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| Macromolecule​ | Structure​ | Functions​ | Example​s |
| Carbohydrates​ | 1. ​Elements: **Carbon, Hydrogen, Oxygen**
2. Monomer:

**Monosaccharide**  | 1. Fast energy storage
2. **Structure**
 | 1. **Table Sugar**
2. **Bread**
3. **Cell Wall**
 |
| ​Lipids | 1. ​ Elements: **Carbon, Hydrogen, Oxygen**
2. Monomer: **None**
 | 1. Structure
2. **Long energy storage**
 | 1. ​Cholesterol
2. **Steroids**
3. **Saturated Fats**
 |
| ​Proteins | 1. ​ Elements: **Carbon, Hydrogen, Oxygen, Nitrogen, Sulfur**
2. Monomer: Amino acid
 | 1. ​ Defense
2. Motor
3. **Enzymes**
4. **Storage**
5. **Signal**
6. **Transport**
7. **Structure**
8. **Regulatory**
9. **Sensory**
 | 1. Antibodies
2. **Catalase**
3. **Spider Webs**
 |
| Nucleic Acids​ | 1. ​ Elements: **Carbon, Hydrogen, Oxygen, Nitrogen, Phosphorus**
2. Monomer: Nucleotide
 | 1. ​**Store Genetic Info**
 | 1. ​**DNA**
2. **RNA**
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