

load oxygen efficiently. When oxygen is bound to the iron atom at the center, the heme group is flat (*red*). When oxygen is released, the heme group pushes upward, displacing the attached histidine (*arrow*). This moves the protein chain (*upper cylinder*), and breaks the links between the sall bridges that link two halves of the molecule. This in turn distorts other heme groups, making it

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easier for them to unload oxygen.