

Histidine (symbol His or H) is an  $\alpha$ -amino acid that is used in the biosynthesis of proteins. It contains an  $\alpha$ -amino group (which is in the protonated  $\text{-NH}_3^+$  form under biological conditions), a carboxylic acid group (which is in the deprotonated  $\text{-COO}^-$  form under biological conditions), and an imidazole side chain (which is partially protonated), classifying it as a positively charged amino acid at physiological pH. Initially thought essential only for infants, longer-term studies have shown it is essential for adults also.[3] It is encoded by the codons CAU and CAC.

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