**Functions of proteins**

Proteins are a class of macromolecules that perform a diverse range of functions for the cell. They help in metabolism by providing structural support and by acting as enzymes, carriers, or hormones.

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| **Table 1. Protein Types and Functions** |
| **Type** | **Examples** | **Functions** |
| Digestive Enzymes | Amylase, lipase, pepsin, trypsin | Help in digestion of food by catabolizing nutrients into monomeric units |
| Transport | Hemoglobin, albumin | Carry substances in the blood or lymph throughout the body |
| Structural | Actin, tubulin, keratin | Construct different structures, like the cytoskeleton |
| Hormones | Insulin, thyroxine | Coordinate the activity of different body systems |
| Defense | Immunoglobulins | Protect the body from foreign pathogens |
| Contractile | Actin, myosin | Effect muscle contraction |
| Storage | Legume storage proteins, egg white (albumin) | Provide nourishment in early development of the embryo and the seedling |