



The hydrogen in your body, present in every molecule of water, came from the Big Bang. The carbon in your body was made by nuclear fusion in the interior of stars, as was the oxygen. Much of the iron in your body was forged during supernova explosions that occurred long ago and far away. The gold in jewelry likely came from neutron stars that collided and may have been visible as short-duration gamma-ray bursts or gravitational wave events. Elements like phosphorus and copper are present in our bodies in only small amounts but are essential to the functioning of all known life.

