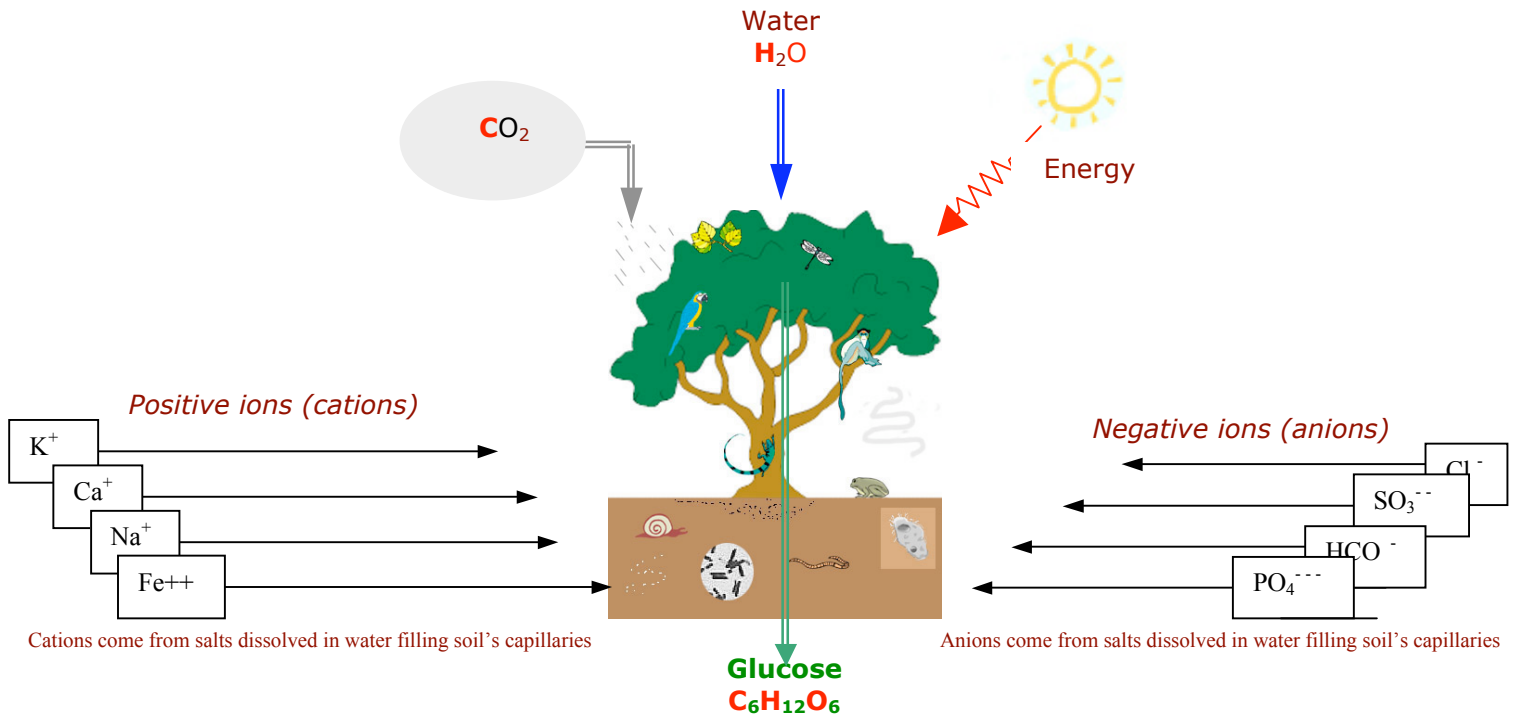


Where Do the Life Molecular Building Blocks Come From?



Using **C** from CO₂ and **H** from H₂O and **light energy** from the Sun, *plants* produce a host of simple sugars, such as glucose or ribose. Using the simple sugars and ions absorbed in the soil, plant cells produce all necessary organic molecular building blocks, such as amino acids or nucleotides. Then these molecular building blocks are used as monomers to build all of life's biopolymers. Animals cannot produce molecular building blocks from CO₂, H₂O and ions; they receive them with food.

