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

10% Muscle

8% Bone

8% Fat

7% Blood

7% Other