

Description

The role of insulin in metabolism

Insulin is a hormone that plays a central role in metabolism. It is secreted by the beta cells of the pancreas and acts on various tissues to regulate the uptake and utilization of glucose, lipids, and proteins. Insulin promotes the uptake of glucose into cells, where it can be used for energy or stored as glycogen. It also stimulates the synthesis of lipids and proteins, and inhibits the breakdown of these macromolecules. The overall effect of insulin is to lower blood glucose levels and promote anabolic metabolism.

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The role of thyroid hormones in metabolism

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