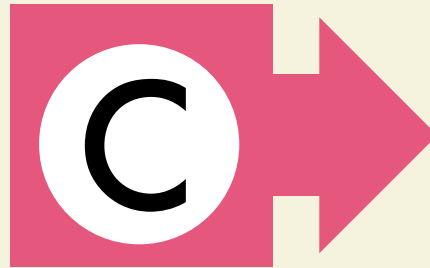


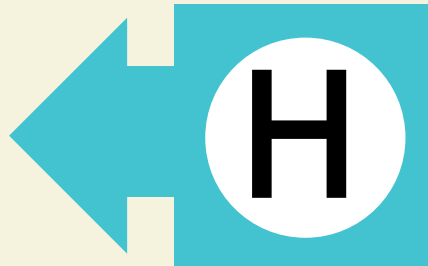
## CARBON 18%

Carbon is the backbone of most biological molecules  
With 4 valence electrons, carbon can make a variety of different bonds.



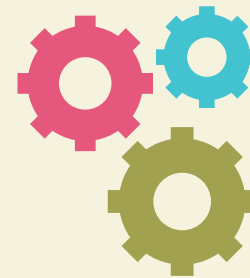
## HYDROGEN 10%

Hydrogen is part of water ( $H_2O$ ), and we're 60% water.  
Hydrogen ion ( $H^+$ ) is especially active, and plays a big role in pH and acid/base considerations.



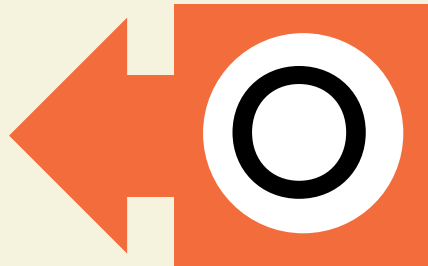
## NITROGEN 3%

Nitrogen is found in DNA, the blueprint of life.  
Nitrogen is also found in amine functional groups, present in all amino acids (the building blocks of proteins).



## OXYGEN 65%

Oxygen is the most abundant element in humans, by mass. Not surprising since it is in water.  
Oxygen takes part in oxidizing reactions (stealing electrons).



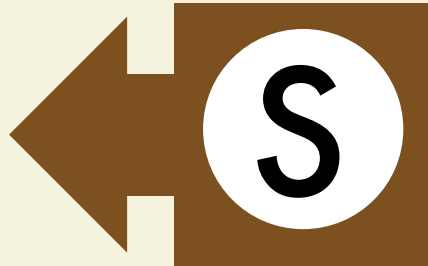
## PHOSPHORUS 1%

Phosphorus is found in the backbone of DNA.  
It is also found in ATP, the energy "currency" of most biochemical reactions.  
Phosphorylation and dephosphorylation play a significant part in signaling.



## SULFUR 0.25%

Sulfur is found in two amino acids (cysteine and methionine).  
They often form disulfide bridges, linking these amino acids together and thus playing a role in determining protein shape.



C

H

N

O

P

S

~98% of humans  
by mass