

GLYCOGEN

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

1. Glycogen serves as a vital energy reserve in the muscles and liver.
2. During intense exercise, the body rapidly breaks down glycogen to fuel its activities.
3. The liver plays a key role in regulating blood sugar levels by releasing glycogen when needed.
4. Athletes often focus on glycogen storage to enhance their performance and endurance.
5. A diet rich in carbohydrates can help replenish glycogen stores after strenuous workouts.

Source: sentences.whatistheurl.com

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