

Source: [\[KBMacromolecules\]](#)

- Electrostatic determines shapes [\[KBe2020bio101refProteinFoldingConflict\]](#) [\[KBe2020bio101refProteinFolding\]](#) [\[KBe2020bio101refBondingMonomers\]](#)
- Wants to be 3d, more stable
- proteins are 300-500 amino acids long [bioSrcAminoAcidBackbone.png](#)

Nutrition

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