

GLYCOGENIC

Meaning: Glycogenic refers to substances or pathways related to the synthesis and storage of glycogen, particularly in the context of energy regulation and blood sugar levels.

1. Glycogenic pathways play a crucial role in regulating blood sugar levels.
2. The liver is known for its ability to store glycogenic molecules for energy.
3. During intense exercise, the body utilizes glycogenic reserves to maintain performance.
4. Research into glycogenic compounds may offer insights into metabolic disorders.
5. Understanding how glycogenic processes work can help improve athletic training methods.

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