Phosphorus Molecule Cheatsheet (main biologically relevant)

Molecule	Bonds (central P)		Ox. number	Formal charge	Overall charge	How charge arises	Comments
H ₃ PO ₄ (phosphoric acid)	4 P–O (1 double, 3 P– OH)	0	+5	0	0	-	Acid form, tetrahedral
H ₂ PO ₄ ⁻ (dihydrogen phosphate)	4 P–O (~resonance)	0	+5	+1	-1	Proton loss → −1	Main buffer form
PO ₄ ³⁻ (phosphate)	4 P–O (~resonance)	0	+5	+1	-3	3 proton losses → − 3	Backbone of nucleic acids