

FREE MINI-SHEET

Biochemistry, in one line.

Most of first-year biochemistry is one idea repeated: something speeds up a reaction that turns one molecule into another. Learn this single line and dozens of lectures stop being terrifying.



An enzyme takes a substrate and turns it into a product. That's it. Almost every pathway you'll meet is just this, repeated and connected.

If you understand this one line, biochemistry becomes a language — not a wall.

START HERE

10 words that make biochemistry less scary.

Enzyme	A protein that speeds up a reaction. <i>Enzyme = the reaction's engine.</i>
Substrate	The molecule an enzyme acts on. <i>Substrate = what sits 'under' the enzyme.</i>
Product	The molecule made by a reaction. <i>Product = what is produced.</i>
Reaction	A process that changes molecules. <i>Reaction = molecules react.</i>
Pathway	A series of linked reactions. <i>Pathway = a road of reactions.</i>
ATP	The main energy-carrying molecule. <i>ATP = the cell's energy currency.</i>
Glucose	A simple sugar; the main quick fuel. <i>Glucose = blood-sugar fuel.</i>
Protein	A large molecule built from amino acids. <i>Protein = built from amino-acid beads.</i>
Amino acid	The building block of proteins. <i>Amino acids = protein 'letters'.</i>
Metabolism	All the chemical reactions in the body. <i>Metabolism = the body's chemistry engine.</i>

NEXT STEP

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