MORE INFORMATION ABOUT ATP

Adenosine Triphosphate (ATP):

It takes ATP and nutrients to create metabolism (magnesium, coQ10, alpha liopic acid, etc.) to generate metabolism, which creates ATP, which then allows for energy to muscles, heart and brain. Metabolism is a combination of oxygen and glucose in the mitochondria, to generate ATP (and carbon dioxide). The higher the metabolism the more sugar (and fat) that is burned, and more energy one has. But it takes magnesium, CoA10, and alpha lipoic acid, etc, for mitochondria to generate ATP.

ATP is the main energy source for the majority of cellular functions. This includes the synthesis of macromolecules, including DNA and RNA and proteins. ATP also plays a critical role in the active transport of macromolecules across cell membranes.

ATP is an energy-carrying molecule found in the cells of all living things. ATP captures chemical energy obtained from the breakdown of food molecules and releases it to fuel other cellular processes.

Cells require chemical energy for three general types of tasks: to drive metabolic reactions that would not occur automatically; to transport needed substances across membranes; and to do mechanical work, such as moving muscles. ATP is not a storage molecule for chemical energy; that is the job of carbohydrates, such as glycogen, and fats. When energy is needed by the cell, it is converted from storage molecules into ATP. ATP then serves as a shuttle, delivering energy to places within the cell where energy-consuming activities are taking place.