**Distribution of Body Water**

On average 60% of the body weight is due to water in the normal healthy animal. However, age, sex, and nutritional status may cause this to vary. In young animals water content may be as much as 70 - 80%, while older animals may have water content that is 50 - 55% of their body weight. Almost 2/3 of the total body water is intracellular fluid (ICF, water located in cells) and the remaining 1/3 is extracellular fluid (ECF, water that is outside of the cells). Extracellular fluids can be further divided into intravascular or plasma water (water in the vascular space) (1/4 of the ECF volume) and interstitial fluid (fluid that is present in the spaces between cells) (3/4 of the ECF volume). Transcellular fluid is found in very small amounts and is also considered an ECF fluid. Examples of transcellular fluids include cerebral spinal fluid, synovial fluid, plural fluid, peritoneal fluid, aqueous humor, and gastrointestinal secretions.

Source: <http://www.dcavm.org/11%20oct%20technotes2.pdf>