



Mitochondria in the cell

# Lactate System

**Key:**

- A = Adenosine
- Pi = Phosphate Ion
- ATP = Adenosine Tri Phosphate
- ADP = Adenosine Di Phosphate
- AMP = Adenosine Mano Phosphate
- CP = Creatine Phosphate
- Glucose = Sugar
- Pyruvate = Broken down Sugar
- Lactic Acid = Hydrogen + Lactate
- Cytoplasm = Cellular Fluid

