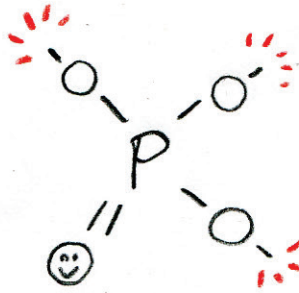
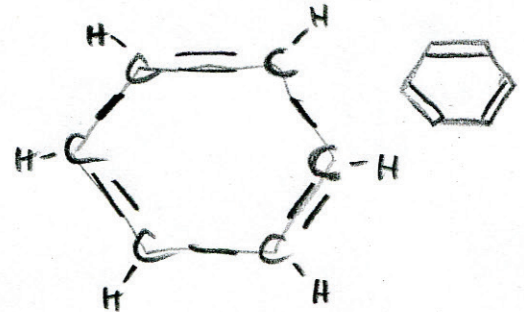


PHOSPHATE is PO_4^{3-}

It carries an electrical charge of -3 because it has three unhappy oxygen atoms. Oxygen always wants two bonds. One of these oxygens is lucky — it has a double bond. The others have an empty place where they need a bond.



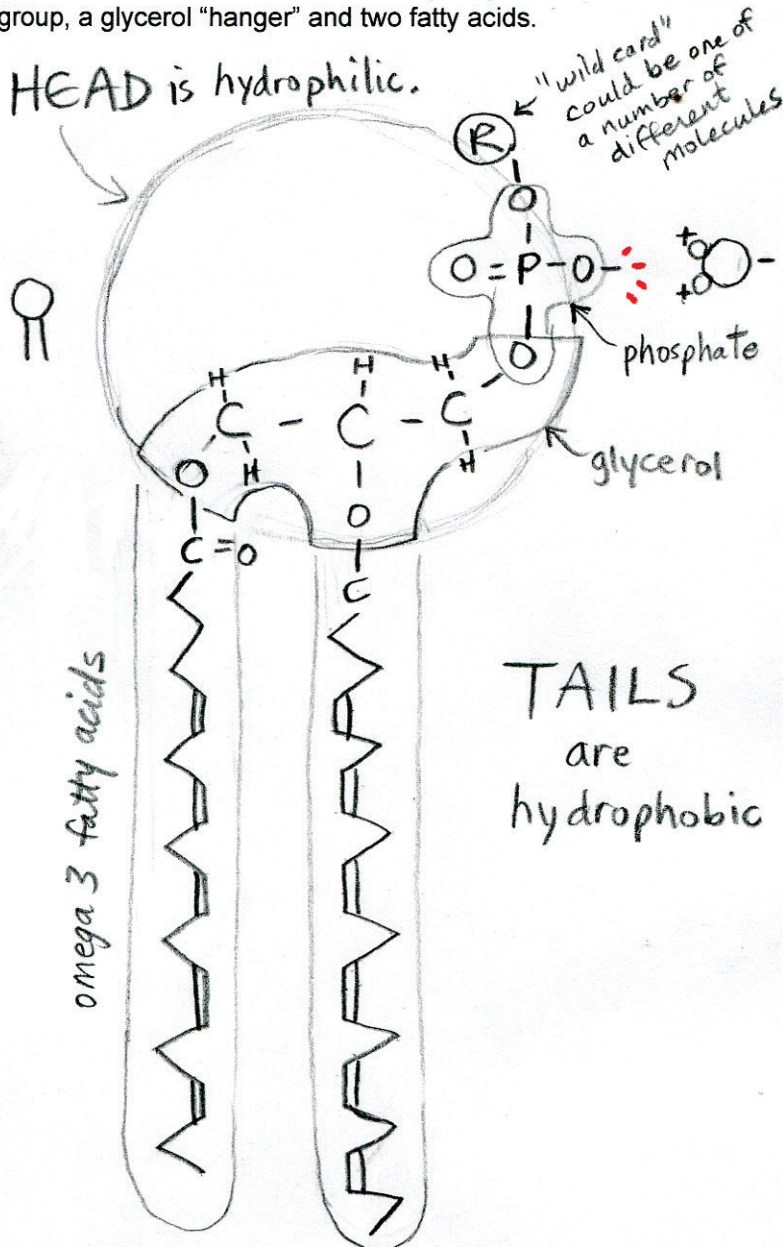
Additional fact: Carbon can form rings.



EX: Benzene ring

A PHOSPHOLIPID is made of a phosphate group, a glycerol "hanger" and two fatty acids.

HEAD is hydrophilic.



EPA

20 carbons
5 double bonds

DHA

22 carbons
6 double bonds

CHOLESTEROL is a natural body substance, very necessary for proper functioning of cells.

