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an essential mineral. o

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is found in hemoglobin

– the oxygen carrier

protein in red blood

cells, and myoglobin –

the oxygen carrier

protein in muscle. o Iron

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is also a cofactor for many enzymes. Iron is usually found in one of two oxidation states: Fe<sup>2+</sup> (ferrous iron) and Fe<sup>3+</sup> (ferric ...

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