKE.

IMPORTANCE:

HYDROGEN IONS (PROTONS) ARE CRUCIAL IN BIOCHEMICAL REACTIONS, INCLUDING THOSE INVOLVED IN ENERGY TRANSFER.

NITROGEN (N)

ROLE IN THE BODY:

NITROGEN IS A FUNDAMENTAL ELEMENT IN AMINO ACIDS—THE BUILDING BLOCKS OF PROTEINS—AND NUCLEIC ACIDS SUCH AS DNA AND RNA.

SOURCES:

NITROGEN IS OBTAINED PREDOMINANTLY THROUGH DIETARY INTAKE OF PROTEIN-RICH FOODS.

IMPORTANCE:

ADEQUATE NITROGEN LEVELS ARE ESSENTIAL FOR GROWTH, REPAIR, AND OVERALL CELLULAR FUNCTION.

OTHER SIGNIFICANT ELEMENTS IN THE HUMAN BODY

WHILE OXYGEN, CARBON, HYDROGEN, AND NITROGEN ACCOUNT FOR THE BULK OF BODY MASS, OTHER ELEMENTS ARE VITAL FOR VARIOUS PHYSIOLOGICAL FUNCTIONS, INCLUDING STRUCTURAL SUPPORT AND METABOLIC PROCESSES.

CALCIUM (Ca)

ROLE:

ESSENTIAL FOR BONE AND TEETH FORMATION, MUSCLE CONTRACTION, NERVE SIGNALING, AND BLOOD CLOTTING.

PERCENTAGE:

APPROXIMATELY 1.5-2% OF TOTAL BODY WEIGHT.

SOURCES:

DAIRY PRODUCTS, LEAFY GREENS, FORTIFIED FOODS.

PHOSPHORUS (P)

ROLE:

KEY COMPONENT OF NUCLEIC ACIDS, ATP (ENERGY MOLECULES), AND PHOSPHOLIPIDS IN CELL MEMBRANES.

PERCENTAGE:

SIMILAR IN PROPORTION TO CALCIUM.

SOURCES:

MEAT, DAIRY, NUTS, AND LEGUMES.

OTHER TRACE ELEMENTS

- POTASSIUM (K): NERVE FUNCTION, MUSCLE CONTRACTIONS.
- SULFUR (S): PROTEINS STRUCTURE.
- SODIUM (Na): FLUID BALANCE, NERVE TRANSMISSION.
- MAGNESIUM (Mg): ENZYME FUNCTION, MUSCLE FUNCTION.
- TRACE MINERALS: IRON, ZINC, COPPER, AND OTHERS.

WHY DOES THE COMPOSITION MATTER?

UNDERSTANDING THE ELEMENTAL MAKEUP OF THE HUMAN BODY HAS MULTIPLE IMPLICATIONS:

- MEDICAL DIAGNOSTICS: IMBALANCES IN ELEMENTAL LEVELS CAN LEAD TO HEALTH ISSUES LIKE ANEMIA, OSTEOPOROSIS, OR DEHYDRATION.
- NUTRITION: ENSURING ADEQUATE INTAKE OF ESSENTIAL ELEMENTS SUPPORTS OVERALL HEALTH.
- BIOTECHNOLOGY AND MEDICINE: KNOWLEDGE OF BODY COMPOSITION INFORMS TREATMENTS, DRUG DEVELOPMENT, AND REGENERATIVE MEDICINE.

SUMMARY: THE COMPOSITION OF HUMAN BODY MASS

IN CONCLUSION, APPROXIMATELY 96% OF HUMAN BODY MASS IS PRIMARILY MADE UP OF FOUR KEY ELEMENTS: OXYGEN, CARBON, HYDROGEN, AND NITROGEN. THESE ELEMENTS FORM THE FOUNDATION OF THE COMPLEX MOLECULES THAT SUSTAIN LIFE.

CALCIUM AND PHOSPHORUS, ALTHOUGH COMPRISING A SMALLER PERCENTAGE, ARE CRUCIAL FOR STRUCTURAL INTEGRITY AND METABOLIC FUNCTIONS. RECOGNIZING THE ROLES AND SOURCES OF THESE ELEMENTS ENHANCES OUR UNDERSTANDING OF HUMAN PHYSIOLOGY AND HEALTH.

