

2.4- Carbohydrates:

These are organic molecules composed of carbon, hydrogen and oxygen that are soluble in water and constitute the basic biological block for storing and consuming energy. They may be in association with proteins and lipids. Glycosides are molecules formed by a carbohydrate (sugar) and a non-carbohydrate molecule and there are many sorts. Dandelions (*Taraxacum officinale*) contain a bitter glycoside and yarrow (*Achillea millefolium*) various glycosides.

Dandelion



[Index](#)