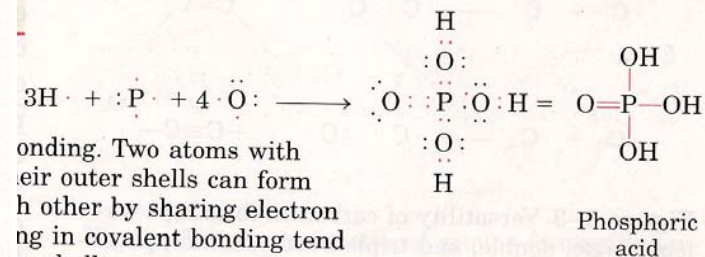
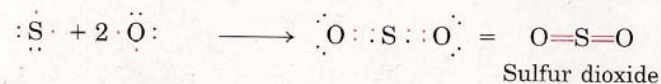
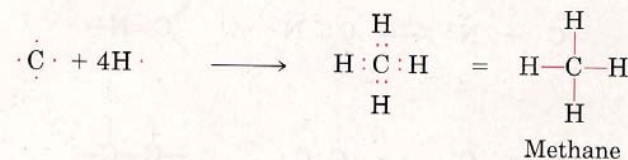
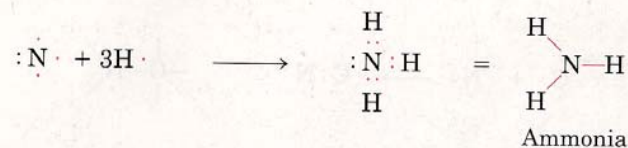
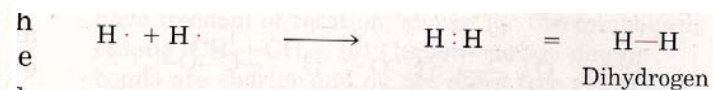


1 H 1.008																	2 He 4.003
3 Li 6.94	4 Be 9.01											5 B 10.81	6 C 12.011	7 N 14.01	8 O 16.00	9 F 19.00	10 Ne 20.18
11 Na 22.99	12 Mg 24.31											13 Al 26.98	14 Si 28.09	15 P 30.97	16 S 32.06	17 Cl 35.45	18 Ar 39.95
19 K 39.10	20 Ca 40.08	21 Sc 44.96	22 Ti 47.90	23 V 50.94	24 Cr 52.00	25 Mn 54.94	26 Fe 55.85	27 Co 58.93	28 Ni 58.71	29 Cu 63.55	30 Zn 65.37	31 Ga 69.72	32 Ge 72.59	33 As 74.92	34 Se 78.96	35 Br 79.90	36 Kr 83.80
37 Rb 85.47	38 Sr 87.62	39 Y 88.91	40 Zr 91.22	41 Nb 92.91	42 Mo 95.94	43 Tc 98.91	44 Ru 101.07	45 Rh 102.91	46 Pd 106.4	47 Ag 107.87	48 Cd 112.40	49 In 114.82	50 Sn 118.69	51 Sb 121.75	52 Te 127.60	53 I 126.90	54 Xe 131.30
55 Cs 132.91	56 Ba 137.34		72 Hf 178.49	73 Ta 180.95	74 W 183.85	75 Re 186.2	76 Os 190.2	77 Ir 192.2	78 Pt 195.09	79 Au 196.97	80 Hg 200.59	81 Tl 204.37	82 Pb 207.19	83 Bi 208.98	84 Po (209)	85 At (210)	86 Rn (222)
87 Fr (223)	88 Ra 226.03		Lanthanides Actinides														

Figure 3–1 Elements essential to animal life and health. Bulk elements (shaded orange).

Figure 3-1 Elements essential to animal life and health. Bulk elements (shaded orange) are structural components of cells and tissues and are required in the diet in small amounts (100 mg or less).