FREQUENTLY ASKED QUESTIONS (FAQs)

Q1: WHICH ELEMENT IS MOST ABUNDANT IN THE HUMAN BODY?

A: OXYGEN IS THE MOST ABUNDANT, CONSTITUTING ABOUT 65% OF BODY MASS.

Q2: WHY IS CARBON CALLED THE "BUILDING BLOCK OF LIFE"?

A: BECAUSE IT FORMS THE BACKBONE OF ALL ORGANIC MOLECULES ESSENTIAL FOR LIFE.

Q3: HOW DO ELEMENTS LIKE CALCIUM AND PHOSPHORUS IMPACT HEALTH?

A: THEY ARE VITAL FOR BONE HEALTH, ENERGY PRODUCTION, AND CELLULAR FUNCTIONS; IMBALANCES CAN LEAD TO DISEASES LIKE OSTEOPOROSIS.

Q4: CAN THE BODY'S COMPOSITION CHANGE OVER TIME?

A: YES, DIET, AGE, HEALTH CONDITIONS, AND LIFESTYLE CAN INFLUENCE THE LEVELS OF VARIOUS ELEMENTS.

UNDERSTANDING THE ELEMENTAL COMPOSITION OF THE HUMAN BODY NOT ONLY SATISFIES SCIENTIFIC CURIOSITY BUT ALSO PROVIDES INSIGHTS INTO HEALTH, NUTRITION, AND MEDICINE. MAINTAINING A BALANCED INTAKE OF ESSENTIAL ELEMENTS SUPPORTS OPTIMAL BODILY FUNCTIONS AND OVERALL WELL-BEING.

FREQUENTLY ASKED QUESTIONS

WHAT ELEMENTS MAKE UP THE MAJORITY OF THE HUMAN BODY'S MASS?

THE MAJORITY OF THE HUMAN BODY'S MASS IS COMPOSED OF OXYGEN, CARBON, HYDROGEN, NITROGEN, CALCIUM, AND PHOSPHORUS.

IS CALCIUM OR PHOSPHORUS MORE PREVALENT IN THE HUMAN BODY?

CALCIUM AND PHOSPHORUS ARE BOTH SIGNIFICANT, WITH CALCIUM PRIMARILY FOUND IN BONES AND TEETH, BUT OVERALL, OXYGEN AND CARBON CONSTITUTE A LARGER PORTION OF BODY MASS COMPARED TO CALCIUM OR PHOSPHORUS.

DOES THE STATEMENT 'NINETY-SIX PERCENT OF THE BODY MASS IS MADE FROM' REFER TO A SPECIFIC SET OF ELEMENTS?

YES, IT TYPICALLY REFERS TO THE MAJOR ELEMENTS LIKE OXYGEN, CARBON, HYDROGEN, AND NITROGEN, WHICH TOGETHER MAKE UP APPROXIMATELY 96% OF THE BODY'S MASS.

IS NITROGEN A SIGNIFICANT COMPONENT OF THE HUMAN BODY MASS?

NITROGEN IS A VITAL COMPONENT OF AMINO ACIDS AND NUCLEIC ACIDS, BUT IT CONSTITUTES A SMALLER PERCENTAGE OF BODY MASS COMPARED TO OXYGEN AND CARBON.

WHY IS OXYGEN CONSIDERED THE MOST ABUNDANT ELEMENT IN THE HUMAN BODY?

OXYGEN MAKES UP THE LARGEST PORTION OF BODY MASS BECAUSE IT IS A MAJOR COMPONENT OF WATER (H₂O) AND ORGANIC MOLECULES, FORMING ABOUT 65% OF THE BODY'S TOTAL WEIGHT.

