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Lymph is similar to blood except for a few differences:

- It contains only white blood cells.
- It contains less amount of blood proteins, calcium and phosphorous but more glucose.
- It flows in one direction only.
- Lymph moves in the body through its normal function unlike blood which is pumped by the heart.

Constituents of Lymph:

Lymph Plasma – Lymph Plasma carries infection-fighting proteins along with other substances such as water, calcium and phosphorous.

Lymph Corpuscles – Lymph Corpuscles comprises white blood cells. Red blood cells and platelets are not present in lymph.

Functions of Lymph:

- It carries oxygen and minerals to the cells in the body and carries back carbon dioxide and waste materials back into the blood.
- It keeps the body cells moist.
- It maintains the volume of the blood.
- It helps in eliminating harmful bacteria and virus from the body and hence is responsible for the immunity of human beings.
- It absorbs fats from the intestine and transports them throughout the body.