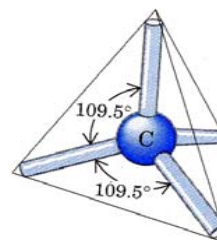
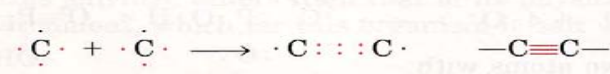
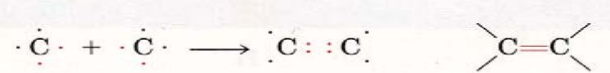
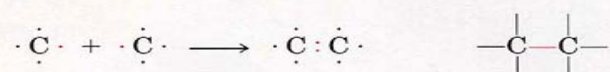
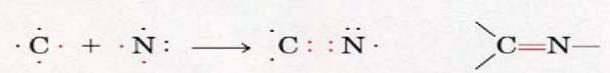
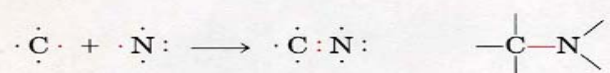
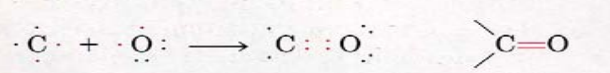
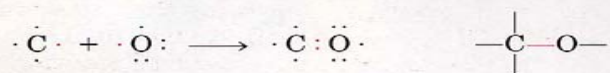
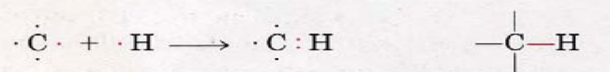
Atom	Number of unpaired electrons (in red)	Number of electrons in complete outer shell
H ·	1	2
· :O·	2	8
· :N·	3	8
· C·	4	8
· :S·	2	8
· :P·	3	8



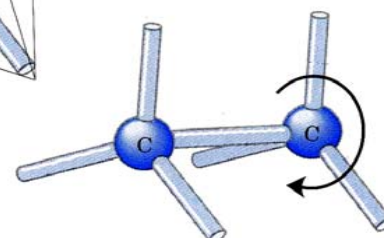
onding. Two atoms with
eir outer shells can form
h other by sharing electron
ng in covalent bonding tend
n shells.

Table 3-2 The biological functions of some trace elements

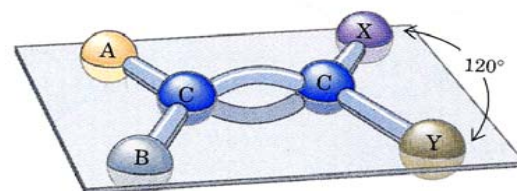
Element	Example of biological function
Fe	Electron carrier in oxidation–reduction reactions
Cu	Component of mitochondrial oxidase
Mn	Cofactor of the enzyme arginase and other enzymes
Zn	Cofactor of dehydrogenases
Co	Component of vitamin B ₁₂
Mo	Component of N ₂ -fixing enzyme
Se	Component of the enzyme glutathione peroxidase
V	Cofactor of the enzyme nitrate reductase
Ni	Cofactor of the enzyme urease
I	Component of thyroid hormone
Mg	Cofactor in photosynthesis



(a)



(b)



(c)

