

Glycogen synthase (UDP-glucose-glycogen glucosyltransferase) is an enzyme involved in converting glucose to glycogen. It takes short polymers of glucose and converts them into long polymers of glycogen.

It is a glycosyltransferase enzyme (EC 2.4.1.11) that catalyses the reaction of UDP-glucose and $(1,4\text{-}\alpha\text{-D-glucosyl})_n$ to yield UDP and $(1,4\text{-}\alpha\text{-D-glucosyl})_{n+1}$.

In other words, this enzyme converts excess glucose residues one by one into a polymeric chain for storage as glycogen. Glycogen synthase concentration is highest in the bloodstream 30 to 60 minutes[2] following intense exercise. It is a key enzyme in glycogenesis.

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