

The importance of proteins for the body

The importance of proteins for the human body is enormous. At the same time, they represent the body's **only source of nitrogen**.

 For more information see *Proteins (1. LF UK, NT)*.

Functions:

- **structural** - collagen, elastin;
- **motor** - actin, myosin;
- **informational** - protein hormones;
- **defensive** - immunoglobulins, complement, antigens;
- **transport** - albumin, enable catalysis (enzymes) and others.