

Glycogen

Glycogen is a multibranched polysaccharide of glucose that serves as a form of energy storage in animals and fungi. The polysaccharide structure represents the main storage form of glucose in the body.

In humans, glycogen is made and stored primarily in the cells of the liver and the muscles hydrated with three or four parts of water.

Glycogen functions as the secondary long-term energy storage, with the primary energy stores being fats held in adipose tissue. Muscle glycogen is converted into glucose by muscle cells, and liver glycogen converts to glucose for use throughout the body including the central nervous system.

Metabolism

[Glycogen metabolism](#)

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