

Study of Some Biologically Important Trace Elements

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Abstract: *The Trace elements are biological active elements present in all living beings and play a very important role in a living organism, these are chemical elements that can be found in almost any living particle. Within living beings they remain in balanced form and both their absence and their excess amount can cause problems in the organism. Trace elements fulfil various functions within living organisms. Some of them are needed to participate in the biological reactions needed for life. They intervene in functions such as respiratory, digestive, muscular, etc. They participate in the synthesis of specific end products and control various actions in biological processes. Iron is used in haemoglobin, Cobalt found in vitamin B12, Manganese found several enzymes, zinc is important component in cellular metabolism.*

Keywords: Trace elements, biological process, Iron, Cobalt, Vitamin B12.

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