

HOW PROTEINS WORK

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Reference - NIH

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Proteins are large, complex molecules that play many critical roles in the body. They do most of the work in cells and are required for the.

9 Important Functions of Protein in Your Body

Beef up your knowledge of protein and good dietary sources. But unlike fat and carbohydrates, the body does not store protein, and therefore has no reservoir to draw on when it .
Slideshow: High-Protein Diets -- Do They Really Work?.

9 Important Functions of Protein in Your Body

There are 20 amino acids that help form the thousands of different proteins in your body. Proteins do most of their work in the cell and perform.

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HowEnzymesWork6.AmericanJournalofClinicalNutritionajcn Protein contains four calories per gram, the same amount of energy that carbs provide. Vegetable sources usually are low on or missing certain essential amino acids. There are various types of porphyrin, so there are various different haem groups. Whatishiddenawayinthissimplificationaretheotherthingsthatarehapp body also uses amino acids from broken-down skeletal muscle if carbohydrate storage is low. Proteins can supply your body with energy.