any biological molecules are macromolecules, poly mers of high molecular weight assembled from rela tively simple precursors. Proteins, nucleic acids, and polysaccharides are produced by the polymerization of relatively small compounds with molecular weights of 500 or less. The number of polymerized units can range from tens to millions. Synthesis of macromolecules is a major energy-consuming activity of cells. Macromol ecules themselves may be further assembled into supramolecular complexes, forming functional units such as ribosomes. Table 1–2 shows the major classes of biomolecules in the bacterium E. coli