## **Basics of Biochemistry** • An element is... Elements • An atom is... • Atoms are usually electrically... Atoms **Neutrons:** In the atomic nucleus, which provides... Protons: Electrons: Electrons interact with... • Ions are atoms that are... lons Cations: Anions:

**Some Common Elements in Living Organisms** 

Element	Symbol	Atomic Number <sup>a</sup>	% in human body <sup>b</sup>	Example Use
Carbon			18.5	
Hydrogen			9.5	
Oxygen			65	
Nitrogen			3.3	
Phosphorus			1.1	
Sodium			0.15	
Iron			Trace	
Potassium			0.4	
Calcium			1.5	
Magnesium			0.1	

Atomic number = number of protons in the atomic nucleus

<sup>&</sup>lt;sup>b</sup>Approximate percentage of atoms of this element, by weight, in the human body