Which choice below best fits in the blank? In the final stage of aerobic respiration, ___ deliver hydrogen ions and electrons to the electron transport system.

A  NADH and NADPH

B  NADH and FADH2

C  NADPH and FADH2

D  NADH and ATP
Ten NADH and two FADH$_2$ deliver the hydrogen ions and electrons they picked up in the preceding stages.

Answer B.