

Source: [KBMacromolecules](#)

- Electrostatic determines shapes [KBe2020bio101refProtienFoldingConflict](#) [KBe2020bio101refProteinFolding](#) [KBe20bio101refBondingMonomers](#)
- Wants to be 3d, more stable
- protiens are 300-500 amino acids long [bioSrcAminoAcidBackbone.png](#)

Nutrition

- 9 of the amion acids cannot be made by humans
 - called “essential amino acids”
 - The other 11 can be created / recycled
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