Infographic: Did you know the human body is made up of zinc, copper and cobalt? Here are the chemicals that make up who we are

The human body is a miraculous, well-oiled, and exceptionally complex machine. It requires a multitude of functioning parts to come together for a person to live a healthy life—and every biological detail in our bodies, from the mundane to the most magical, is driven by just 21 chemical elements.

Of the 118 elements on Earth, just 21 of them are found in the human body. Together, they make up the medley of divergent molecules that combine to form our DNA, cells, tissues, and organs.

Based on data presented by the International Commission on Radiological Protection (ICRP), in the [infographic below], we have broken down a human body to its elemental composition and the percentages in which they exist.

These 21 elements can be categorized into three major blocks depending on the amount found in a human body, the main building block (4 elements), essential minerals (8 elements), and trace elements (9 elements).
WHICH ELEMENTS COMPOSE THE HUMAN BODY?

118 chemical elements make up your entire complexity.

Here, we show how.

*These values are for adults.

MAIN ELEMENTS

Roughly 96% of the mass of a human body is composed of just four elements, but the proportion of these elements varies between species.

- **Oxygen**
  - Mass: 43 kg
  - Percentage: 61.42%

ESSENTIAL MINERALS

Another eight elements make up 4% of the mass. All eight of these elements have health benefits.

- **Calcium**
- **Phosphorus**
- **Magnesium**
- **Sodium**
- **Potassium**
- **Chlorine**
- **Sulfur**
- **Zinc**

**FURTHER RESEARCH**

A full breakdown of all of the elements in the human body is available in the scientific literature.
This is an excerpt. Read the original post here