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ADH: A hormone that helps your kidneys manage the amount of water in your body. Adult of normal body composition weighing 217 lb, approximately $\frac{1}{10}$ lb is water. Blood clotting

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factors: Clotting factors are proteins in the blood that control bleeding. Body's temperature regulation mechanism: The vents, condensers and heat ducts ...

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focus. Any material discussed in class is fair game on exams.
Chapter 1. Classes of nutrients Macro and micro; Macro- and
Micronutrients (example) Macro: proteins, fats, carbs, water
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