

Protein

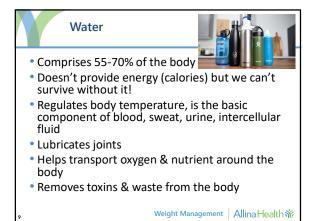
- Principal component of muscle tissue
- Provides building blocks for hormones (chemical messangers, ex. insulin) and many enzymes
- Necessary for a healthy immune system and to carry oxygen in the blood
- Some proteins are fibrous, providing cells & tissues with stiffness & rigidity.
 Collagen is an example



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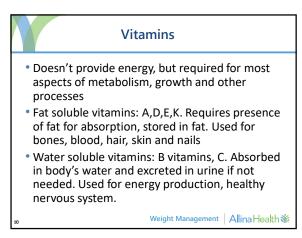
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