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3 Li	4 Be		Tr	ace e	elem	ents						5 B	6 C	7 N	8 0	9 F	10 Ne
11 Na	12 Mg											13 AI	14 Si	15 P	16 S	17 CI	18 Ar
19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 	54 Xe
55 Cs	56 Ba	ĸ	72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 TI	82 Pb	83 Bi	84 Po	85 At	86 Rn
87 Fr	88 Ra	-	La Ac	ntha tinid	nide es	s											

	Element	ts Found in the Ea	arth's Crust, Oc	ean and Atmosphere	
Earth's Crust	(by mass)	Oceans	(by mass)	Atmosphere	(volume of dry air)
Oxygen	46.5%	Oxygen	85.79%	Nitrogen	78.08%
Silicon	28.0%	Hydrogen	10.67%	Oxygen	20.95%
Aluminum	8.1%	Chlorine	2.07%	Argon	0.93%
Iron	5.1%	Sodium	1.14%	Carbon Dioxide	0.03%
Calcium	3.5%	Magnesium	0.14%	Neon	0.0018%
Sodium	3.0%	All Others	0.19%	Helium	0.0005%
Potassium	2.5%			Krypton	0.0001%
Magnesium	2.2%			Hydrogen	0.00005%
Titanium	0.5%			Xenon	0.00008%

		Elements of the Human Body
Element	% of Body	Functional Significance
Oxygen	65.0	A major contributor to both organic and inorganic molecules; as a gas it is necessary for the production of cellular energy.
Carbon	18.5	The main component of all organic molecules, i.e. carbohydrates, lipids, proteins, and nucleic acids.
Hydrogen	10.0	Another component of all organic molecules; in its ionic form it is influential on the pH of body fluids.
Nitrogen	3.0	An important structural component of all genetic material (nucleic acids).
Calcium	1.2	A building block of bones and teeth; its ionic form is essential in muscle contraction, impulse conduction in nerves, and blood clotting.
Phosphorus	1.0	Joins calcium to contribute to bone crystalline structure; present in nucleic acids and ATP.
Potassium	0.4	Its ionic form is the major cation (positive ions) in cells; necessary for conduction of nerve impulses and muscle contraction.
Sulfur	0.3	Important component of muscle proteins
Sodium	0.2	
Chlorine	0.2	In ionic form is the most abundant anion (negative ion) outside the cell.
Magnesium	0.1	Found in bone and plays an important assisting role in many metabolic functions.
Iodine	0.1	Required in thyroid hormones which are the body's main metabolic hormones.
Iron	0.1	Basic building block of the hemoglobin molecule which is a major transporter of oxygen in body.

A number of factors have been associated with the occurrence of a deficiency of a mineral in humans: deficiency in the soil; water and plants; mineral imbalances; processing of water or soil; and, inadequate dietary intake.

Acid-Dependent Minerals That Require Adequate Stomach Acid to Enhance Intraluminal Absorption in the Small Intestine

Chromium	Copper	Iron	Magnesium
Manganese	Molybdenum	Selenium	Zinc

The lack of <u>minerals</u> in our soil is evidenced through the need for constant fertilization. Plants need nitrogen, hydrogen, oxygen, chlorine, carbon, boron, sulfur, potassium, magnesium, phosphorus, iron, zinc, copper manganese, and molybdenum, some of which are commonly replaced through fertilizers to provide maximum crops through minimum investment. However, humans are known to additionally need calcium, sodium, fluorine, bromine, chromium, iodine, silicon, selenium, beryllium, lithium, cobalt, vanadium and nickel, which would not necessarily be replaced through fertilization for plants.

Element	Functional Significance
Chromium	Promotes glucose metabolism; helps regulate blood sugar. (Deficiency: atherosclerosis, heart disease, skin)
Cobalt	Promotes normal red-blood cell formation.
Copper	Promotes normal red-blood cell formation; acts as a catalyst in storage and formation; acts as a catalyst in storage and release of iron to form hemoglobin; promotes connective tissue formation and central nervous system function.
Fluorine	Prevents dental caries
Manganese	Promotes normal growth and development; promotes cell function; helps many body enzymes generate energy.
Molybedenum	Promotes normal growth and development and cell function.
Selenium	Complements Vitamin E to act as an efficient anti-oxidant.
Vanadium	Plays role in metabolism of bones and teeth.
Zinc	Maintains normal taste and smell; aids wound healing; helps synthesize DNA and RNA.

Functions of Manganese

- 1. activates numerous enzymes,
- 2. helps in the utilization of thiamin,
- 3. helps in the utilization of vitamin E (tocopherol),
- 4. helps in the utilization of iron, and
- 5. increases the level of the antioxidant, superoxide dismutase (SOD)

Deficiency will cause the following problems

- 1. heart disease
- 2. dermatitis
- 3. lower levels of the good cholesterol fraction, HDL-cholesterol
- 4. accelerated bone loss
- 5. reduced fertility
- 6. retarded growth in children
- 7. low blood sugar
- 8. middle ear problems, including difficulty maintaining balance

Boron Function

brain function, especially in enhancing memory, cognitive function, and hand-eye coordination. Insufficient: Arthritis

Selenium Functions:

- 1. protect against harmful exposure to the heavy metal, mercury
- 2. help make a vital antioxidant, glutathione
- 3. help regulate male hormones
- 4. in males, support prostate function
- 5. work synergistically with vitamin E
- 6. enhance immune function

Deficiency can contribute to many conditions, including:

