

# The importance of carbohydrates for the body

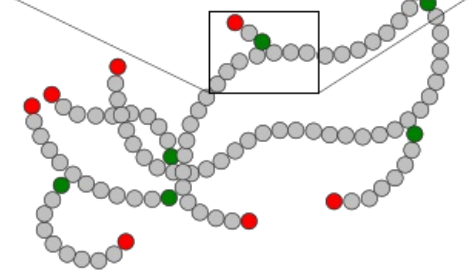
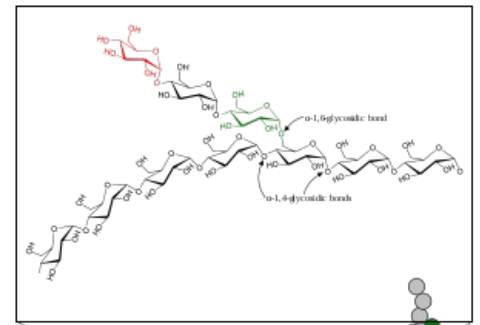
Carbohydrates are not essential for the body and are normally synthesized in it, e.g. from amino acids or glycerol.

- **Monosaccharides** and **disaccharides** represent an important source of energy. They are especially necessary for brain cells and erythrocytes.
- **Polysaccharides** serve as energy storage - glycogen in animals.

Carbohydrates also perform **structural functions**, for example as part of glycoproteins and glycolipids in membranes.

 For more information see *Biological Membrane Architecture*.

They also play a key role in the synthesis of **nucleic acids** or **coenzymes**. They are also part of the intercellular mass, for example in **proteoglycan molecules**.



Structure of glycogen