

— Blood Health

Blood is found in blood vessels that are made up of arteries, arterioles, capillaries, venules and veins, which take blood to and from every part of your body. Blood has several key functions that include transport, regulation & protection.

Blood transports oxygen from the lungs to the cells of the body and transports carbon dioxide from the body's cells to the lungs where it is breathed out. Blood carries nutrients, hormones and waste products around the body. Blood regulates the acid-alkali balance of the body and plays an important part in regulating the body temperature. By increasing the amount of blood flowing close to the skin, the blood helps the body to lose heat. Blood also provides protection through both white blood cells that attack and destroy invading bacteria and other pathogens and through platelets that provide clotting and protects the body from losing too much blood after an injury.

[Hide](#)

Blood Typing

Blood typing is a method to tell what specific type of blood you have. What type you have depends on whether or not there are certain proteins, called antigens, on your red blood cells. Blood is often grouped according to the ABO blood typing system. This method breaks blood types down into four categories: Type A, Type B, Type AB and Type O. Your blood type (or blood group) depends on the types that are been passed down to you from your parents.

[Hide](#)

+ ABO GROUP



Range: See Comments