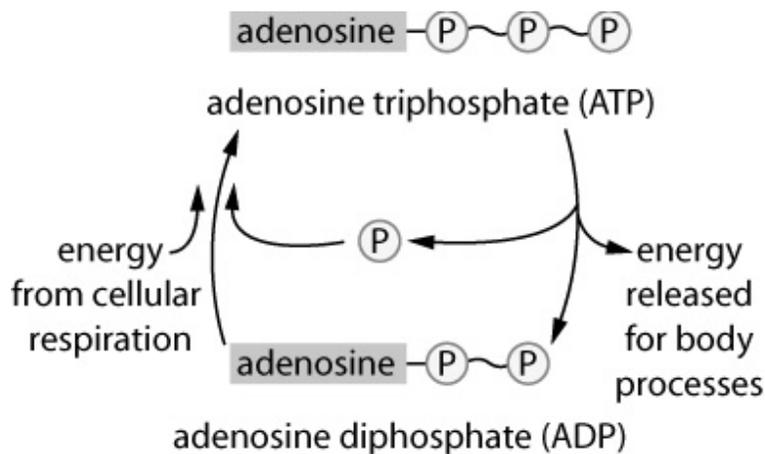


ATP is the source of energy for activities such as muscle contraction and cell division.

The adenosine part of ATP is composed of a molecule called adenine, which is bonded to a five-carbon sugar called ribose. Our bodies use about 40 kg of ATP daily.

The amount of ATP available at any moment is enough to meet only immediate cellular needs; ATP must be synthesized constantly.



The release of a phosphate group from ATP and the subsequent regeneration of ATP from ADP create a continuous cycle.