



Mitochondria in  
the cell

## Lactate System

### Key:

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

