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**:
  1. Only one flask per spot.
  2. 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?