

GLUCOGEN

Meaning: Glycogen is a polysaccharide that serves as a form of energy storage in animals, primarily found in the liver and muscle tissues.

1. Glycogen serves as a vital energy reserve in the body, particularly in muscle and liver cells.
2. During periods of fasting, the body breaks down glycogen to maintain blood glucose levels.
3. Enzymes responsible for glycogen synthesis play a crucial role in metabolic regulation.
4. Athletes often focus on glycogen loading to enhance performance during endurance events.
5. A deficiency in glycogen storage can lead to various metabolic disorders.

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