

RECOVERY TRACKING

COURTESY HUMAN KIDNEYS



Properly metabolised, human urine is a precious, well rounded fertilizer. The vitality that originates in our kidneys can be passed on across different kingdoms of life all the way to the plants we eat. Current food production relies on scarce resources of mineral phosphate and CO₂-derived nitrogen. In the long run this dependence on fossil input isn't able to keep up with ever-growing demand.

The Nutrients Recovery Project focuses on urine because it concentrates 80% of all plant nutrients produced in the human body. Over the course of one year, a person releases on average 500 litres of kidney substrate with a stunning amount of soluble solids:

ONE PERSON'S ANNUAL NUTRIENTS OUTPUT:

4.0L Nitrogen N
0.4L Phosphate P
0.4L Sulphate SO₄
0.9L Potassium K



THE ANNUAL URINE OUTPUT OF ONE HUMAN CONTAINS ABOUT 4 LITRES OF PRECIOUS NITROGEN

REFERENCES

¹ *New Insights in Matters of Plant Nutrition, Soil Microbes and their Role in Recycling of Human Excreta and Regenerating Soil Fertility*, Jürgen Reckin, 2010, Institute of Wastewater Management and Water Protection, Hamburg University of Technology. <http://sswm.info/library/708>