

1 General Group Name (1 Row)

Chemical Group	Structure	Properties	Illustrative example
Hydroxyl	-OH Compounds: Alcohol	Water: solvent for bioactive agents antagonists for sugars.	Ethanol
Carbonyl	-C(=O)- Compounds: Ketone, Aldehyde	Essential sugar-giving source for metabolic activity.	Acetone, Methylal
Carboxyl	-COOH Compounds: Carboxylic acid	Act as a functional	Acetic Acid (Vinegar)
Amine	-NH ₂ Compounds: Amine	Act as a functional	Cytidine
Sulphydryl	-SH Compounds: Thiol	High reduction power essential through insulin metalloprotease. Cysteine binding of protein enzymes influence on weightloss effect.	Cysteine
Phosphate	PO ₄ ³⁻ -OR (OR ₂) ₂ - Compounds: Organic Phosphate	Essential for DNA/RNA	Cytosine Phosphate
Methyl	-CH ₃ Compounds: Methylated Compounds	Active regulation of genetic function in DNA, Active signal and release of neurotransmitter.	S- Methyl Methionine