

Valine (symbol Val or V) is an α -amino acid that is used in the biosynthesis of proteins. It contains an α -amino group (which is in the protonated $-\text{NH}_3^+$ form under biological conditions), an α -carboxylic acid group (which is in the deprotonated $-\text{COO}^-$ form under biological conditions), and a side chain isopropyl group, making it a non-polar aliphatic amino acid. It is essential in humans, meaning the body cannot synthesize it: it must be obtained from the diet. Human dietary sources are foods that contain protein, such as meats, dairy products, soy products, beans and legumes. It is encoded by all codons starting with GU (GUU, GUC, GUA, and GUG).

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Last update: **2024/06/07 02:53**