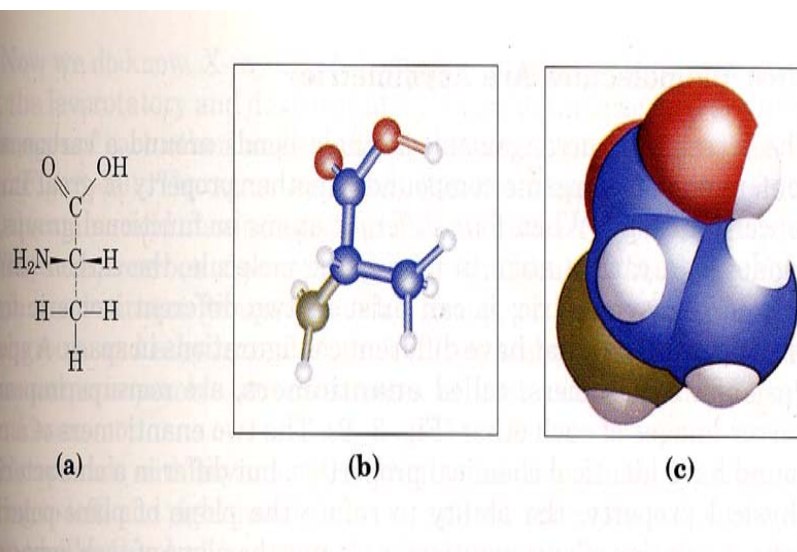
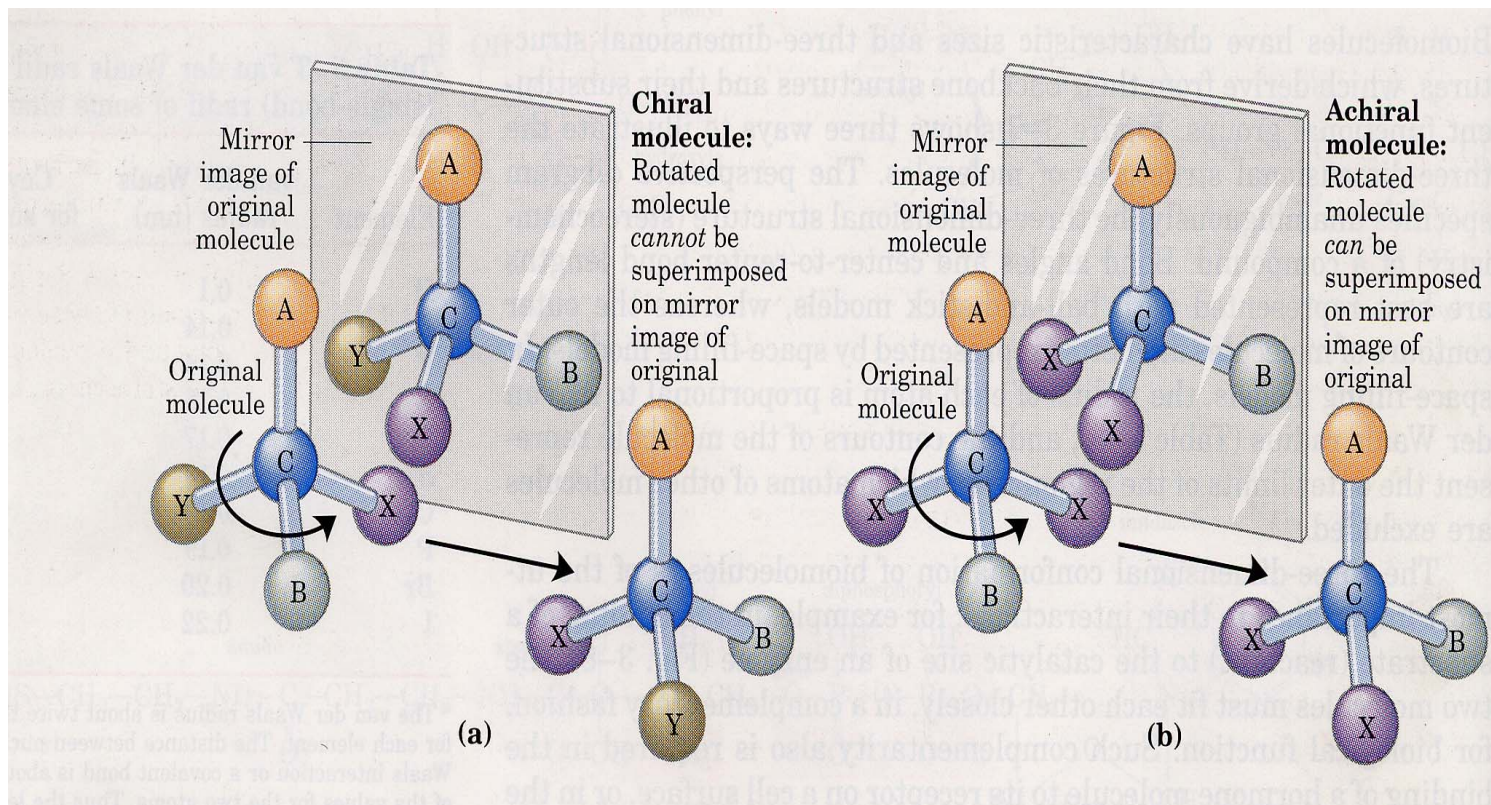
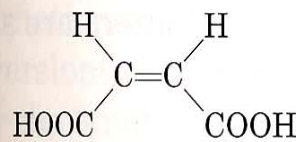


Table 3–3 van der Waals radii and covalent (single-bond) radii of some elements*

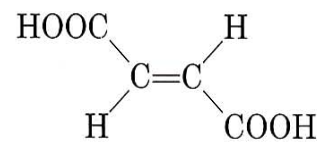
Element	van der Waals radius (nm)	Covalent radius for single bond (nm)
H	0.1	0.030
O	0.14	0.074
F	0.14	0.071
N	0.15	0.073
C	0.17	0.077
S	0.18	0.103
Cl	0.18	0.099
P	0.19	0.110
Br	0.20	0.114
I	0.22	0.133

* The van der Waals radius is about twice the covalent radius for each element. The distance between nuclei in a van der Waals interaction or a covalent bond is about equal to the sum of the values for the two atoms. Thus the length of a carbon–carbon single bond is about $0.077 + 0.077 = 0.154$ nm.



