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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** |