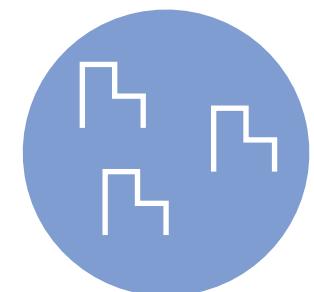


# Lactate System

## 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



Mitochondria  
in the cell