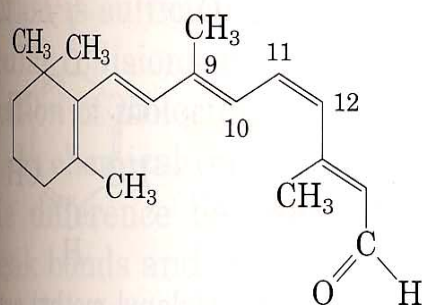


Maleic acid (cis)

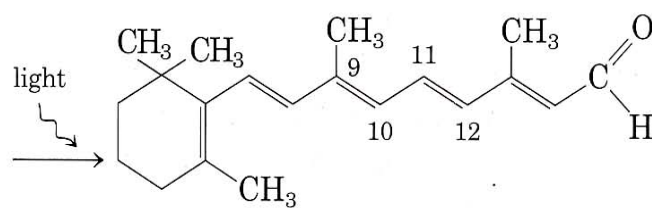


Fumaric acid (trans)

(a)

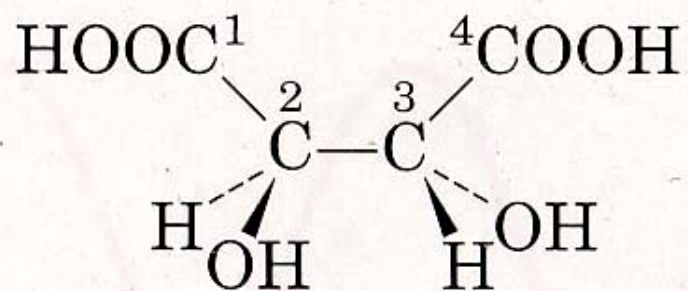


11-*cis*-Retinal

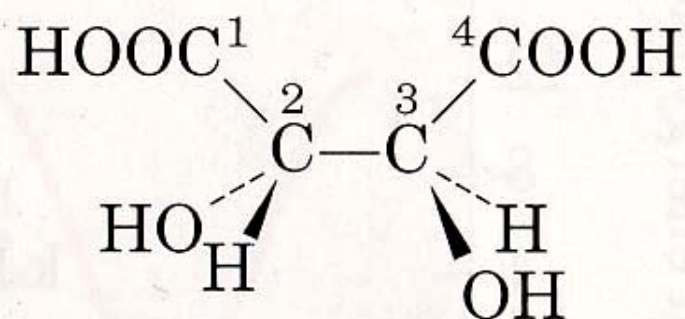


All-*trans*-Retinal

(b)



2R,3R-Tartaric acid
(dextrorotatory)



2S,3S-Tartaric acid
(levorotatory)

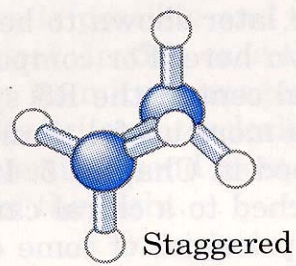
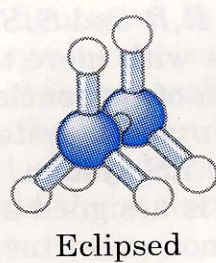
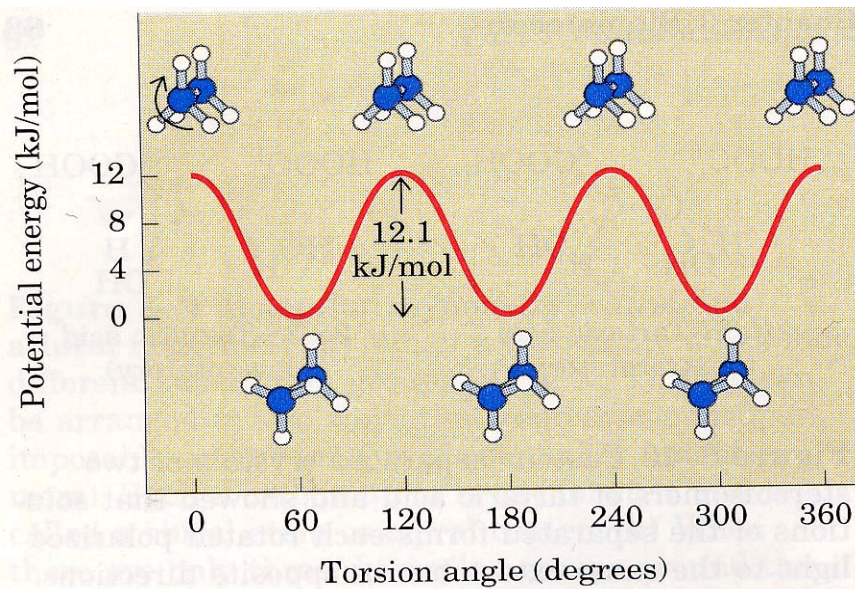


