Absolutely! Here's a **structured, condensed, and organized version** of the rules you provided for *Cytosis*, formatted for clarity and easy reference, similar to how your previous summary was done:

Gameplay

Overview

Cytosis is played in **rounds**, each with **two phases**:

1. **Phase 1 – Flask Placement**: Players place flasks to collect resources, take actions, and complete cell component cards to earn health points.
2. **Phase 2 – Event Card & Board Refresh**: Reveal an event card and refresh the board.

The game continues until the last event card is revealed. One final round is played, then players tally **final health points**.

Phase 1 – Flask Placement

- **Turn Order**: The player with the first player marker goes first; turns proceed clockwise.
- **On Your Turn**:
    1. Place **one flask** on an available spot.
    2. Immediately collect resources or perform the action on that spot.
- **Alternative Action**: Instead of placing a flask, a player may **collect 1 mRNA, lipid, or ATP** by exhausting a flask. Exhausted flasks cannot be used again that round.
- **Restrictions**:
    - Only one flask per spot.
    - Once occupied, a spot is unavailable until the next round.

Flask Placement Spots

1. **Collecting Resources**
    - **Nucleus (DNA Transcription)**: Collect 2–3 mRNA (black).
    - **Plasma Membrane (Glucose Transporter)**: Spend ATP to collect carbohydrate (green).
    - **Mitochondria (ATP Production)**: Collect 2–6 ATP (may need to pay carbohydrate for max 6 ATP).
    - **Smooth ER (Lipid Synthesis)**: Collect 2–3 lipid (yellow).
    - **Free Ribosome (mRNA Translation)**: Trade black mRNA for protein (red).
2. **Purchasing Cell Component Cards**
    - Pay ATP cost indicated on the card.
    - Collect the card below the flask into your hand.
3. **Completing Cell Component Cards**

    - **Smooth ER**: Alcohol detox or steroid hormone synthesis using transport vesicles.
    - **Rough ER**: Protein hormone, protein hormone receptor, or steroid hormone receptor cards using transport vesicles.
    - **Golgi Apparatus**: Add carbohydrate or lipid to transport vesicles; move vesicles from ER to Golgi.
    - **Plasma Membrane (Exocytosis)**: Reveal card, pay ATP, return resources, and gain health points.
    - **Cytoplasm**: Complete enzyme cards; pay ATP and resources, then gain health points.
4. **First Player Marker**
    - **Laureates in Biology Spot**: Take the first player marker.
    - Option: Take **1 ATP** or place a **goal marker** on an available goal card.
    - First goal marker placement = **3 health points immediately**.
5. **Grey Flasks**
    - Pay **4 ATP** to place a grey flask in any spot (even occupied) and perform its action.
    - Only **one grey flask per turn**.

Phase 2 – Event Card & Board Refresh

1. **Retrieve Flasks**: Return your flasks; keep transport vesicle disks and resources on the board.
2. **Reveal Event Card**: Only the new card is active; old cards become inactive.
3. **Refresh Cell Component Cards**:
    - Remove **left-most card**; discard it.
    - Slide remaining cards left.
    - Fill empty spots from the deck. Shuffle discard pile if deck is empty.

Event Cards

1. **Toxicity**: Players return macromolecules to the general stock if exceeding thresholds.
    - ≥5 = lose 1, ≥7 = lose 2, ≥10 = lose 4.
2. **Boost**: Add 1 resource to a board area; first player to place there gets it free.
3. **Reduce ATP Cost**: Reduce ATP cost of card purchases by 1; taking a free spot also gives 1 ATP.

Cell Component Cards

- **Types**:
    1. Hormone cards (protein/red or steroid/blue)
    2. Hormone receptor cards
    3. Enzyme cards

4. Alcohol detoxification cards
5. Additional resource cards

- **Hand & Completed Cards**: Keep cards in hand secret until completed; completed cards face-up for scoring.

Hormone Cards

- Completed over multiple turns: ER → Golgi → Plasma Membrane.
- Place transport vesicle disks and required macromolecules.
- Gain health points after exocytosis.

Example – Protein Hormone Card:

1. Rough ER: Place vesicle, trade mRNA → protein.
2. Golgi: Move vesicle, add carbohydrate.
3. Plasma Membrane: Move vesicle out, pay ATP, return macromolecules, gain health points.

Hormone Receptor Cards

- Complete like hormone cards.
- Score extra when opponents complete corresponding hormones.

Enzyme Cards

- Free ribosome → cytoplasm.
- Trade mRNA → protein, pay ATP, pay resources.
- Sets of unique enzymes give **extra end game points**.

Alcohol Detoxification Cards

- Smooth ER: Pay ATP, gain 1 health.
- End game: Most alcohol detox cards = additional points.

Additional Resource Cards

- Play anytime: gain indicated resources immediately.

Goal Cards

- Place goal markers via Laureates in Biology spot.
- **During Game**: First marker = 3 health points; second = none.
- **End Game**: Score points for completed cell component cards on that goal card.

Ending the Game

- The last event card triggers the **final round**.
- Skip Phase 2; proceed directly to **scoring**.

Scoring

1. **Macromolecule Resources** (1 point per 4 mRNA/lipid, 3 protein, 2 carbohydrate).
2. **Alcohol Detox Cards**:
    - Most = 8 HP, second = 5 HP, third = 2 HP (ties split).
3. **Enzyme Sets**:
    - 2 unique = 2 HP, 3 = 5 HP, 4 = 9 HP, 5 = 14 HP.
    - Multiple sets allowed.
4. **Goal Cards**: Score according to markers and completed cards.

This version organizes the gameplay into **phases, actions, card types, and scoring**, making it easier to follow during play.

If you want, I can also create a **visual cheat sheet** for *Cytosis* with **all flask spots, card types, and scoring rules** on a single page for quick reference. It would be very handy at the table.

Do you want me to do that?