

Blood

Body & health

What blood is made of, and what each part does.

By volume in a healthy adult.

Component	Share	Job
Plasma	~55%	Fluid, proteins, transport
Red cells	~44%	Carry oxygen via haemoglobin
White cells	<1%	Immune defence
Platelets	<1%	Clotting

A red blood cell lives about 120 days, has no nucleus, and travels roughly 400 km in its lifetime.