- dry skin
- 2. dandruff
- 3. the development of cataracts
- 4. fatigue

affect the efficiency of vitamin E utilization

Recomm	nend	led D	ietar	y Allc	wan	ces c	of Mir	nerals	s for	Healt	thy A	dults
Age	Ca	Р	Mg	Fe	Zn	Cu	I	Se	Мо	Mn	F	Cr
(Years)	(g)	(mg)	(mg)	(mg)	(mg)	(µg)	(µg)	(µg)	(µg)	(mg)	(mg)	(μg)
					N	lales						
19-30	1.0	700	400	8	11	900	150	55	45	2.3	4	36
31-50	1.0	700	420	8	11	900	150	55	45	2.3	4	36
51-70	1.2	700	420	8	11	900	150	55	45	2.3	4	30
> 70	1.2	700	420	8	11	900	150	55	45	2.3	4	30
					Fe	males						
19-30	1.0	700	310	18	8	900	150	55	45	1.8	3	25
31-50	1.0	700	320	18	8	900	150	55	45	1.8	3	25
51-70	1.0	700	320	8	8	900	150	55	45	1.8	3	25
> 70	1.0	700	320	8	8	900	150	55	45	1.8	3	25
Pregnant	~1.3	1250	400	27	12	1000	220	60	50	2.0	4	30
Nursing	~1.3	1250	350	10	13	1300	290	70	50	2.6	4	45





he Electi	onegativities of Some Element
Element	Electronegativity*
F	4.0
0	3.5
CI	3.0
N	3.0
Br	2.8
S	2.5
С	2.5
- T	2.5
Se	2.4
P	2.1
н	2.1
Cu	1.9
Fe	1.8
Co	1.8
Ni	1.8
Mo	1.8
Zn	1.6
Mn	1.5
Ma	1.2
Ca	10
Li	1.0
No	0.9
NG V	0.9
N	0.8

THE THREE PRIMARY OR STRONG BONDS

- Metal to Non-Metal: Ionic
- Non-Metal to Non-Metal: Covalent
- Metal to Metal: Metallic

THE IONIC BOND

- The establishment of the "Noble gas configuration" by electron transfer from metallic atoms to non-metallic atoms. The electrostatic bond is thus formed between positively charged metallic ions (cations), and negatively charged ions (anions).
- Ionic bonds are <u>non-directional.</u>

THE IONIC BOND

 Always produces <u>compounds</u>. Examples include NaCl (common salt), Na₂O (natron) and magnesium oxide (MgO), where one species is metallic (the cation) and is from groups I-III or the transition metals: the other species is non-metallic (the anion),^{*} and is from Groups V, VI or VII. Most importantly, ionically bonded solids are non-metallic and inorganic – they are ceramics.

- * A Negative ION.



THE METALLIC BOND

- The bonds formed between an array of positively charged metallic cations and a "sea" of negatively charged, free-electrons, the latter being "donated" from the outer shells of the constituent atoms.
- Metallic bonds are non-directional.
- Occurs for all metallic elements and their alloys (i.e., Group I, I and III metals and for the transition metals), to form close-packed solids



THE COVALENT BOND

- Occurs in non-metallic (Groups IV, V, VI and VII) elements to form e.g., network solids (diamond carbon and silicon) and molecular gases (hydrogen, oxygen).
- Covalent bonding also occurs in compounds, as in the network solids SiC (both Group IV elements), and SiO₂ (Groups IV and VI respectively) and molecular gases (e.g., carbon dioxide).

			$H \cdot + H \cdot$	\longrightarrow	н:н	=	H—H Dihydrogen
			$\ddot{O} \cdot + 2H \cdot$	\longrightarrow	: <u>0</u> : н н	=	O—H H Water
Atom	Number of unpaired electrons (in red)	Number of electrons in complete outer shell	$\dot{N} \cdot + 3H \cdot$	\longrightarrow	H : N : H H	=	H N—H H Ammonia
Н·	1	2			н		н
: <u>o</u> ·	2	8	$\cdot C \cdot + 4H \cdot$	\longrightarrow	н:С:н	=	н-с-н
: N	3	8					Methane
٠ċ٠	4	8	: S + 2H	\longrightarrow	: S :н	=	S-H
: s ·	2	8			Н		Н
: P ·	3	8					Hydrogen sulfide
			$3H \cdot + : \dot{P} \cdot + 4 \cdot \dot{O}$		H :0: 0::P:0:I :0: H	H =	OH O=P-OH OH
							Phosphoric acid







Type of bond	Bond dissociation energy* (kJ/mol)	Type of bond	Bond dissociation energy (kJ/mol)
Single bonds		Double bonds	
0—Н	461	C=0	712
H—H	435	C=N	615
P—0	419	C=C	611
С—Н	414	P==0	502
N—H	389		
С—О	352	Triple bonds	
с—с	348	C≡C	816
S—H	339	N=N	930
C—N	293		
C—S	260		
N—0	222		
s—s	214		

*The greater the energy required for bond dissociation (breakage), the stronger the bond.























TABLE 1–1 M	olecular Component	ts of an <i>E. coli</i> Cell
	Percentage of total weight of +1cell	Approximate number of different
Water	70	1
Proteins	15	3,000
Nucleic acids		
DNA	1	1
RNA	6	>3,000
Polysaccharides	3	5
Lipids	2	20
Monomeric		
subunits and		
intermediates	2	500
Inorganic ions	1	20









E-Z Nomenclature

Use the Cahn-Ingold-Prelog rules to assign priorities to groups attached to each carbon in the double bond. If high priority groups are on the same side, the name is *Z* (for *zusammen*). If high priority groups are on opposite sides, the name is *E* (for *entgegen*).























