ADDITIONAL RESOURCES

NINETY-SIX PERCENT OF THE BODY MASS IS MADE FROM? THIS INTRIGUING QUESTION TAPS INTO THE FUNDAMENTAL COMPOSITION OF THE HUMAN BODY, REVEALING INSIGHTS ABOUT OUR BIOLOGICAL MAKEUP, THE ELEMENTS THAT SUSTAIN LIFE, AND HOW THEY CONTRIBUTE TO OUR OVERALL STRUCTURE AND FUNCTION. UNDERSTANDING WHAT CONSTITUTES SUCH A SIGNIFICANT PROPORTION OF OUR BODY MASS NOT ONLY OFFERS A WINDOW INTO BIOLOGICAL SCIENCE BUT ALSO INFORMS MEDICAL RESEARCH, NUTRITION, AND BIOCHEMISTRY. THE ANSWER, AS IT TURNS OUT, IS PREDOMINANTLY RELATED TO A SPECIFIC SET OF ELEMENTS—MOST NOTABLY CARBON, OXYGEN, HYDROGEN, NITROGEN, CALCIUM, AND PHOSPHORUS. THIS ARTICLE EXPLORES THE COMPOSITION OF HUMAN BODY MASS IN DETAIL, EMPHASIZING THE KEY ELEMENTS INVOLVED, THEIR ROLES, AND THE BROADER IMPLICATIONS FOR HEALTH AND SCIENCE.

UNDERSTANDING THE HUMAN BODY COMPOSITION

THE HUMAN BODY IS AN INTRICATE BIOLOGICAL SYSTEM COMPOSED OF VARIOUS ELEMENTS, MOLECULES, AND TISSUES WORKING HARMONIOUSLY TO SUSTAIN LIFE. WHEN WE DISCUSS BODY MASS COMPOSITION, WE REFER TO THE RELATIVE PROPORTIONS OF THESE COMPONENTS. APPROXIMATELY 96% OF THE BODY'S MASS IS MADE UP OF A HANDFUL OF ELEMENTS PRIMARILY INVOLVED IN CONSTRUCTING ORGANIC MOLECULES—PROTEINS, LIPIDS, CARBOHYDRATES, AND NUCLEIC ACIDS—AS WELL AS MINERAL COMPONENTS LIKE BONES AND TEETH.

THE REMAINING 4% COMPRISES TRACE ELEMENTS AND WATER, WHICH, ALTHOUGH MINOR IN MASS, ARE CRUCIAL FOR PHYSIOLOGICAL PROCESSES. THE FOCUS OF THIS DISCUSSION IS ON THE MAJOR CONSTITUENTS—THE ELEMENTS THAT COMPRISE THE BULK OF OUR BODY MASS.

THE ELEMENTS CONSTITUTING HUMAN BODY MASS

1. MAJOR ELEMENTS IN BODY COMPOSITION

THE PRIMARY ELEMENTS ACCOUNTING FOR APPROXIMATELY 96% OF HUMAN BODY MASS ARE:

- OXYGEN (O)
- CARBON (C)
- HYDROGEN (H)
- NITROGEN (N)
- CALCIUM (Ca)
- PHOSPHORUS (P)

THESE ELEMENTS ARE FUNDAMENTAL BUILDING BLOCKS OF THE ORGANIC MOLECULES THAT CONSTITUTE LIVING TISSUES AND ORGANISMS.

BREAKDOWN OF THE MAJOR ELEMENTS:

ELEMENT	APPROXIMATE PERCENTAGE OF BODY MASS	ROLE IN BODY FUNCTIONS
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- **ENERGY STORAGE:** ORGANIC MOLECULES RICH IN CARBON STORE ENERGY THAT CAN BE RELEASED DURING METABOLIC PROCESSES.

IMPLICATIONS:

THE CENTRALITY OF CARBON IN BIOLOGICAL MOLECULES HIGHLIGHTS ITS IMPORTANCE NOT ONLY IN STRUCTURE BUT ALSO IN THE ENERGY ECONOMY OF THE BODY.

HYDROGEN: THE MOST ABUNDANT ELEMENT BY NUMBER OF ATOMS

HYDROGEN CONSTITUTES ABOUT 10% OF BODY MASS, PRIMARILY DUE TO WATER AND ORGANIC COMPOUNDS.

