## **Understanding Biology Better**

Please complete the following tables of vitamins and micronutrients (First example is done for you; you can add further unmentioned roles of the first examples). Refer to the notes, video links, presentations and subject matter taught in class so far. Try to mention key reactions, if they are part of class notes. Do it by hand, rather than in a word document.

Vitamin B complex	Coenzyme form	Metabolic role
Niacin	NAD	1. electron acceptor during Redox reactions
		2. Proton gradient during electron transport

Micronutrients	Role in biological process	
Na+	1.Transmission of nerve impulse	
	Maintain osmotic balance, membrane potential	