Before you ate breakfast, within your myocytes:

- a. Was the [glucose] in your blood increasing or decreasing?
- b. Was the [insulin] in your blood increasing or decreasing?
- c. Was the [glucagon] in your blood increasing or decreasing?
- d. Was the [AMP] increasing or decreasing?
- e. Was the level of phosphorylation of PFK-2/F-2,6-BPase increasing or decreasing?
- f. Was the [fructose-2,6-bisphosphate] increasing or decreasing?
- g. Was the activity of PFK-1 increasing or decreasing?
- h. Was flux through glycolysis increasing or decreasing?
- i. Was the level of phosphorylation of glycogen synthase increasing or decreasing?
- j. Was the activity of glycogen synthase increasing or decreasing?
- k. Was the level of phosphorylation of glycogen phosphorylase increasing or decreasing?
- 1. Was the activity of glycogen phosphorylase increasing or decreasing?
- m. Was the [glycogen] increasing or decreasing?
- n. Was the activity of fructose-1,6-bisphosphatase increasing or decreasing?
- o. Was flux through gluconeogenesis increasing or decreasing?
- p. Was the level of phosphorylation of acetyl-CoA carboxylase increasing or decreasing?
- q. Was the activity of acetyl-CoA carboxylase increasing or decreasing?
- r. Was the [malonyl-CoA] increasing or decreasing?
- s. Was the [acetyl-CoA] in the cytoplasm increasing or decreasing?
- t. Was the transport of acyl-CoA into the mitochondrial matrix increasing or decreasing?
- u. Was the [ketone bodies] increasing or decreasing?

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