ROLES AND SIGNIFICANCE:

- **WATER CONTENT:** HYDROGEN ATOMS ARE PART OF WATER MOLECULES, WHICH CONSTITUTE A LARGE PROPORTION OF THE BODY.
- **ORGANIC MOLECULES:** HYDROGEN IS ESSENTIAL IN AMINO ACIDS, LIPIDS, CARBOHYDRATES, AND NUCLEIC ACIDS.
- **ENERGY TRANSDUCTION:** HYDROGEN IONS (PROTONS) ARE INVOLVED IN THE ELECTRON TRANSPORT CHAIN, CRITICAL FOR ATP SYNTHESIS.

IMPLICATIONS:

HYDROGEN'S PREVALENCE UNDERPINS MANY BIOCHEMICAL REACTIONS AND ENERGY TRANSFER PROCESSES FUNDAMENTAL TO LIFE.

NITROGEN: THE KEY TO PROTEINS AND NUCLEIC ACIDS

NITROGEN ACCOUNTS FOR ABOUT 3% OF BODY MASS AND IS PRIMARILY FOUND IN AMINO ACIDS AND NUCLEOTIDES.

ROLES AND SIGNIFICANCE:

- **PROTEINS:** COMPOSED OF AMINO ACIDS, WHICH CONTAIN NITROGEN; VITAL FOR ENZYMES, STRUCTURAL PROTEINS, AND SIGNALING MOLECULES.
- **GENETIC MATERIAL:** NUCLEIC ACIDS (DNA AND RNA) CONTAIN NITROGENOUS BASES ESSENTIAL FOR GENETIC CODING.
- **METABOLIC FUNCTIONS:** NITROGEN IS INVOLVED IN THE SYNTHESIS OF NEUROTRANSMITTERS AND HORMONES.

IMPLICATIONS:

NITROGEN'S ROLE IN BIOMOLECULES MAKES IT INDISPENSABLE FOR GROWTH, REPAIR, AND GENETIC INTEGRITY.

CALCIUM: THE MINERAL POWERHOUSE

CALCIUM MAKES UP ABOUT 1.5-2% OF BODY MASS, MOSTLY STORED IN BONES AND TEETH.

ROLES AND SIGNIFICANCE:

- **STRUCTURAL SUPPORT:** PROVIDES RIGIDITY AND STRENGTH TO BONES AND TEETH.
- **MUSCLE CONTRACTION:** FACILITATES MUSCLE CONTRACTION AND RELAXATION.
- **NERVE TRANSMISSION:** ACTS AS A SIGNALING MOLECULE IN NERVE IMPULSES.
- **BLOOD CLOTTING:** ESSENTIAL IN THE COAGULATION CASCADE.

IMPLICATIONS:

CALCIUM BALANCE IS TIGHTLY REGULATED, WITH DEFICIENCIES LEADING TO CONDITIONS LIKE OSTEOPOROSIS, WHILE EXCESS CAN

CAUSE CALCIFICATION OF TISSUES.

PHOSPHORUS: THE ENERGY AND STRUCTURAL ELEMENT

PHOSPHORUS ACCOUNTS FOR ABOUT 1% OF BODY MASS, PREDOMINANTLY IN BONES AND TEETH AS PHOSPHATE SALTS.

ROLES AND SIGNIFICANCE:

- STRUCTURAL COMPONENT: PRESENT IN HYDROXYAPATITE, THE MINERAL FORM OF CALCIUM PHOSPHATE IN BONES AND TEETH.
- ENERGY TRANSFER: PART OF ATP (ADENOSINE TRIPHOSPHATE), THE PRIMARY ENERGY CURRENCY OF CELLS.
- CELLULAR SIGNALING: INVOLVED IN PHOSPHORYLATION PROCESSES IN SIGNAL TRANSDUCTION.

IMPLICATIONS:

PHOSPHORUS'S ROLE IN ENERGY METABOLISM AND STRUCTURAL INTEGRITY UNDERSCORES ITS IMPORTANCE IN OVERALL HEALTH.

