

KATABOLIC

Meaning: Katabolic refers to metabolic processes that involve the breakdown of complex molecules into simpler ones, resulting in the release of energy.

1. The katabolic process in the body breaks down complex molecules to release energy.
2. During intense exercise, athletes often experience katabolic reactions that utilize stored energy.
3. Stress can lead to an increased katabolic state, resulting in muscle breakdown and fatigue.
4. In biology, katabolic pathways are essential for recycling cellular components and generating ATP.
5. Understanding katabolic mechanisms is crucial for developing effective weight loss strategies.

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