

$$\begin{array}{cccc}
& \times : & \underline{R-mol} & \longrightarrow & \underline{mol-R} \\
& M & \longmapsto & M^* & = & Hom(M, R). \\
& \left(M & \xrightarrow{f} N \right) & \longmapsto & \left(M & \xrightarrow{f^*} V \\
& R & \longmapsto & R \end{array} \right)$$

* is furthful & full.

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If η_A is an isomorphism $\forall A$, η is an isomorphism $F \simeq G$.