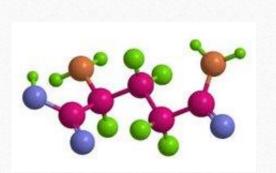
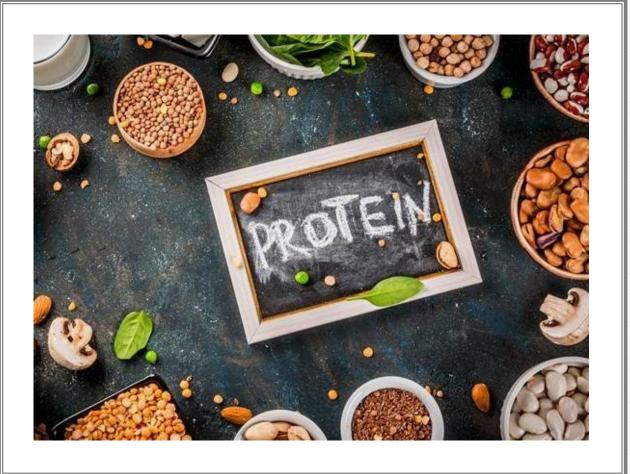


### Characteristics



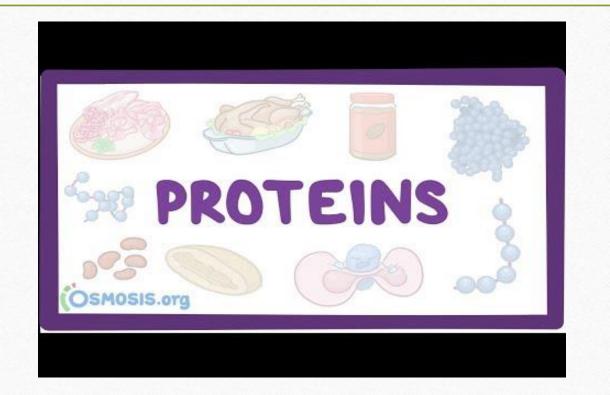
- Made of long strings of amino acids referred to as building blocks of life.
- Can be considered as complete or incomplete
  - (Incomplete having not adequate amounts of amino acids)
- Able to alter change based on outside factors
- A proteins function is based on its sequence and shape.
- Essential for growth and repair of the body



## Functions

- Balances Fluids (attraction and retaining of water)
- Assists Immune health (antibodies immunoglobulins)
- Maintain Ph level
- Plays roles such in the body such as vision, hormones and enzymes

#### More On Proteins



### Protein Sources





- Protein Powder
- Poultry
- Eggs
- Beef
- Pork
- Fish
- Beans
- Etc.

# References

- <u>https://www.healthline.com/nutrition/functions-of-</u> protein#TOC\_TITLE\_HDR\_8
- <u>https://www.medicalnewstoday.com/articles/196279#what-are-proteins</u>
- <u>https://sciencing.com/characteristics-protein-8460468.html</u>
- <u>https://www.youtube.com/watch?v=HSCUAjZQhXI</u>