WHY THESE ELEMENTS ARE PREDOMINANT

THE PREVALENCE OF THESE ELEMENTS IN THE HUMAN BODY IS ROOTED IN THEIR CHEMICAL PROPERTIES AND BIOLOGICAL FUNCTIONS:

- COVALENT BONDING AND STABILITY: CARBON'S ABILITY TO FORM STABLE COVALENT BONDS MAKES IT IDEAL FOR CONSTRUCTING COMPLEX MOLECULES.
- WATER CONTENT: OXYGEN AND HYDROGEN DOMINATE BECAUSE OF WATER'S ABUNDANCE, WHICH FACILITATES BIOCHEMICAL REACTIONS AND TEMPERATURE REGULATION.
- MINERAL STORAGE: CALCIUM AND PHOSPHORUS ARE STORED IN BONES, PROVIDING MECHANICAL STRENGTH AND MINERAL RESERVES.
- METABOLIC IMPORTANCE: NITROGEN, IN AMINO ACIDS AND NUCLEOTIDES, IS VITAL FOR THE SYNTHESIS OF PROTEINS AND GENETIC MATERIAL.

THIS ELEMENTAL COMPOSITION REFLECTS EVOLUTIONARY ADAPTATIONS THAT OPTIMIZE BIOLOGICAL FUNCTIONS AND STRUCTURAL INTEGRITY.

IMPLICATIONS FOR MEDICINE, NUTRITION, AND SCIENCE

UNDERSTANDING THE ELEMENTAL COMPOSITION OF THE HUMAN BODY INFORMS VARIOUS SCIENTIFIC AND MEDICAL FIELDS:

- MEDICAL IMAGING AND DIAGNOSTICS: KNOWLEDGE OF BONE MINERAL CONTENT (CALCIUM AND PHOSPHORUS) AIDS IN DIAGNOSING OSTEOPOROSIS AND OTHER METABOLIC BONE DISEASES.
- NUTRITION: ENSURING ADEQUATE INTAKE OF ESSENTIAL ELEMENTS LIKE CALCIUM, PHOSPHORUS, AND NITROGEN-CONTAINING COMPOUNDS IS CRITICAL FOR HEALTH.
- BIOCHEMISTRY AND MOLECULAR BIOLOGY: STUDYING ELEMENTAL COMPOSITION GUIDES RESEARCH INTO METABOLIC PATHWAYS, DRUG DESIGN, AND UNDERSTANDING DISEASE MECHANISMS.
- BIOTECHNOLOGY: SYNTHETIC BIOLOGY AND TISSUE ENGINEERING RELY ON MIMICKING THE BODY'S ELEMENTAL MAKEUP.

CONCLUSION

IN SUMMARY, ABOUT 96% OF THE HUMAN BODY'S MASS IS COMPOSED OF A SELECT GROUP OF ELEMENTS, PRIMARILY OXYGEN, CARBON, HYDROGEN, NITROGEN, CALCIUM, AND PHOSPHORUS. THESE ELEMENTS FORM THE FOUNDATION OF THE ORGANIC MOLECULES AND MINERAL STRUCTURES THAT ENABLE LIFE PROCESSES. OXYGEN, AS THE MOST ABUNDANT ELEMENT, PLAYS A CRUCIAL ROLE IN ENERGY PRODUCTION AND WATER COMPOSITION, WHILE CARBON'S VERSATILITY UNDERPINS THE COMPLEXITY OF BIOLOGICAL MOLECULES. HYDROGEN AND NITROGEN ARE INDISPENSABLE FOR ORGANIC CHEMISTRY AND GENETIC INFORMATION, WHEREAS CALCIUM AND PHOSPHORUS PROVIDE STRUCTURAL SUPPORT AND ENERGY TRANSFER CAPABILITIES.

UNDERSTANDING THIS ELEMENTAL COMPOSITION NOT ONLY DEEPENS OUR APPRECIATION OF HUMAN BIOLOGY BUT ALSO SUPPORTS ADVANCEMENTS IN MEDICINE, NUTRITION, AND SCIENTIFIC RESEARCH. IT HIGHLIGHTS THE DELICATE BALANCE AND INTRICATE DESIGN OF THE HUMAN BODY, BUILT

Ninety Six Percent Of The Body Mass Is Made From A Calcium Phosphorus Oxygen And Nitrogenb Carbon

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