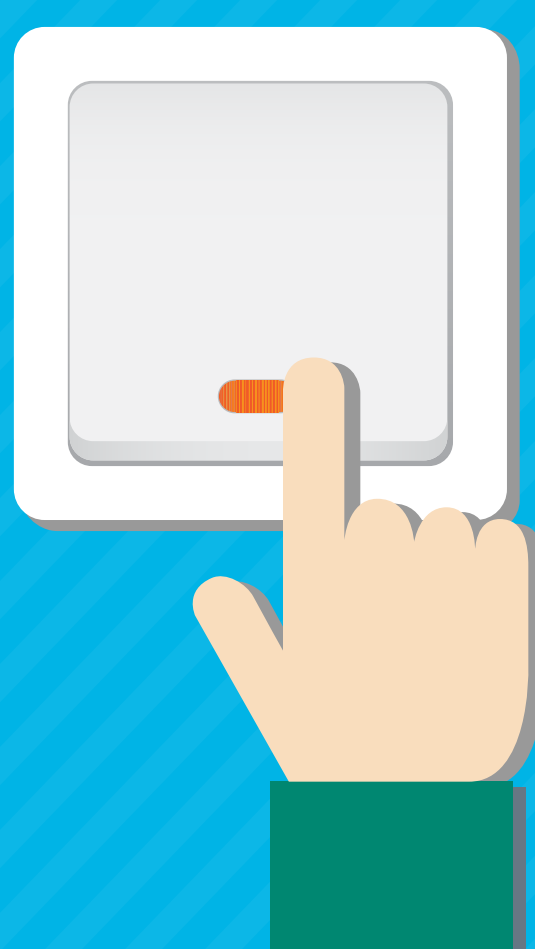


COULD FOOD HAVE A SIMILAR EFFECT TO EXERCISE?



THERE'S AN
ENZYME IN
YOUR BODY
THAT ACTS AS A
**METABOLIC
MASTER SWITCH**



AN ENZYME CALLED
AMPK HELPS YOUR
MUSCLES TURN
**GLUCOSE
AND FAT
INTO ENERGY**



YOUR BODY
NEEDS
**ENERGY
FOR
EVERYTHING**



THE AMPK
ENZYME TELLS
YOUR BODY
**WHEN TO USE
MORE ENERGY**



OUR SCIENTISTS
FOUND OUT HOW
**THE AMPK
ENZYME CAN
BE CONTROLLED**



UNDERSTANDING
AMPK MAY HELP
PEOPLE WITH
**METABOLIC
DISORDERS
LIKE DIABETES**

