**Cell Regeneration Information**

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| Small intestine  | 4 days  | Dead cells leave body as faeces |
| Cervix | 6 days | Dead cells leave body in menstrual or vaginal discharge |
| Sperm (inside another body) | 7 days | Dead cells leave body in menstrual or vaginal discharge or as faeces |
| Stomach | 9 days | Dead cells leave body as faeces |
| Mouth | 10 days | Dead cells leave body as faeces |
| Skin | 30 days | Dead cells fall off body |
| Hair | 30 days | Dead cells fall off when brushing/washing/moving around |
| Vagina and vulva | 30 days | Dead cells leave body in menstrual or vaginal discharge |
| Blood cells | 4 months | Dead cells leave body as faeces |
| Nose | 10 days | Dead cells leave the body in snot and as faeces |

  