



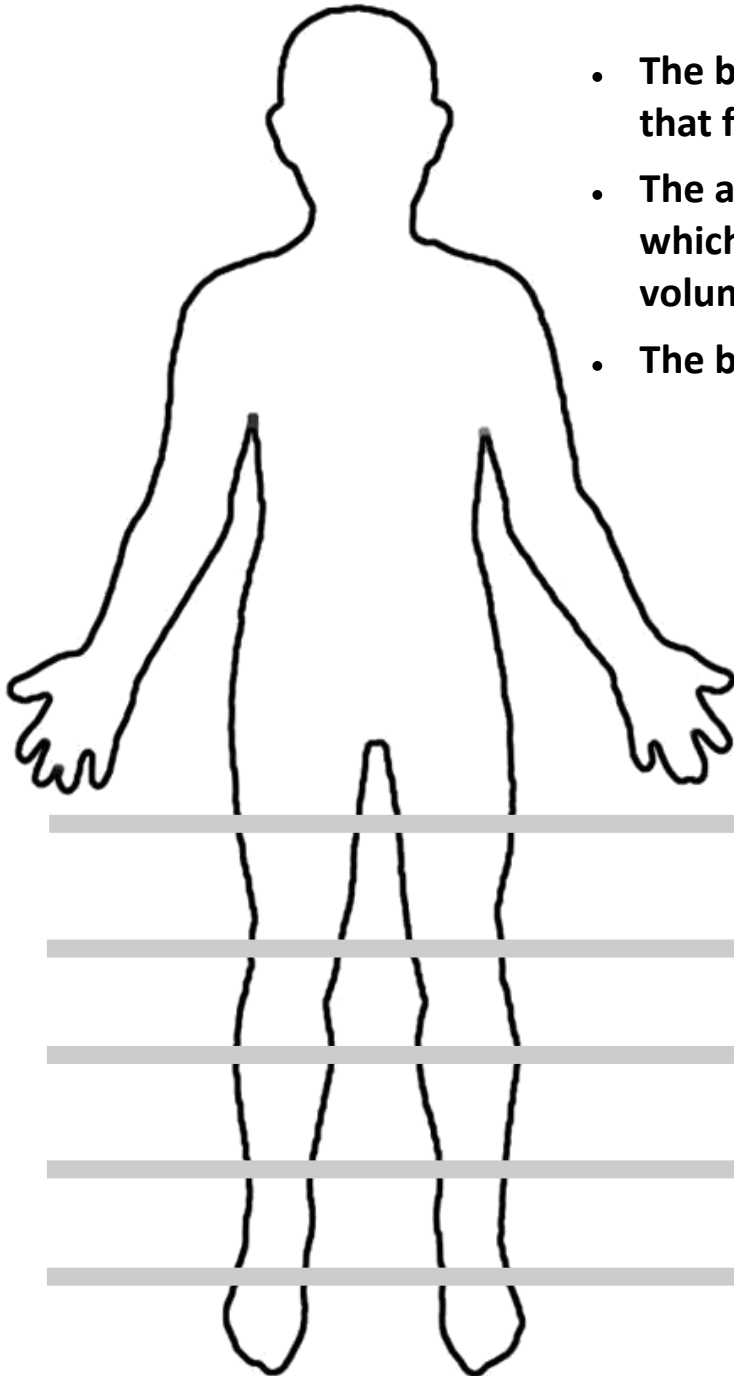
BLOOD BANK OF ALASKA

Helping Alaska patients in need

What Is In Our Body?

Most of the human body is made up of water

- The body contains 8 to 8.5 pints of blood that fuels oxygen to our cells.
- The average blood donation is only 1 pint, which is approximately 12.5% of your blood volume.
- The body replenishes itself quickly:
 - ⇒ Fluids in hours!
 - ⇒ Red blood cells in four weeks
 - ⇒ Iron in eight weeks



60% Water

10% MUSCLE

8% BONE

8% FAT

7% BLOOD

7% OTHER

Main Center: 4000 Laurel Street Anchorage, AK 99508

www.bloodbankofalaska.org

Anchorage: (907) 222-5630

Call for an Appointment: Fairbanks (907) 456-5645