

Water balance

ICF 28L

METABOLISM: NUTRIENTS + O₂ -> CO₂ + H₂O

LUNG

**EVAPORATION
900ML/DAY**

SKIN

GI TRACT

**FECES
100ML/DAY**

**FOOD AND DRINK
2200 ML/DAY**

**ECF 14L
PLASMA 3.5L**

RENAL

**URINE
1500ML/DAY**

Regulating hormone	Stimulation	Result
ADH	ECF osmotic pressure (osmR) ↑ ECBV ↓ -> vol R	ECF osmotic pressure ↓ Blood volume ↑
Aldosterone	ECBV ↓ -> RAA+ ECF K+ ↑	Blood volume ↑ ECF K+ ↓

ADULT: 2500 ML/70KG = 36 ML/KG

BABY: 1200 ML/5KG = 240 ML/KG