Table 3-4 The electronegativities of some elements

Element	Electronegativity*
F	4.0
O	3.5
Cl	3.0
N	3.0
Br	2.8
S	2.5
C	2.5
I	2.5
Se	2.4
P	2.1
H	2.1
Cu	1.9
Fe	1.8
Co	1.8
Ni	1.8
Mo	1.8
Zn	1.6
Mn	1.5
Mg	1.2
Ca	1.0
Li	1.0
Na	0.9
K	0.8

* The higher the number, the more electro-negative is the element.

Table 3-5 Strengths of bonds common in biomolecules

Type of bond	Bond dissociation energy (kJ/mol)	Type of bond	Bond dissociation energy (kJ/mol)
<i>Single bonds</i>		<i>Double bonds</i>	
O—H	461	C=O	712
H—H	435	C=N	615
P—O	419	C=C	611
C—H	414	P=O	502
N—H	389		
C—O	352	<i>Triple bonds</i>	
C—C	348	C≡C	816
S—H	339	N≡N	930
C—N	293		
C—S	260	<i>Noncovalent bonds or interactions</i>	
N—O	222	Hydrogen bonds	4–20
S—S	214	van der Waals interactions	
		Hydrophobic interactions	
		Ionic interactions	

**Level 4:
The cell
and its organelles**

**Level 3:
Supramolecular
complexes**

**Level 2:
Macromolecules**

**Level 1:
Biomolecules**

