fluid compartments-

- interstitial fluids 16% •
- intercellular fluid 40% •
- plasma 4% •

fluid intake = output

protein-

amino acids sequenced in a chain

NH2 - amino group (usually positively charged)

H-C-COOH -carboxyl group (usually negatively charged)

R - R group

Diffusion -

- good for small simple molecules •
- effective over small distances •
- alveoli and oxygen is an example •
- substances move from a high to low gradient •
- Fik's law •

osmosis -

- occur without assistance of cel .
- utilises kinetic energy Browning •
- substances m

carbohydrates -

- sugars monocarbides (glucose , fructose ,galactose) , disaccharides (sucrose , maltose, lactose)
- starches-polysaccharides (fibres, glycogen)

Lipids -

- non-polar in nature •
- macromolecules fatty acids and monomers
- steroids and waxes •
- phospholipids .
- triglycerides

Active process -

- substances can be moved against concentration gradients .
- cell actively participates •
- requires ATP energy •
- phagocytosis •
- pinocytosis