# Article information:

Lactate as a fulcrum of metabolism - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7284908/>

# Article summary:

1. Lactate is not just a waste product of anaerobic metabolism, but also an important energy source for mitochondrial respiration and a major gluconeogenic precursor.

2. Lactate acts as a signaling molecule and has major influences on energy substrate partitioning through various mechanisms such as inhibiting lipolysis in adipose and controlling muscle mitochondrial fatty acid uptake.

3. Repeated lactate exposure from regular exercise results in significant effects on the expression of regulatory enzymes of glycolysis and mitochondrial respiration, making lactate the fulcrum of metabolic regulation in vivo.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

该文章提供了关于乳酸在代谢中的作用的综述，但是存在一些潜在的偏见和不足之处。

首先，该文章可能存在对乳酸作用的过度强调。虽然乳酸在代谢中扮演着重要角色，但是其他代谢物质也同样重要。文章没有充分探讨其他代谢物质的作用，可能导致读者对代谢系统的整体理解不够全面。

其次，该文章可能存在片面报道。虽然文章提到了一些研究结果和观点，但是并没有涉及到所有相关研究和观点。这可能导致读者对该领域的认识不够全面和客观。

此外，该文章缺乏足够的证据支持其主张。虽然文章提到了一些研究结果和观点，但是并没有详细说明这些结果和观点是如何得出的，并且是否具有普适性。这可能导致读者对该领域的认识存在误解或不确定性。

最后，该文章可能存在宣传内容和偏袒现象。尽管作者试图提供客观分析，但是他们可能受到某些利益方或立场影响而产生偏见。此外，文章可能没有平等地呈现双方的观点和证据，导致读者对该领域的认识存在偏差。

综上所述，该文章提供了关于乳酸在代谢中的作用的综述，但是存在一些潜在的偏见和不足之处。读者应该保持批判性思维，并结合其他来源进行深入研究和分析。

# Topics for further research:

* Other metabolic substances
* Comprehensive understanding of the metabolic system
* All relevant research and viewpoints
* Sufficient evidence to support claims
* Avoiding promotional content and bias
* Critical thinking and further research

# Report location:

<https://www.fullpicture.app/item/0e11db368b1bac6f5f66fe26e5c355e0>