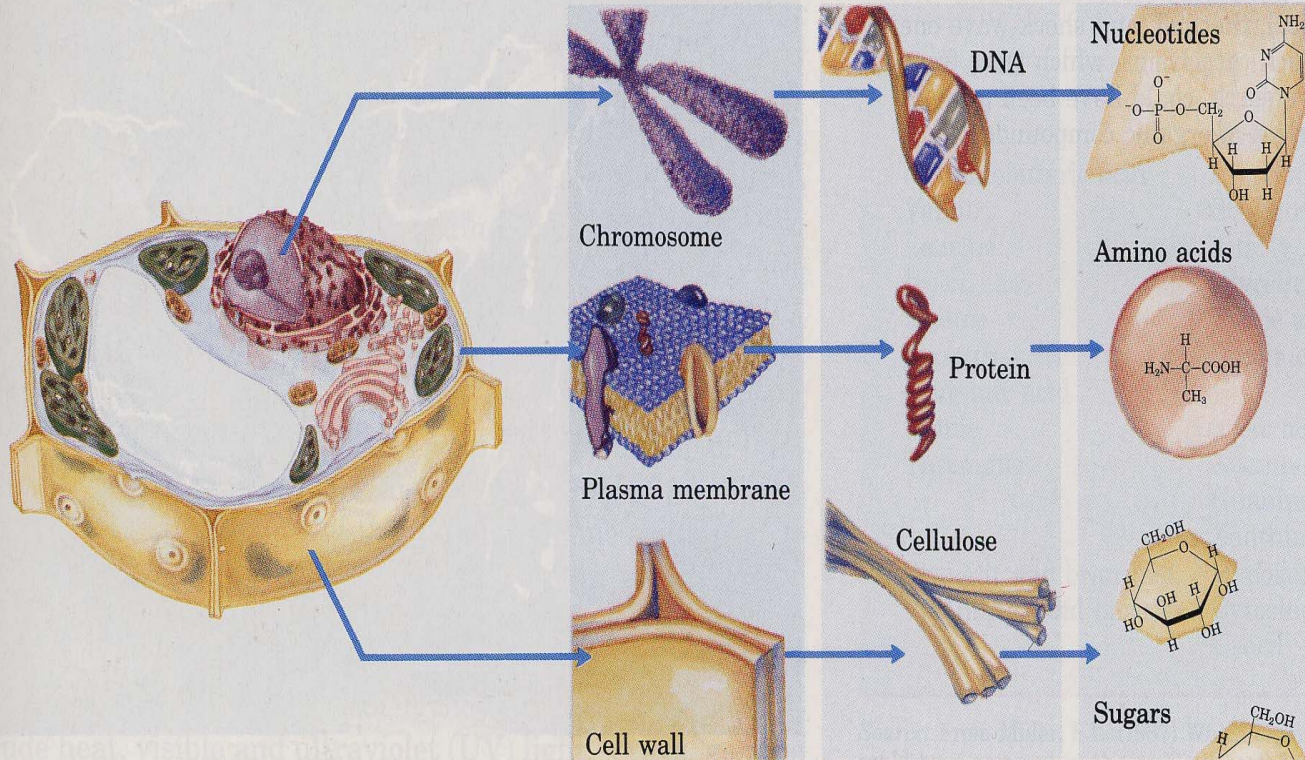


Table 3-1 Elemental abundance in seawater, the human body, and the earth's crust*

Seawater (%)		Human body (%)		Earth's crust (%)	
H	66	H	63	O	47
O	33	O	25.5	Si	28
Cl	0.33	C	9.5	Al	7.9
Na	0.28	N	1.4	Fe	4.5
Mg	0.033	Ca	0.31	Ca	3.5
S	0.017	P	0.22	Na	2.5
Ca	0.0062	Cl	0.08	K	2.5
K	0.0060	K	0.06	Mg	2.2
C	0.0014				

* Values are given as percentage of total number of atoms.

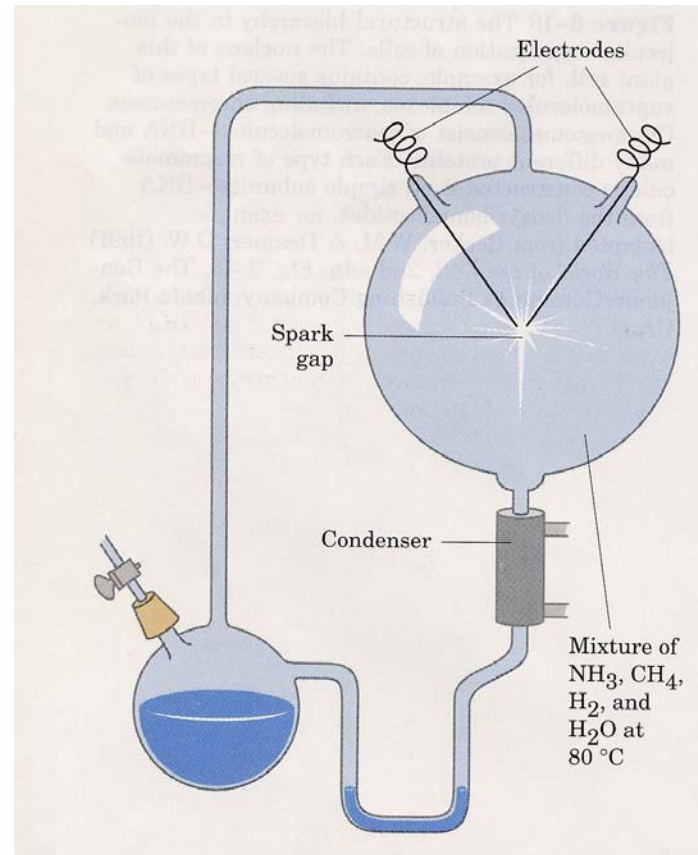


Table 3–8 Some of the products shown to form under prebiotic conditions

Amino acids

Glycine
Alanine
 α -Aminobutyric acid
Valine
Leucine
Isoleucine
Proline
Aspartic acid
Glutamic acid
Serine
Threonine

Sugars

Straight and branched
pentoses and hexoses

Carboxylic acids

Formic acid
Acetic acid
Propionic acid
Straight and branched
fatty acids (C_4 – C_{10})
Glycolic acid
Lactic acid
Succinic acid

Nucleic acid bases

Adenine
Guanine
Xanthine
Hypoxanthine
Cytosine
Uracil

