Table 2.1 Ionic concentrations inside and outside some relevant cells

Ion	Intracellular concentration	Extracellular concentration
1. Squid giant axon		
	(mM/kg H_2O)	(mM/kg H_2O)
K^+	400	20
Na^+	50	440
Ca^{2+}	0.4	10
Mg^{2+}	10	54
Cl^-	100	560
Organic anions	$\cong$ 385	—
2. Mammalian muscle cell		
	(mM)	(mM)
K^+	155	4
Na^+	12	145
Mg^{2+}	30	1–2
Ca^{2+}	1–2	2.5–5 (Only about 10^{-4} is free)
Cl^-	4	120
Organic anions	$\cong$ 150	—