

Chapter 1 Biological molecules

1.2 Mineral salt / inorganic salt (无机盐)

- An inorganic salt is one that does not contain C-H bonds as opposed to an organic salt that contains C-H bonds
- Inorganic salts dissociate in solutions (溶液) into ions

Function of inorganic salt

Types	Major functions
Magnesium (镁)	<ul style="list-style-type: none">• It contributes to the structural development of bone• Magnesium is a cofactor of many enzyme systems that regulate diverse biochemical reactions in the body• **Component of chlorophyll (plant)
Iron (铁)	<ul style="list-style-type: none">• The body uses iron to make haemoglobin, a protein in red blood cells that carries oxygen
Sodium (钠)	<ul style="list-style-type: none">• It helps keep the water (the amount of fluid inside and outside the body's cells) and electrolyte balance of the body• Essential for generation of action potentials in nervous and cardiac tissue
Calcium (钙)	<ul style="list-style-type: none">• Almost all calcium in the body is stored in bones and teeth, giving them structure and hardness• The body needs calcium for muscles to move and for nerves to carry messages between the brain and every part of the body
Iodine (碘)	<ul style="list-style-type: none">• The body needs iodine to make thyroid hormones (甲状腺激素)
Zinc (锌)	<ul style="list-style-type: none">• It aids growth, DNA synthesis, immune function and more
Phosphorus (磷)	<ul style="list-style-type: none">• Most phosphorus is in the bones and teeth, and some is in the genes• The body needs phosphorus to make energy and to carry out many important chemical processes